

# Connected

London South Bank University  
LSBU Association magazine  
Issue 6 > Spring 2009

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**Lives & times**

Alumni reflections  
through the decades

.....  
**So you want  
to be an  
entrepreneur?**

.....  
**David Bomberg**

**LSBU's most famous teacher?**

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*Connected* is the magazine for the alumni and friends of London South Bank University which is an amalgamation of the following: Borough Polytechnic Institute, Polytechnic of the South Bank, South Bank Polytechnic, National Bakery School, Brixton School of Building, London County Council School of Building, City of Westminster College, St George's Institute, National College of Heating, Ventilation, Refrigeration and Fan Engineering, Battersea College of Education, Battersea Polytechnic Institute, Battersea Training College of Domestic Sciences, Battersea Training College, South West London College, Central Catering College, Redwood College of Health Studies, Great Ormond Street School of Nursing and South Bank University.

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**Photography:** Greg Funnel Photography / University archives

*Connected* is published by London South Bank University Alumni Office. The opinions expressed in it are those of the individual contributors and not necessarily those of the University. The next edition of *Connected* will be published in September 2009.

The cover for this publication uses a recycled paper containing 50% recovered waste and 50% virgin fibre, manufactured at a mill accredited with ISO 14001 environmental management standard. The pulp used in this product is bleached using an Elemental Chlorine Free process.

The text pages use a recycled paper containing 50% recycled fibres and 50% FSC virgin fibres.

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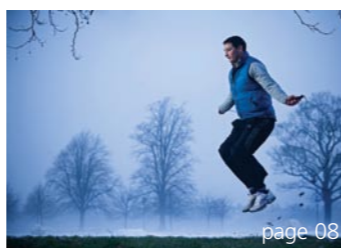
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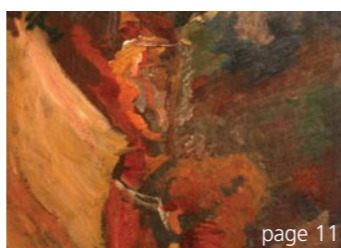
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### Welcome from the Editor

It is a great pleasure to introduce the spring 2009 edition of *Connected*. This issue is bursting with success stories of staff, researchers, students and alumni of LSBU who are performing at the highest level. There is much to be proud of at LSBU, with the University climbing the Times Higher Education Table of Excellence up to 68th place out of 132 universities and moving up from 7th to 6th place in the Sunday Times University Guide for graduate starting salaries.

As well as celebrating success, this issue is also brimming with advice on a wide choice of subjects, ranging from fitness, creating the perfect CV or even how to become a successful entrepreneur.

As always, we have included some reflective articles to take you down memory lane. One interesting piece compares the different experiences some of our students have had over the different decades. This has led to

interesting insights and shows how different it is studying today compared to the 1930s.

It is with much joy the University is celebrating the return of some of the works of one of LSBU's most famous teachers – David Bomberg. You can learn about this fascinating character in the article - *A lasting legacy*.

In this issue you should have received a questionnaire. We are always keen to hear from you, so please complete and return in the pre-paid envelope provided. The information will help us to know which events to invite you to and help steer the direction of your Association. It also gives you a chance to fill in your class notes, so your fellow alumni can learn what you have been up to since leaving LSBU.

I hope you enjoy *Connected* and I look forward to hearing from you.

**Wendy Graves**  
Alumni Marketing Manager

# Welcome



### Welcome from the Vice Chancellor

We have much to celebrate since our last edition, not least the continuing achievements of our staff and students and, of course, our alumni. This issue reports some of these successes, but there are many more accomplishments which we would like to hear about. *Connected* is more than a magazine; it is also a forum for the exchange of information and we welcome the news and views from our alumni. Indeed, I am always struck by the enthusiasm which is shown when former students meet each other. Over the past year, for example, I have received a number of encouraging messages from those who attended one or other of our alumni events, or have read this magazine.

As it happens this is my last preface since I retire from the University in the spring, after almost eight years in office. I should add that this year I mark 43 years in higher education, starting as a tutor in the University of London in 1966. I mention this because, inevitably, one reflects on the changes which have taken place in education, not least university education, over that time. Higher education in the 1960s was the preserve of relatively few people; today, I am pleased to say, we are providing opportunities at university for more than 40% of young people,

while countless adults are engaged in all forms of higher learning, from part-time study on degree courses to personal development courses in the University of the Third Age.

I am delighted that London South Bank University continues to make its own contribution to this vital area of lifelong learning, as the reports in this edition demonstrate. We are educating more students than ever, but also reaching out to the community, working with public and private agencies and organisations. The physical transformation of our campus is designed to enhance this process, while our exploration of new technologies will, over time, enable us to deliver our courses to a much wider audience.

It goes without saying that we live in uncertain times but it is at periods like this that networks and connections become very important. Education is the key to future prosperity, both for individuals and to societies globally and the University looks forward to supporting our alumni in the years to come.

I commend to you this edition of *Connected*, and wish you all the very best in the future.

**Professor Deian Hopkin**  
Vice Chancellor

# News

in brief



## LSBU in top 10 for graduate starting salaries

LSBU graduates are among the highest earning graduates in the country enjoying average starting salaries of £23,315, nearly 5 per cent up on last year's figures

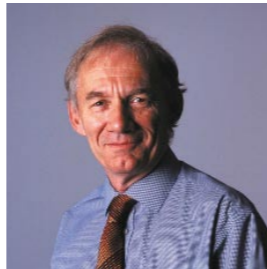
For Phil Cardew, LSBU's Pro Vice Chancellor at LSBU, the high level of salaries, as reported in this year's Sunday Times University Guide, reflects the value and importance of the University's degrees. 'LSBU is pleased that we have continued to produce graduates who achieve high salaries upon entering employment,' he says.

'The University has a long history of engagement with engineering and science, industry, commerce, the health sector, business and the professions and this has led us towards the development of degree programmes which enable graduates to step straight into demanding roles, attracting the salaries that they deserve.'

HIGHEST GRADUATE STARTING SALARIES			
Average graduate starting salaries over £18,750			
	Salary (£)	Page	
1 LSE	27,614	(33)	31 Cardiff
2 Imperial College London	26,430	(27)	32 Birmingham
3 Oxford	24,582	(40)	33 Heriot-Watt
4 King's College London	24,095	(32)	34 Oxford
5 University College London	23,485	(34)	35 Manchester
6 London South Bank	23,315	(35)	36 West
7 Queen Mary	23,185	(33)	37 Hert
8 Cambridge	23,020	(17)	38 Golds
9 Warwick	22,594	(53)	39 Soas
10 City	22,558	(19)	40 Bedford
11 Bristol	22,270	(25)	41 Royal Hollow
			42 Reading
			43 Buckinghamshire
			New
			44 Brighton

## LSBU announces new Vice Chancellor

The University's Board of Governors has announced the appointment of Martin Earwicker as Vice Chancellor and Chief Executive



He succeeds Professor Deian Hopkin, who steps down in April 2009. Martin Earwicker is currently director of the National Museum of Science and Industry family of museums.

David Longbottom, Pro Chancellor and Chair of the Board of Governors commented, 'The Appointments Committee was particularly impressed by Martin Earwicker's commitment to widening participation in education. His blend of commercial, academic and broad-ranging public sector experience gives him a unique perspective within higher education at this time of change.'

He added, 'On behalf of all of us, I would like to recognise the major contribution that Professor Deian Hopkin has made to the University during his period of office. He will leave LSBU on a sound financial footing, and with a strong reputation for both adding value to our students' lives and developing our staff.'

