



# SimmarianOnline

## Former St Mary's Student Speaks on Rise to Stardom



Alumnus Joe Wicks (2008), also known as The Body Coach, has become a social media powerhouse in recent months, amassing thousands of followers on Instagram and Twitter and is even dubbed by some as "the Jamie Oliver of the fitness world".

"I was only ever good at two things as a kid – annoying teachers and playing sports", he says.

It's not surprising, then, that his love for sport as a child propelled him to study Sports Science when he came to St Mary's in 2005. Initially studying at the University with the aim of becoming a PE teacher, he says, "I really enjoyed the course and got on with all the tutors.

"I first found out about St Mary's when I was 15. I was chosen by my high school to go on a trip to St Mary's and I really enjoyed the experience. I met some students and had a look around campus and I knew there and then that I wanted to go there. I felt inspired by people studying what I was interested in and liked the fact it was small and didn't feel intimidating."

However, Joe eventually strayed from his original plan of becoming a PE teacher and delved into the world of personal training upon graduating. "I realised my passion was in health and fitness so upon graduating I did an intensive eight-week personal training course to get the stamp of approval needed to work in the fitness industry.

"I then recognised that it would be much easier to set up a bootcamp than find PT clients so I went ahead and set up my bootcamp and PT business, Rumble in the Park and The Body Coach. As my bootcamp grew so did my personal training business and within a year I was fully booked and burning out."

However, as with anyone self-employed and running their own business, following market trends and spotting gaps is key for brand building, which is exactly what Joe did. He says, "I saw a trend and movement of trainers and nutritionists growing their businesses on social media and decided it was where I wanted to go". And just how crucial has social media been to Joe and his career? "It has changed my life", he says bluntly. "It has allowed me to stop bootcamps and personal training locally and now I coach clients all over the world with my online plans. I have clients as far as Dubai and Australia. Social media is the most powerful tool on earth. If you get your voice right and you connect with people, you can become very successful, very fast."

Joe now knows his social media extremely well. "What will get the most clicks?" "What will make people tick?" are two common questions he may ask himself before posting new content. He posts 15-second video recipes of 15-minute meals rustled up in his home on a daily basis, aptly named #LeanIn15. You can catch him belting out Dolly Parton's Jolene at the top of his lungs or shouting his #Leanin15 catchphrases to unsuspecting passers-by.

"I don't really plan my Instagram pranks", he says, "I just see how I feel at the time and if I see an opportunity to shout out 'oi oi have you heard of #Leanin15?' then I take it."

Typically on social media, the more outlandish the content, the bigger the reaction, and it seems to be working for Joe. In just eight months he has amassed over 42,000 social media followers.

What's impressive is that that all his video content is free. But, as we know, free videos on Instagram, as entertaining as they may be, are not going to bring in any revenue for a thriving new business. More recently, however, he developed his 90 Day SSS plan (Shift, Shape and Sustain), a three-month nutrition and exercise regime that costs £147. According to an article in the London Evening Standard, since January he has sold over 2,000 plans, generating an approximate turnover of £600,000 in his first year.

However, it hasn't been all plain sailing for Joe. He recalls his biggest challenge so far as finding others as motivated and dedicated to his vision as he is. "The biggest challenge for me so far has been learning to let go and trust other people running my bootcamp. I worked so hard to build it up and it's very hard to find someone as passionate as you are about your business, he says. Having learned to let go, he now employs others to run his bootcamps, giving him more time to focus on the online side of things.

Joe credits the Sport Science degree he attained at St Mary's for helping to solidify his reputation among fitness consumers. "My Sports Science degree gives me a seal of approval that I dedicated three years of my life to studying a subject I now love. This gives people a sense of trust and this is essential when trying to set up an online business. Without my degree people may not view me as a voice to listen to when it comes to training and nutrition, so I'm really glad I took the time to study at university first.

So, with his SSS plan currently racking up the orders, where does he go from here? "I've just been offered a two-book publishing deal so my #Leanin15 cookbook should be out sometime this year. I'm also in talks with some TV agents about turning my concept into a TV show which is a real ambition and goal of mine. I want to educate as many people as I can on nutrition and get everyone off low calorie diets and fuelling their body to burn fat."

## St Mary's Appoints New Professors

Cherie Blair CBE QC has been appointed Visiting Professor in Law, while former Uachtarán na hÉireann/President of Ireland, Dr Mary McAleese has been appointed Distinguished Professor in Irish Studies. The appointments come as the University prepares to celebrate its 165th anniversary in 2015.

Cherie Blair will take up her post at St Mary's Centre for Law and Culture from January 2015. She will deliver lectures drawing on her vast experience of human rights law as part of the Centre's public lecture series.