## Success at London Knowledge Transfer Awards

Over 200 people from the worlds of business and universities attended the inaugural London Knowledge Transfer Awards on 5 December 2008

Launched by the London Development Agency in August, the Awards celebrate the role played by London's universities in collaborating with and helping businesses and organisations improve their operations. LSBU accounted for six of the 22 finalists in the various award categories, more than any other university.

## Innovation strategy praised by funding council



The Higher Education Funding Council for England (HEFCE) is to publish a report highlighting the significant progress that the higher education sector has made in supporting economic and social development

In the report, HEFCE picks out eight institutions, including LSBU, for their particularly innovative strategies. LSBU is praised for its commitment incorporating an assessment of economic and social impact into strategy development and implementation. Other universities named include University College London, Durham, Trinity Laban Conservatoire of Music and Dance, Coventry University, Imperial, University of Hertfordshire and Brunel.

LSBU Vice Chancellor Professor Deian Hopkin says, 'We are delighted at this endorsement of the excellent work which is being undertaken by colleagues across the University, guided and supported by the Research and Business Development Office under the direction of Dr Ed Tinley.'

## LSBU basketball team showcases skills at O2 Arena



LSBU's champion basketball team has been showing off their skills at an NBA and London Basketball event held at the O2 Arena

The team, accompanied by New Jersey Nets coaches Brian Hill and Tom Barrise along with over 100 highly respected coaches from England and America gave London coaches and basketball enthusiasts the opportunity to find out more about the sport. According to Andy Powlesland, LSBU's Director of Sport and Assistant Coach to the team, playing at the O2 Arena alone was a dream come true. 'But more than that, it was a great opportunity for our top players to tap into some really expert professional knowledge,' he says. 'Some of our players will eventually be coaches, and this is great way for them to learn. It was a very special moment. The University should be proud of the team.'



## LSBU joins Higher Education Carbon Management Programme

The Carbon Trust has set up the Higher Education Carbon Management Programme with the aim of raising awareness of the impact of climate change amongst university estates' staff, academics and students

LSBU's decision to join the programme reflects our commitment to reducing carbon emissions by 135 tonnes per year for the next 10 years. We are also developing a Sustainability Implementation Plan covering energy, waste, travel and procurement, and ensuring that energy reduction measures are incorporated into all summer refurbishment projects. These measures support our existing Energy Policy and Strategy.

## LSBU awarded Fairtrade status

LSBU has been awarded Fairtrade status after our Students' Union and catering team worked together to support a better deal for third world producers

All University food outlets, including the Students' Union, now stock a wide range of Fairtrade food products. LSBU's success supports London's bid to gain Fairtrade status and become the biggest Fairtrade city in the world. This moves the University 13 places up the Green League Table which pushes environmental issues within the higher education sector firmly into the spotlight.

## World-class research at LSBU

That's the verdict from the Higher Education Funding Council for England (HEFCE) following the 2008 Research Assessment Exercise (RAE)

The results see the University up to 68th place out of 132 universities, a significant improvement from its 2001 position. Social Policy, in particular, is the highest rated unit in any post-1992 university, with 15 per cent of its submission rated 'world-class'. The Engineering Department ranks in the top 20 in the country; in both Departments, 60 per cent of the work was rated as 'internationally excellent'. Other submissions also did well, including Sport and Communications, Culture and Media Studies. Seven of our nine submissions have achieved world-class standard and all of our work has a major element of an international standard.

'This is a vindication of the tremendous contribution LSBU is making, something which was also shown in the PriceWaterhouse Report on our economic value,' says Vice Chancellor Deian Hopkin. 'Together with our UK-leading Knowledge Transfer Partnership portfolio, and the exciting developments in innovation and enterprise, this is powerful evidence that the University has a great future and a great contribution to make to the UK economy.'

# Lives & times

From boy apprentices to virtual lectures, life at LSBU has changed beyond recognition over the past few decades. *Connected* asked students from the 1940s, 1970s and the present day to share their experiences of LSBU and reflect on what education means to them



## Clifford Shackleton came to Borough Polytechnic as a 14-year-old engineering apprentice in 1938

'I lived at home with my mother and father just off Herne Hill, and travelled to the Polytechnic every day by tram. I remember the first drawing we did was of a connecting rod from a steam locomotive and all the engines we worked on were pre-1930. We were split into houses named after famous poets. I remember thinking even at the time that 'Chaucer' wasn't very appropriate for a bunch of boys in a noisy metal workshop!

When the war broke out in 1939, the school was evacuated to Exeter although I stayed with my parents in London until 1940, when we were bombed out and decided to leave for Cheshire. The nearest college was 20 miles away in Crewe, so I had to put my studies on hold. Instead, I worked as a lab assistant testing milk samples at a local dairy processor.

We returned to London in 1942 and I started attending evening classes at the Polytechnic. My memories are of very dark winters – no street lights, no vehicle lights and lots of smog. In 1944, I left again to do my National Service and didn't resume my education until 1947. At that point, the government offered to pay for me to study full-time so that's what I did.

There wasn't a great deal of student socialising. I spent most of my spare time with my fiancée and in any case I was more interested in hiking and camping than in pubs and clubs. The atmosphere was very different then. People needed to find their place in the world again and I think we were all aware of the need to make up for the time we'd lost.

Having gained my Higher National Certificate, I went on to work as a draughtsman and subsequently as a fan engineer. I also came back to the Polytechnic to teach for a while in the late 1950s. It was important to give something back to the organisation that educated me. I see that as the key difference between the 1940s and today. Students now have so many opportunities, but I wonder how many will use their degrees not just to earn a living but to actually enhance the world they live in.'



## Laurie Homewood took a two-year Registered Nurse Tutor course at the Polytechnic of the South Bank between 1975 and 1977

'I was 48 when I started at South Bank. I think the youngest person on my course was about 29, so we were a pretty mature group. I was very focused on getting a qualification that would progress my career. There wasn't much drinking and carousing going on.

I left school at 14. Growing up in the 1930s, the opportunities to get a good education were very limited. Only a handful of children stood a chance of getting into Maidstone Grammar or the technical school, and university was something we never even dreamed of.

After school, I worked in a shop for five years, followed by national service. Then the matron at the local TB sanatorium asked me in for an interview. I apologised for my lack of formal qualifications, but she said she'd rather have one good, practical nurse than half a dozen who knew only the theory.

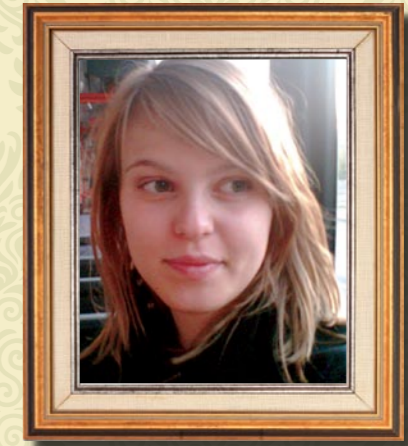
Over the years, I held a variety of community and hospital-based nursing posts and was working as a clinical nurse teacher when a colleague suggested I enrol on the tutors' course. The hospital gave me a secondment, and paid for me to do the course.

Once I realised I could hold my own, I really enjoyed it, although it was a stressful time. My first wife was ill and convalescing in Devon so I was up and down the motorway, and trying to run the home as well as keep up with my studies.

The day I found out I'd passed was one of the proudest of my life. I suppose I'd always had a chip on my shoulder about my lack of education, and getting the tutors' qualification went a long way towards putting that right.

I've been retired for 15 years now, but life is still very full. My first wife died in 1990, and I've remarried. My Christian faith is very important to me, and my second wife and I lead the London Crusader Chorale which has a ministry to prisoners.

That ministry now extends to other countries – initially to the Balkans and now into Africa, where we'll be spending five weeks this winter. Like nursing, the ministry is about reaching out to people and making a real difference to individual lives. It's very rewarding work.'



## Kristyna Mistrikova in the second year of a BSc in Media and Society

'I moved to London two years ago from Prague, where I was working as an advertising copywriter. I chose LSBU for its central location and multi-cultural environment and I chose this degree to broaden my writing skills and because it offered a good mix of theory and practical work. I got an EU loan to pay my fees, and I earn extra money by working as a student supervisor in the LSBU call centre.

I'm a technology freak, a total addict. I do all my research on the internet. Lecture slides are available online, along with extra reading material, and I regularly email my lecturers for advice and guidance. We get a lot of guest lecturers coming in from the media industry. This semester, Phil O'Shea, who's written a number of feature films, taught a wonderful unit on scriptwriting.

I share a flat in Clapham Junction with a friend from the university. London is amazing. It's busy and hectic, but that really suits me. I love the fact that I can have sushi for dinner on Monday, sangria on Wednesday night and croissants and café au lait for breakfast on Saturday, and it won't ruin me financially.

For me, the best thing about being a student here is the opportunity to meet so many diverse people. The worst thing is the deadlines, which always seem to appear when you're least expecting them. In some ways, life for students is easier today. There's so much information out there, and it's so easy to access. But life is expensive and sometimes stressful. I'm optimistic about the future, but I know I'll have to fight to get the career I really want.'

Lots of us dream of starting a business, but how much do you really know about getting an idea off the ground? *Connected* asked the experts at London Knowledge and Innovation Centre (LKIC) for their advice, while former student Michael White – now head of a thriving fitness company – shares the secrets of his success

So, you want to be an

# entrepreneur

## Be honest...

'The most important lesson is that there are no short-cuts – and no point in fooling yourself,' says Patrick Blunt, director of the LKIC. 'You've got to start by being really honest about why you want to start a business and taking a good, clear-eyed look at your strengths and weaknesses.'

1. Why do you want to start a business? Think carefully about your reasons. Will your business give you what you want? Will it fit with your other commitments?
2. Are you really excited by your idea? You'll need motivation and enthusiasm to cope with the demands of a start-up.
3. What are your strengths and weaknesses? Does your idea capitalise on your strengths? How will you fill any gaps in your expertise?
4. Where will the business be based? Are your premises easy to get to? If you're working from home, how will you draw a line between home and work?

## Make it a 'must have'...

- Second, you must be confident that there's a demand for your product or service. 'To succeed, it's got to be a "must have", not an optional extra,' says Patrick.
5. Have you researched your idea thoroughly? Does it have the 'wow' factor? Have you tested it on family and friends?
  6. How will your product or service benefit customers?

7. How will you make/package/store/deliver? Is there a danger of ending up with out of date stock that you can't sell? Should production be licensed to specialists? What about an exclusive royalty deal with a large established company? As the business grows, how will production grow to meet demand?
8. Can the idea or product be protected? How hard would it be to 'reverse engineer' and launch a similar product or service? Who can advise you about protecting your idea?
9. Does the product or service need to comply with legal or health and safety requirements?

## Know your market...

- Third, work out who's going to buy your product or service and how you're going to get it to them. 'A great product or service doesn't equal a successful business,' Patrick points out. 'You need effective promotion and good distribution too.' He also suggests focusing on a small number of market segments. 'Start-ups often fail because they try to spread themselves too thinly.'
10. What's your market? How big is it? What are the segments and niches? What are the geographical boundaries? Will different areas need different products or services?
  11. How much demand is there for your product or service? How much will people pay for it? Is that enough for you to make a profit?
  12. How will you reach the market? Who will actually sell the product or service and how will they do it?

## Identify the competition...

- Fourth, when you check out the competition, think ahead. 'You might not think a product or service presents much competition now,' says Patrick. 'But things change fast. Someone could easily adapt their offer to move in on your territory.'
13. Who are your competitors? Why is your product or service better than theirs? How will you protect that competitive advantage in the future?

## The bottom line...

- Fifth, be realistic about costs and expect some tough times. 'All start-ups should have three years of financial projections,' says Patrick. 'Very few new businesses make a profit in the first 12 months.'
14. How much money do you need? When will you need it and in what form? When will the business break even? When will investors get their money back? Where can you get advice on sourcing money?

## Face up to risk...

- Finally, don't put your head in the sand. 'By planning for risk, you'll give your new business the best possible chance of survival,' says Patrick.
15. What are the risks to your business? How critical are they, and what can you do to mitigate them? Where can you go for advice?

## The London Knowledge and Innovation Centre

LKIC is a joint venture between London South Bank University and Southwark Enterprise Agency. LKIC offers a range of services to hi-tech and knowledge-based start-ups, including mentoring, help to source funding, affordable office space and great networking opportunities. Find out more at [www.lkic.com](http://www.lkic.com)

## Michael White

LSBU sports science graduate Michael White is now Managing Director of HomeHealth Fitness, which offers personalised fitness training across London and the south-east.

'I started thinking about running my own fitness business before I even graduated in 2000. I was planning and brainstorming instead of writing my dissertation! A couple of my housemates were doing business studies, so I ran my ideas past them, and I earned my start-up money by working for my uncle's removal firm. The whole idea was to keep it simple – just some flyers and a van with an exercise bike in the back.'

I started out in Dulwich. It's a pretty wealthy area and at the time there were no gyms. From there, things just took off. I started taking on more trainers, and now I've got 16 people working for me. We offer all sorts, including yoga and pilates. I get a commission on what they do and I still try to do three or four sessions a day myself.

On a typical day I'll be up at 5.45 to get to a client in Dulwich for 6.30. I get back to Tunbridge Wells at 11ish and do three or four hours in the office, responding to enquiries, sorting out the website and managing the team. The rule is that I switch off at 9pm, but other than that I'm on call all the time.

There's always a new challenge. At the moment, I'm looking at ways of coping with the downturn, like client loyalty schemes and staggered payments. 2009 is a chance to consolidate and make the business as efficient as possible. I don't necessarily want to expand too much. I wouldn't want to give up the hands-on training. It's so rewarding.

For me, the key to the success of this business is communication. You meet all sorts of different people and you've got to build a rapport from the start. If you can do that, you can usually get people to say yes. Running your own business, you've got to be a salesman. You can have the best idea in the world, but it means nothing if you can't sell it.'

HomeHealth Fitness  
T: 07980 545 324  
W: [www.homehealthfitness.com](http://www.homehealthfitness.com)



Time for

## romance

LSBU lecturer and alumna Jean Woolmer explains how she juggles her academic work with a second career - as an award-winning romantic novelist...

Jean would be the first to admit that she doesn't fit the stereotypical image of a successful author. A dyslexic who struggled with English at school, she was well into her 40s and pursuing a career as a district nurse before the idea of becoming a writer even crossed her mind.

'My team was sent on a stress management course,' she explains. 'One of the pieces of advice they gave us was to pick up a hobby as a way of switching off. I'd been reading historical fiction since I was a teenager, and I've always had a good imagination, so I thought I'd have a go.'

Jean's first story was a medieval romance set in the Welsh borders. 'I sketched out the plot on a sheet of paper, then I sat down at the computer and started to write. Three months later I had 90,000 words. I was delighted, but scared too. I was worried that I'd never be able to do it again and of course that I'd have to let other people read what I'd written!'