A practising barrister since 1976, Cherie Blair has considerable experience in the higher education sector. She is Emeritus Chancellor of Liverpool John Moores University after serving as its Chancellor from 1999 to 2006. She is also Governor Emeritus of the London School of Economics, Governor of the Open University and in 2011 was appointed Chancellor of the Asian University for Women, the first female liberal arts university in South Asia.

Dr Mary McAleese, President of Ireland between 1997 and 2011, will take up her position in the School of Arts and Humanities in the 2015/16 academic year. During her presidency, the historic negotiations that led to the Good Friday Agreement in 1998 were reached. Dr McAleese will teach on the MA Irish Studies programme and in particular its 'New Perspectives on Irish History' seminar series. She will give a keynote conference lecture and take part in a programme of public conversations during her period of appointment. In addition, she will give two public lectures at the University's Centre for Law and Culture. She will carry out research and her teaching will draw on her experience and insights from two terms as Ireland's Head of State and more than thirty years' experience in Irish public life.

Born in Belfast, Dr McAleese is the first President of Ireland to have come from Northern Ireland. The theme of her presidency was 'Building Bridges' to address issues concerning justice, social equality, social inclusion, anti-sectarianism and reconciliation. Dr McAleese played a major role in the Northern Irish peace process and she hosted Her Majesty Queen Elizabeth in the highly successful British state visit to the Republic of Ireland in May 2011.

## Alumni and Friends Film Evening

The annual alumni and friends film screening returns in 2015 for the third year. Last year we held a poll so that you could choose the title to be shown and the winner was

### Dead Poet's Society

The event will take place on Friday 20th February from 6.30pm, with dinner served in the Waldegrave Suite, before moving to the Pete Postlethwaite Picture House for the screening. This year we'll also be holding a small raffle to raise additional funds for the Alumni Hardship Fund. As usual you can bring your friends and family along with you. Tickets are priced at £14 including a complimentary drink upon arrival. To book your tickets, please visit [www.ticketsource.co.uk/date/144042](http://www.ticketsource.co.uk/date/144042).

All proceeds will go towards the Alumni Hardship Fund – providing essential support for students in need.

## Job for Life?

NO! More like nine jobs over 50 years. A November press release from 'LV=' stated that they had found that workers today have, on average, nine jobs and one complete career change across their 48 year working lives, with a move to a new role every five years. 'LV=' also found that 'new workers' retire seven years later than their grandparents would have done and also earn less! The good news is, however, that workers today get more holiday, shorter commutes to work and are twice as likely to have the option to work from home than their grandparents. Overall unemployment rates have also shrunk.

So, what can we learn from these headlines? At St Mary's Careers Service we think it is vital for all students, staff and alumni of the University to gain skills to allow them to become excellent at understanding the job market and at networking effectively across a range of sectors, as well as at presenting themselves in applications and interviews. The Careers Service runs events throughout the year that aim to engage the current cohort in employability planning and we need your support. So if you have expertise that you would like to share with the 'new workers' of tomorrow, please get in contact with your alumni office and let them know how you can help.

## Sunday Times Ranks St Mary's Top University in London for Theology and Religious Studies

St Mary's position alongside the UK's most esteemed academic institutions has been confirmed by the latest edition of the Sunday Times Good Universities Guide, which described it as the top place to study Theology in London and among the best for Education.

The well-respected annual survey put St Mary's in the top 20 nationally for Theology and Religious Studies, with its courses coming 18th out of a total of 37 and sitting above those on offer at Kings College London, Roehampton and SOAS.

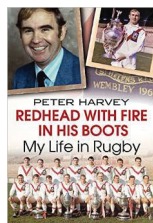
Less than a year after gaining university status, St Mary's is already first among this country's Catholic universities and ahead of three long-established Russell Group universities. Among the Cathedrals Group of universities, only Cumbria scored higher. And in a vote of confidence, despite being a new joiner to the Sunday Times' charts – in fact the only new university established since the last time the guide came out – St Mary's has stormed ahead to become second among the universities set up after 1992. The authors of the guide commended St Mary's numerous outreach schemes, designed to encourage a diverse student body, noting in particular the success of the E-mentoring scheme, which is now a year old.

Placed 100th overall, St Mary's scored particularly strongly for education, coming 28th out of 73 and second to only Brunel in the capital. Other high scores for student satisfaction came for the History and the English courses, which scored 77th and 79th respectively.

And in welcome news for current students, St Mary's scored in 69th place for graduate prospects out of the 123 institutions surveyed.

## Simmarians in Print

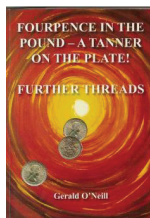
Here we collate a snapshot of just some of the books you've told us about which are written by Simmarians and may even feature some memories direct from Strawberry Hill.