### Learning the craft

Despite her trepidation, feedback from family and friends was so positive that Jean decided to subject her work to a bit of expert scrutiny. 'The Romantic Novelists' Association runs a scheme where new writers can send in a manuscript for review by a published author,' she says. 'I sent them a story set in Cornwall and it came back saying, "You have what it takes to be a novelist." That was the first inkling I had that I could really do something with my writing.'

But there's more to a successful novel than the ability to weave a vivid tale. Jean set about learning her craft, attending conferences and workshops and sending pieces off to be critiqued by professional 'book doctors'. Next, she began the painful process of submitting



*No Cure for Love* is published by Orion, under Jean's pen name of Jean Fullerton, and costs £6.99.

### So you want to be a writer...

- Listen to the experts. Learn to accept criticism and learn from it.
- If you want to get published, you need to write something that's going to sell.
- Just do it! Unless you pick up a paintbrush, you won't know you can paint. Unless you start writing, you won't know you can write.
- Keep going. It's the only way to keep the ideas flowing and the story moving.

manuscripts to publishers. 'You have to get used to rejection!' she says. 'I tried to learn something from each experience, no matter how crushing it felt at the time.'

### An authentic voice

Then in 2006, Jean decided to enter a story, *No Cure for Love*, for the Harry Bowling Prize, a biennial prize for first books, and won. On the back of that, she secured a contract with a US-based e-publisher and another with Orion to write two historical sagas based in East London.

'Orion markets me as an authentic East End writer and essentially that's what I am,' she says. 'My heroine lives in the house I grew up in. Where I live now in Stratford is less than three miles away, so I can still go back and walk round the streets I'm writing about. Of course, you need a love story, but I like to keep my characters rooted in reality.'

### Discipline

Jean's current job as Senior Lecturer in the Faculty of Health and Social Care gives her more flexibility to write, but getting the words on to the paper still takes considerable discipline. 'I spend at least two hours writing each evening, and I write at the weekends too,' she explains. 'I aim for at least 1000 words each day, that way you're always progressing the story.'

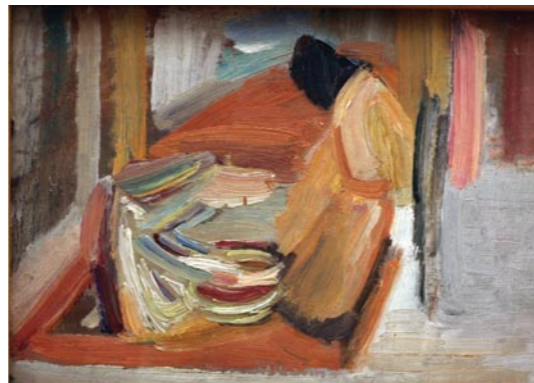
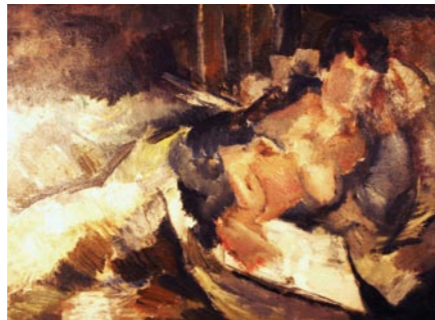
Time management is a challenge, but Jean believes that the demands of her 'day job' actually helps her as a writer. 'I'm a very intense person. Often, I'll be walking around the supermarket in a trance with my head full of characters and plot. Sometimes you need to step back and give yourself a bit of space to find a solution. Being creative can be a wonderful thing, but you need to find a way to balance your life.'

# A lasting legacy

The work of renowned artist David Bomberg, LSBU's most famous teacher, is to find a new home at the University



**Previous page:** Flowers, David Bomberg, c.1943. **Left:** Self Portrait, David Bomberg, 1937. **Below:** (Clockwise from top left) Reclining Women, Dorothy Mead, date unknown. Self portrait, Dorothy Mead, date unknown. Washing of the Feet Ceremony, David Bomberg, 1925. Family on Beach, Cliff Holden, date unknown. **Right:** Standing figure, Dorothy Mead, date unknown.



**David Bomberg was a leading member of the British avant-garde and an influential teacher at the then Borough Polytechnic during the 40s and 50s. Feted in his early career, Bomberg's later work was largely ignored by the art establishment. Over 50 years after his death, he is considered one of the giants of 20th century British art. While Bomberg's work can be seen in many collections and galleries, including the Tate, there has up until now been no permanent exhibition dedicated to his work or the work of painters who studied closely with him at the Borough Polytechnic.**

Thanks to a generous gift, a collection representing each stage of Bomberg's career is to return to the University where he enjoyed some of his most stimulating and productive years at the helm of the group of artists known as the Borough Group. Sarah Rose, a friend of Borough Group member Cliff Holden, has spent 50 years amassing over 150 works on canvas, board and paper by Bomberg and his students. She now plans to hand over the collection, known as the Bomberg Legacy, to LSBU.

'It was always my intention that the collection be in the public domain,' says Sarah Rose. 'One day it occurred to me that LSBU, where Bomberg held his legendary classes, was the obvious place to put them. I believe that visitors and students will gain hugely from the opportunity to see Bomberg's work alongside that of Cliff Holden and the other members of the Borough Group.'

'There is a huge variety of subject matter in the collection but an underlying integrity of structure that informs them all. I believe that these artists found a new and profound way of responding to and expressing what they saw; one that I hope will resonate with and inspire those who come to see them. These are works to be felt, not just looked at.'

The University now plans to create a dedicated gallery to display the Bomberg Legacy, with space alongside for educational activities and public events. This will mean converting a substantial area of teaching space near the entrance to the Borough Road building, where Bomberg himself taught. The project, currently estimated at £220,000, is due to get under way in 2010.

'This will be the first opportunity in 40 years to see Bomberg's work alongside that of his students,' says LSBU's Director of Development Mike Simmons, who has worked closely with Sarah Rose to establish the collection at the University. 'The works represent a significant part of the University's history. In many ways, it feels like they're coming home. As well as giving Bomberg's work the opportunity to reach a whole new audience, the Legacy also represents a vital and important resource for teaching, research and widening participation in higher education.'

**To find out more about how you can support the David Bomberg Legacy, please contact Mike Simmons on 020 7815 6042 or michael.simmons@lsbu.ac.uk**

### Bomberg and the Borough Group

Born in Birmingham in 1890, David Bomberg grew up in Whitechapel, London. From 1911, he studied at the Slade alongside Ben Nicholson and Stanley Spencer, before being expelled two years later for his refusal to accept the school's emphasis on traditional techniques and draughtsmanship. His early works reflect the strong influence of the French Cubists, Matisse and Cezanne, and the Italian Futurist movement.

Shocked by the mechanised carnage of the First World War, Bomberg adopted a more figurative style from the 1920s onwards, focusing increasingly on portraits and landscapes painted directly from nature. In 1945, he joined the then Borough Polytechnic. The following year, a group of his students – Cliff Holden, Edna Mann, Dorothy Mead and Miles Richmond, joined later by Dennis Creffield – set up the Borough Group, in order to publicise and promote Bomberg's approach to art and teaching.

For the next five years, Bomberg and the Group worked and exhibited their paintings together. When the Group split in 1951, its founder members continued to exhibit together for some time. Bomberg left the Polytechnic in 1953. Following a collapse in Ronda in Spain, he died in London in 1957, after which his critical reputation began to rise once again. In 1988, the Tate Gallery held a major retrospective of his work.



## What makes a good

# CV?

A good CV is the best way to market your greatest asset – yourself. Here, Jayson Short and Margaret Holbrough from LSBU's careers office share their hints and tips on creating a CV that shines

### Hit the target

Target your CV to the specific vacancy or job sector you are applying for. If this means altering it each time you send it out, fine. It may be time-consuming, but employers can spot a generic CV from a hundred paces.

### Spell it out

Include a short opening statement explaining which vacancy you're applying for. This puts the rest of the CV in context and helps the employer see how and why your skills and experiences are relevant to the post.

### Highlight your strengths

Focus on your skills and strengths, regardless of where or how you developed them. If you run a football team, or you've take time out of your career to study or look after children, great. Tell the employer how this has helped develop your leadership and organisational skills.

### Look ahead

Rather than writing a CV that is purely retrospective, try to look forward and explain how your past qualifications and experiences have given you the skills and motivation you need to make a positive contribution to the career or industry you're targeting. This approach will help you demonstrate the transferability of your skills.

### Give a bit of detail

If you are a recent graduate, give a bit of detail about the areas covered by your degree; don't just give the title, especially if it's relevant to the job or sector. If you did a final year project or dissertation, give a few details. This is unique to you, and could be a real selling point.

### Be organised

If your work history is varied, try dividing this section up, for example by listing jobs that relate to the vacancy you're applying for separately from those that don't. You could also list full and part time jobs in different sub-sections, or separate permanent from temporary work. Don't forget to include details of any voluntary work. Choose the layout that markets you most strongly.

### Bring it to life

Include some brief information about your hobbies and interests. Think about how this will look to an employer. Listing chess, reading and Sudoku as your interests will give a very different impression from someone who spends their spare time at the gym, playing team sports, cycling and volunteering at a local youth club.

## The CV essentials

- Check and double check for any spelling, grammatical or other mistakes. It's a good idea to get someone else to read through your CV before you send it.
- Only use initial capital letters for proper names and titles.
- Keep it to a maximum of two sides of A4. There's no need for a photo!
- Limit your personal details to name, address, phone number and email. You don't need to put your date of birth, gender or marital status.
- Make sure you've got a professional sounding email address! What might sound funny to your friends won't necessarily amuse an employer...
- Think about including your nationality and, if appropriate, clarifying your work status.
- Put your qualifications and jobs in reverse date order, most recent first.
- Use bullet points. Make it as brief and punchy as possible.
- Use 'action' verbs like organised, managed, led, supervised, persuaded, initiated.
- If you're sending your CV by post, use good quality paper.
- If you're sending it by email, use a widely accessible format.

### Recent graduate? LSBU can help

If you've graduated from LSBU within the last two years, you can use the University's JobShop, a free service linking LSBU students and graduates with employers. JobShop liaises with employers, then advertises their vacancies online, on notice boards and via email alerts. JobShop also has wide range of journals, newspapers, leaflets, books and videos. Call 020 7815 6710 or go to [www.lsbu.ac.uk/learningsupport/jobshopandcareers/](http://www.lsbu.ac.uk/learningsupport/jobshopandcareers/) for more information.

### Helpful websites

**Job Centre:** [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk)

**LSBU:** [www.lsbu.ac.uk/careers](http://www.lsbu.ac.uk/careers)

**Recruitment and Employment**

**Confederation:** [www.rec.uk.com](http://www.rec.uk.com).

**Internet recruitment agencies:** [www.hotrecruit.co.uk](http://www.hotrecruit.co.uk), [www.justjobs4students.co.uk](http://www.justjobs4students.co.uk) and [www.totaljobs.co.uk](http://www.totaljobs.co.uk)



# Your news

**We're always keen to find out what you've been up to since you graduated. Whether you've just started a new job, been promoted, got married, set up your own business or embarked on your travels, get in touch and let us know. Email your news and pictures to [alumni@lsbu.ac.uk](mailto:alumni@lsbu.ac.uk). Thanks to everyone who's already sent in their news. Sorry we can't fit you all into this issue!**

## Lyabosola Onigbode

### MSc Food Safety and Control, 2007

After graduation I got a job within the chilled food industry, however, my interest still lies in reading for a PhD higher degree. I decided to tie the knot late last year and will be travelling to Nigeria on holidays with my husband.

## Muhammad Adil Khan

### MSc Telecommunications and Networks Engineering, 2007

After my master degree I migrated to Canada Toronto and I got a job in the infrastructure department of CIBC Bank as a Client Technology Analyst. We support the bank all over Canada through phone, email and VPN connection. My degree gave me a big hand to get this job, thanks London South Bank University!

## Erika Hager

### MSc Education for Sustainability, 2007

My dissertation research took me to schools in Uganda where I realised that many of the schools lack the essential water supplies and the sanitary situation is dreadful. I am now trying to work together with an NGO here in Austria to finance a Water and Sanitation project for Schools in Uganda. The project proposal was sent to me from a local NGO in Uganda. It is difficult to raise the money, but I am hopeful that we will be able to implement it. In the near future, I will give some talks and show slides in various Austrian towns to get people interested and collect some money. If there is anybody who would like to support the project, please get in contact.

## Rory Hall

### PGCE Primary (5-11), 2007

In January I started working as a supply teacher for primary schools in London. The agency I work for has found me plenty of work and so far I have worked at four different schools. It has been a great experience working with different children of different age groups and this will prove beneficial when I start to think about what kind of school I might one day want to apply to for a full time position. The job is hard work because I work with some very challenging children, but is also fun and very creative. I am always learning how to think on my feet to solve new problems in different ways.

## Denise Mitchell

### MSc Facilities Management, 2007

Just to say that I finally graduated at LSBU in 2007, I had a few stops starts, but managed to complete this with the support of all the staff at LSBU, which I thank dearly.

I'm working as a Facilities Manager, which is the most challenging and rewarding experience I've come across. It's nice to have qualified, especially since I'm responsible for 12 technicians under my wing. For all those who are afraid of those years of studying, don't think about it just go ahead and do it, as time goes so quickly and the reward is wonderful. Good luck to all past and future students at LSBU and enjoy your studies.

## Margaret Otieno

### MSc Education for Sustainability, 2004

Since graduating my career has been on the upward move in ways I had never imagined. I changed jobs in 2005 to head the African Fund for Endangered Wildlife (AFEW (K) LTD), moved on to be the CEO of Kenya Tourism Federation (KTF) and since February this year I am the CEO and National Coordinator of Wildlife Clubs of Kenya. London South Bank University made me realise my potential. I am in my dream job!

## Saleh F. Al Akrabi

### Fast track to Higher Education, 2003

After graduating from South Bank, I started my Masters degree at UEL. However, half way through I was offered an amazing, once in a life time opportunity to join Dubai International Financial Centre (DIFC) as a Business Officer. I was quickly promoted to a Senior Business Officer and started handling huge local and international projects in global investment expansion, where I was introduced to the world of International Business and Investments. Currently, I am the Assistant Manager holding a portfolio of International Investment subsidiaries.

## Khurram Jalees

### MSc Telecommunication and Computer Network Engineering, 2003

As an International student from Karachi, after finishing my Masters Degree I returned back to Pakistan. I started working for a local company as a Wireless Broadband Engineer for one year. In 2004, I joined Siemens Pakistan as a Core GSM Engineer and I have been working in the same company ever since. However, now the company name has changed to Nokia Siemens Networks. So I am enjoying my job a lot!

## Evangelos Maltezos CEng MICE

### MSc Civil Engineering, 2000

After graduating at LSBU, I worked for 9 months for a consulting engineering firm in London, NCL Stewart Scott, and then I joined the contractors, Carillion, mainly working for London Underground maintenance projects for a year. Then I joined the CTRL Project C105 with Laing O'Rourke and then Heathrow T5 working as a senior engineer.

In June 2004, I went back to Greece and worked as a Project Manager until I had to join the army for a year. Since February 2007, I have established my own construction firm undertaking private and public construction work. I achieved Chartered Civil Engineer status in December 2007 and became a corporate member of the Institution of Civil Engineers in the UK.

## Liz Beighton (nee Jennings)

### BA (Hons) Town Planning Studies, 1996

After graduating I moved to Newcastle University to read a Masters Course in Planning Studies, which I passed in 1998. Since then I started off my planning career at Essex County Council before moving to Chelmsford Borough Council. A move to Yorkshire followed (fuelled by house prices in Essex) where I decided that my career lay in Planning Consultancy and focusing mainly on residential development. In June 2007, I moved back to my home county of Suffolk and have been working as an Associate for Bidwells since, based in their Cambridge office. The work is varied and very challenging, but also very enjoyable. I have been married for 4 years (to a fellow Planner) and have a young daughter, who I hope will follow in my footsteps. I would love to hear from all those on the Planning or Geography course at that time.

## Graeme David Richard Emrys Lloyd-Roberts

### B Eng (Hons) Electrical and Electronic Engineering, 1996

One year after graduating, a colleague and I founded the company: Bellwether Enterprises. The company developed within the Rail risk consultancy sector as an independent office-less organisation and currently employs eight staff, working at home and in clients' offices. The company have gone on to win a number of regional and national awards including the e-commerce award for 'Best use of Teleworking', East Midlands 2004 & 2005, and the UKCEED SustainIT award for 'Better Ways of Working', 2005. After ten years, the company has been through periods of expansion, contraction and stability, but it has always been enough of a challenge to be interesting.

## Ola Olawuyi

### BEng (Hons) Mechanical Engineering, 1992

London South Bank University definitely prepared me for life outside the "known". After my graduation from LSBU in Mechanical Engineering, I took a Masters' programme in far away Stirling University in Scotland. My programme was in Management with concentration in Quality Management and Engineering.

My professional experience really started with Honda Motor Manufacturing in the UK where I was involved with the development of the Honda Civic, Accord and the CRV respectively. My search for glory took me to the United States where I worked briefly with BMW in South Carolina on the Z4 product launch before moving to Minnesota. In Minnesota, I was Quality Director for a tier one supplier for a while and I now work with Ingersoll-Rand in their new product development group.

I continue to study and I'm on course to complete my MBA this fall. In 2005, I started my company with focus on the design and development of solar powered products. I am married with 2 kids and we live in Minnesota, the land of ten thousand lakes!

## Dr. John Higgs

### BA (Hons) Business Studies, 1991

### PhD Business Studies, 2008

After graduating at London South Bank University I went on to study at Kingston University and graduated in 1993 with an M.A. in Marketing.

I recently graduated at London South Bank University again with a PhD. My thesis was entitled 'Marketing Experience and Mission Effectiveness: Case Studies in Roman Catholic Organisations.'

## Nigerian Alumni Group

Alumni in Nigeria are currently setting up a group with assistance from the LSBU Alumni Office. Any alumni interested in learning more or joining the group should contact Tpl. Sobalaje Folorunso Aremu on [sfaremu@yahoo.co.uk](mailto:sfaremu@yahoo.co.uk) or telephone 080372-51451.

If you are interested in forming your own alumni group or wish to advertise the activities of your current society or group, please contact [alumni@lsbu.ac.uk](mailto:alumni@lsbu.ac.uk).

**Faculty of Engineering Science and the Built Environment**

**Students scoop national awards**

**LSBU design students have swept the board at the Power of Aluminium Young Designer Awards**

The Power of Aluminium Awards recognise and reward design and innovation using aluminium. This year's brief challenged young designers to capitalise on the metal's high strength, low weight, non-rusting and environmentally friendly properties to come up with inventive, innovative and inspirational consumer products.

An impressive 12 LSBU students made it on to the shortlist – a tribute to both the standard of their work and the quality of teaching in the faculty. Three, all second year students from the BSc Engineering Product Design course, made it through to the final.

The top prize of a trophy and £3,500 went to Mark Detre for Omni, a modular furniture system. Emmanuel Odoom took second prize for his Z-Board ironing board, while Andrea Mighali was highly commended for his jewellery designs, X2dles. Congratulations to them all.

**Alumni's sustainable success**



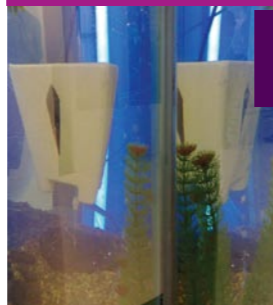
**Graduates from LSBU's Building Services course have won the Sustainable Building Services Award 2008 for the Most Sustainable Refurbishment of the Year**

Since setting up consultancy practice Red Engineering (www.red-eng.com), Lee Prescott and Nick Vaney have enjoyed phenomenal success and have already been named 2008 Consultancy of the Year. In just three years, the duo have gone from a standing start to working with top-level clients on some 45 UK and 28 international projects, drawing on innovative methods and technologies from the cutting edge of mechanical and electrical design.

The Sustainable Building Services Awards, organised by Building Services Journal and Electrical and Mechanical Contractor magazines, recognise and reward the very best in sustainable construction. Judges commended Red's work at Fujitsu's new data centre in North London for delivering significant environmental benefits for little extra budget. 'Simply put,' they said, 'it's as good as it could possibly be.'

**Faculty of Arts and Human Sciences**

**100% Design**



**Success**

**LSBU student Daniela Nicola has been named EPS Design Competition winner for 2008**

The EPS (expanded polystyrene) Design Competition attracted 50 entries from designers all over the world. However, judges were unanimous that Daniela's Aquapods – floating lights for use in water features and ponds – combined innovation with excellent design and practicality. Daniela has now worked with an EPS manufacturer to produce 20 pods for the 100% Design Exhibition. 'We hope visitors to 100% will be intrigued to see EPS used in such an unusual and interesting way,' said Richard Lee, Chairman of the EPS Packaging Group and member of the judging panel.

**Pioneering MP visits**



**Diane Abbott MP delivered the Social and Policy Studies Department's annual guest lecture for 2008**

Diane Abbott made history when she was elected in 1987, becoming Britain's first black female MP. Since then, she has built a distinguished career as a parliamentarian, broadcaster and commentator and is a regular guest on radio and TV.

In a speech focusing on anti-terrorism policies, she referred to the lessons learned by the British government in their handling of the IRA and spoke about President Barack Obama's innovative use of grassroots campaigning. She also stressed the importance and relevance of politics to students' everyday lives.

To register for information about future lectures and events, e-mail alumni@lsbu.ac.uk

**Faculty of Health and Social Care**

**New health services at Havering**



**A new GP surgery and a GP-led Health and Wellbeing Facility are set to open at Havering Campus, Harold Wood**

The site's McKesson building is being refurbished and by April 2009 it is hoped that a full range of health services will be operating, under the management of Havering Primary Care Trust. In addition to core GP services, the new facilities will offer a range of extra services including a well man and well woman service, health promotion and support for people with learning disabilities. LSBU is now looking at establishing an academic partnership with the trust with a view to forming a learning campus.

**Alumna wins Occupational Health Award 2008**

**Francesca Machen wins award for Health Risk Management and Ill Health Prevention**



Francesca is an Occupational Health Specialist Practitioner at Sarsen Health and worked with the Durkan Group to test a model of service delivery for companies in the construction industry setting up health assessment programs for their workers, including providing training for their managers, Safety Team and HR department. Her philosophy is to not simply implement the necessary procedures, but to train and provide the information to her customers so they can help themselves, which provides cost effective solutions to health management.

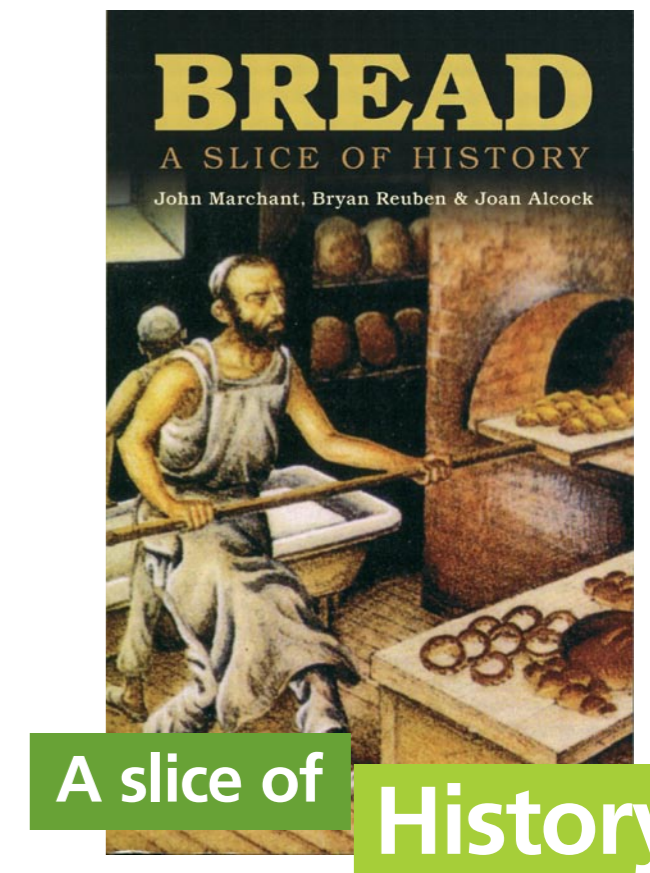
It was this approach which has led to high customer satisfaction, proven results and the reason Sarsen Health was chosen as the winner of the Health Risk Management and Ill Health Prevention award. Francesca was presented the award by TV GP Doctor Mark Porter at the Marriott Renaissance Hotel in London.

**Business, Computing and Information Management**

**Research excellence**

**Survey results point to high standards across the board**

The Faculty has recently submitted its research activities to three Units of Assessment in the 2008 UK Research Assessment Exercise. Assessors have identified 15 per cent of our work in Library and Information Management as 'internationally excellent in terms of originality, significance and rigour'. This rises to 20 per cent in Business and Management Studies and 30 per cent in Computer Science and Informatics. In both areas, 5 per cent of our work has been rated as 'world-leading'.



**A slice of History**

**LSBU author offers new insights into the history of our daily crust**

Whether you like it brown, white, crusty or soft, John Marchant's new book *Bread: A Slice of History* will tell you how your loaf evolved, and about the technological, social and economic changes that brought these bakery products to your local baker or supermarket.

John Marchant has a long career in the baking industry and is the Head of the National Bakery School. The school dates from 1894, making it the oldest bakery school in the world.

# Fundraising news

## The latest news and updates from the LSBU Fundraising team

### Legacies

Perhaps unsurprisingly, many of the alumni we've talked to over the past few months have asked about legacies. For most people, a legacy is the most substantial gift they will make and an opportunity to make a real difference to a cause that is important to them.

We've therefore created a brief guide to legacies, available on the LSBU website on [www.lsbu.ac.uk/about/fundraising.shtml](http://www.lsbu.ac.uk/about/fundraising.shtml) in the *Making a gift in your will* section. Alternatively, contact Abby Wilson on +44 (0)20 7815 7307 if you have any queries or would like a paper copy of the leaflet.

**For more information about giving opportunities, go to [www.lsbu.ac.uk/about/fundraising](http://www.lsbu.ac.uk/about/fundraising) or contact Ulysses Tucker Jr on 020 7815 6073 or [tuckeru@lsbu.ac.uk](mailto:tuckeru@lsbu.ac.uk)**

### 2008/09 Annual Fund – £150,000 already raised!

Based on the success of the 2007/08 Annual Fund, the University launched its first full year Annual Fund in August 2008. The Annual Fund accepts regular and one-off gifts, and is used to benefit students through scholarships, additional library facilities for all four faculties and support for student programmes. In addition, our champion basketball team have been provided with new kit so they can represent the University proudly wherever they play.

So far this academic year, the Annual Fund has raised over £150,000. This includes generous gifts in support of the Nathu Puri and Esmond Robinson Scholarships as well as the Brixton School of Building Association and Stina Lyons Prizes. In addition to these large gifts, LSBU's annual Connection telephone programme has already received nearly 1800 pledges worth over £48,000! The telephone programme has also helped re-establish contact with many alumni who had not been in touch with the University for many years.

Thank you to everyone who has made and fulfilled their pledges. For those of you who haven't heard from us since the programme began in October, we look forward to talking with you in the coming months.

## Behind the scenes: making the Connection

Each year students from the LSBU Connection Centre call thousands of graduates with the aim of raising funds to enable the Annual Fund to support teaching, research, student facilities and scholarships. For four evenings each week up to 16 current LSBU students call our alumni to talk about their time at University, to update their records and to request their support for this year's Annual Fund.

### Simi Lojede

As HR and Social Policy student Simi Lojede can testify, working on LSBU's Connection programme can be a rewarding experience in more ways than one. The programme, set up to re-establish contact with alumni and boost the University's fundraising activities, is housed in the Technopark building and staffed by students.

Last term, the team made over 36,000 calls and spoke to more than 12,000 former students. This term, the target is 50,000 calls. Each one of those calls has the potential to make a big difference to the University and its students.

'One of the names on my list was Jonathan Manser, now a well-known London architect,' says Simi. 'I asked if he'd be willing to support the Annual Fund and told him that most people were pledging between £25 and £100. To my amazement, he pledged £500. I was delighted. Of course, not every call is like that, but I love talking to people and it's really enjoyable catching up with former students.'

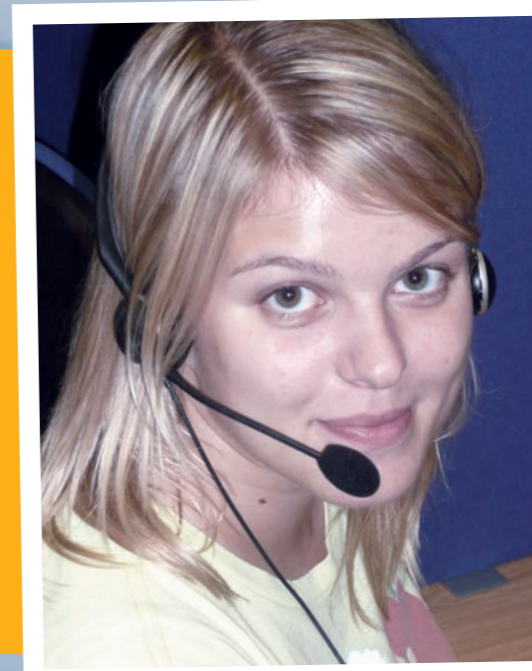


### Kristyna Mistríkova

Kristyna Mistríkova, a Level 2 Media and Society student, sees her work at Connection as an opportunity to enhance her skills. 'The experience is really helping me academically,' she says. 'Working with and talking to so many different people has really boosted my confidence and improved my public speaking skills.'

The experience has also set Kristyna thinking about her own future. 'I've learned how vital private support is to LSBU,' she says. 'It's great to talk to people who now are in a position to – and want to – give back. Someday, I hope to be able to do the same.'

Ulysses Tucker Jr, Head of Individual Giving and the Annual Fund, is in charge of the programme. 'Between August and December alone, Connection has raised pledges of over £48,000. This is an incredible start, and it shows just how committed our alumni are to supporting LSBU.'



# The truth about abs

**A flat tummy looks great, and cuts the risk of serious illness. But how do you get one? LSBU's fitness guru Leon Marshall debunks a few common myths about abs and explains how tweaking your diet and work-out routine can deliver real results**

Recent reports suggest that carrying fat around our stomachs can quadruple the risk of diabetes and heart disease. It's clear that trimming your waistline is an effective way of improving your health, but what's the best way to go about it? Unfortunately, some of the advice that's out there not only doesn't work – it could actually make things worse. Read on to find out the truth behind the myths.

**The myth: abdominal exercises will remove fat around my middle.**

The truth: you can't 'spot reduce' body fat through exercise alone. The only way to reduce your waistline is to reduce the fat around your waist. That means following a good diet, cutting down on calories and doing some form of cardiovascular exercise to help burn calories. Yes, it is true that loads of sit-ups will give you rock hard abs, but if they're covered in fat, who cares and who knows?

**The myth: doing side bends will reduce my love handles.**

The truth: sorry, but no! Love handles (the pads of fat above the hip bone at the side of the waist) are fat too, and like all fat they'll only shrink when you cut down on calories and start training. Because they develop the obliques (the muscles at the side of your abdomen) side bends can actually you're your love handles look bigger by increasing the size of the muscles underneath.

## Need some help?

Get yourself down to the LSBU Sports Centre. There's never been a better time to join. Alumni membership starts from as little as £45 for three months so sign up now and watch that waistline start to shrink!

**The myth: it takes hundreds of crunches to get ab muscles in shape.**

The truth: as with all muscles, abs respond to quality, not quantity. When you can easily do 15 reps of any ab exercise, you need to switch exercises or add some resistance. Concentrate on doing each exercise properly and carefully.

**The myth: if I stop training, my abs will turn to fat**

The truth: muscles don't turn to fat. If you stay active and watch what you eat you'll keep your abs even if you stop training. But if you stop exercising and start eating junk, your abs will disappear behind the fat.

**The myth: you need special equipment to train abs.**

The truth: ever seen those 'ab machine' infomercials that guarantee weight loss and all-over toning in a matter of weeks? Don't believe the hype! As the saying goes, if it seems too good to be true, it probably is. It is true that some machines or contraptions can help you perform your ab exercises correctly or make them more fun, but they don't do anything magical. Any exercise that you can do with a fancy ab gizmo you can just as easily do without. All you really need is yourself and a floor (or a FitBall).

# Special offers

to members of the LSBU Association

Being a member of the LSBU Association helps you to stay in touch and make use of our great facilities. We have also negotiated a number of great deals on your behalf, making your connection to the University even more valuable. For more information, visit our website [alumni.lsbu.ac.uk](http://alumni.lsbu.ac.uk) or call the alumni team on +44 (0) 20 7815 6712.



- Free reference use of LSBU Libraries\*
  - Borrowing rights at the LBSU library for just £25 per annum\*
  - Free use of the Learning Resource Centre\*
  - Discounts at the University Sports Centre\*
  - Discounted rates on courses at The Language Centre\*
  - 10% discount on University room bookings
  - Free 30 minute consultation with London Knowledge Innovation Centre – giving advice on all aspects of starting your own business
- \* require an LSBU Association access card, register for the access card online at [alumni.lsbu.ac.uk](http://alumni.lsbu.ac.uk)



LSBU alumni can benefit from preferential rates on car and van hire in the UK and over 80 countries worldwide. To book or obtain a quote, call 0871 384 1069 and quote 'A000945' for UK Car hire, 'A000946' for UK Van hire, '8577526' for International Car hire or 'A000945G' for Guy Salmon hire.

## cottages4you

LSBU alumni can get a 10% discount on their next holiday with Cottages4you. There is a range of over 15,000 holiday properties across the UK, France, Ireland, Spain, Portugal and Italy. Call 0870 192 1907 or visit [www.cottages-4-you.co.uk/lsbu](http://www.cottages-4-you.co.uk/lsbu) to make a booking and quote 'LSBU10'.



We have teamed up with InterContinental Hotels Group to provide you up to 35% discount at a number of their hotels situated both in the United Kingdom and around the world. To book call 0870 400 8135 and quote 'Exclusive Rate'.



**www.arenaflowers.com**  
Save 10% on all the flower ranges at [Arenaflowers.com](http://Arenaflowers.com), simply type 'LSBUAlumni' into the discount code box at the checkout and click the 'Claim' button.



**www.prestat.co.uk**  
Enjoy 10% discount on Prestat's delicious handmade chocolates. To claim your discount simply type 'LSBUAlumni' into the discount code box at the checkout and click the 'Claim' button.



With a Gourmet Society Dining Card you can enjoy either '2-for-1' meals or 25% off your bill, including drinks, at almost 2,000 restaurants across the country. Membership usually costs £53.50 per year, but as LSBU alumni can get up to 6 months completely FREE! To check out a list of participating restaurants in your area and take advantage of this fantastic offer visit [www.gourmetsociety.co.uk](http://www.gourmetsociety.co.uk) using promotional code **FREE6**. Offer is valid until 30/04/09.



**www.mankind.co.uk**  
Mankind is Europe's leading website for male grooming and style products. LSBU Association members can benefit from a 10% discount on all their purchases at Mankind by using the voucher code 'UNIMK5862'.

## Beauty Expert

**www.beautyexpert.co.uk**  
Beauty Expert's online store stocks over 90 must-have cosmetic, skincare and haircare. A 10% discount is exclusively available for LSBU Association members at Beauty Expert by using the voucher code 'UNIBE5862'.

### As a member of the LSBU Association you also receive:

- Find a friend service – Want to get in touch with an old friend, but lost their contact details? Don't worry, you can find them by registering to the LSBU Association website [alumni.lsbu.ac.uk](http://alumni.lsbu.ac.uk). Make sure you have opted in to this service to make sure your friends can find you too.
- Your magazine – *Connected* keeps you informed of all the news from LSBU and is delivered to your door free of charge twice a year.
- Your E-news – Launched in February 2009, the quarterly e-newsletter is filled with updates, competitions and forthcoming events. If you have not received your copy, register your e-mail address online at [alumni.lsbu.ac.uk](http://alumni.lsbu.ac.uk)
- Your website – Visit [alumni.lsbu.ac.uk](http://alumni.lsbu.ac.uk) to access many of the services we provide and read the latest news and class notes.
- Your reunions – Whether you need help tracking down friends, arranging tours, publicising your reunion – the LSBU Association can help.
- Your events – Members are invited to lectures, exhibitions and events.



# A time

# to return

London South Bank University's annual Village Fête is a fun, community-focused event, which is held every July. It brings an afternoon of traditional outdoor activities and free entertainment to our Southwark campus that the whole family can enjoy.

This year we will also be hosting a number of alumni events alongside the Village Fête on 11 July. So make sure you register your interest now. You can register your interest using the below contact details or complete the enclosed questionnaire and return in the pre-paid envelope provided.

We look forward to seeing you there.

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Email: [alumni@lsbu.ac.uk](mailto:alumni@lsbu.ac.uk)

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