### Peter Harvey – *Redhead with Fire in His Boots*

Peter was the first boy from Lancashire to play for England Schools. He studied Physics and PE at St Mary's 1959-61, before Loughborough 1961-62. He played more than 20 times for Lancashire, and had three England RU Trials before turning professional with the great St Helens side which won four cups in 1966. This book has had rave reviews from professional journalists, who comment on how unusual it is to have such an enthralling book as an autobiography. A unique view of social history from coalmine to classroom, a teacher throughout including being the head of a PE Dept, and three primary school headships; he tells the tale with wit and wisdom and without rancour. The book is illustrated with photographs, hand picked to match the text, and is full of characters that are known to everyone with an interest in rugby of either code. The chapters on Strawberry Hill should interest present students and alumni alike. "An excellent must read book" for anyone wanting to learn about both codes.

*Redhead with Fire in His Boots*, is published by Fonthill Media.



### Gerald O'Neill – *Fourpence in the Pound a Tanner on the Plate*

Gerald attended St Mary's from 1945 til 1947 and has written several books about his life living and teaching in the area of Teesside, Yorkshire. All the books have been illustrated by his wife Val, who was also a teacher until her retirement in 1985.

One title, *Fourpence in the Pound – a Tanner on the Plate*, contains a version of life at St Mary's during the mid 40s. Illustrating the remarkable transformation that has taken place in education and living standards between the years 1938 and 1985, Ged shares with the reader his experiences – sad, joyful, humorous or otherwise – of that journey. By using the accounts of people and situations in his own particular area of Teesside Ged's account demonstrates, despite life's shortcomings in the early days, how the majority of people lifted themselves above all the negatives with humour and integrity.

All of the books may strike a chord with anyone interested in social history or particularly so with any student of that era. You can read more about Ged and Val's work on their [website](http://www.teessideyorkshiretales.co.uk) ([www.teessideyorkshiretales.co.uk](http://www.teessideyorkshiretales.co.uk)).

*Fourpence in the Pound – a Tanner on the Plate* is currently available for order from [www.teessideyorkshiretales.co.uk/index.html](http://www.teessideyorkshiretales.co.uk/index.html).



### John McSorley – *Out Of The Box: The Highs and Lows of a Champion Smuggler*

John McSorley studied at St Mary's 1967-70 and was a familiar face at St Mary's well before he enlisted as a student. He lived nearby on the Twickenham Road and regularly used the old gym for training. John held the British

javelin record in 1964, a year that marks the beginning of a curious tale immortalised in an upcoming book, *Out Of The Box: The Highs and Lows of a Champion Smuggler*, that includes a scene set at the college.

It was June when John had an unexpected visitor: the aptly named Australian javelin thrower, Reg Spiers, whom he'd met at the Commonwealth Games in Perth in 1962. Reg was a larger-than-life young 'Aussie larrikin' who'd worked his passage to the UK on an oil tanker in time for the British athletics season when he hoped to qualify for the Olympics.

Nothing went to plan. Although the pair were regularly working out at the college gym and loading themselves with carbs in the canteen both were sporting injuries and throwing below their best distances. Reg found a job at the airport, but his situation deteriorated in October when his wallet was stolen, leaving him penniless and desperate to get home.

Undeterred, the young Aussie athlete hatched a plan to get back to the other side of the world for free, and enlisted Simmarian John's help to build a man-size box for Reg to post himself in from Heathrow to Perth! *Out Of The Box* tells of Reg's story over the ensuing years as he gained notoriety for several exploits apart from throwing the javelin.

Co-authored by John's wife, Julie, and their son, Marcus, *Out Of The Box: The Highs and Lows of a Champion Smuggler*, published by Roaring Forties Press, is currently available for order from Amazon, Waterstones and Foyles.

## New Head of School of Management and Social Sciences

### The School of Management and Social Sciences (MSS) at St Mary's has appointed Christopher Hull as its new Head.

Chris first joined St Mary's in 2006 as a Senior Lecturer and the Programme Director for Business Law. He became an Academic Director in 2008, overseeing teaching and learning and quality assurance within the School. Since 2006, Chris has taken the lead in the transformation of the law programmes at St Mary's; most notably the qualifying law degree which began in 2012 and the recent launch of the Centre for Law and Culture.

Of his appointment Chris said, "It is an immense privilege to have been appointed as the Head of School for Management and Social Sciences. Having worked in the School since joining St Mary's in 2006, I know the dedication, enthusiasm and professionalism that colleagues bring to their roles and the sense of pride that they have in their students.

"I look forward to working closely with colleagues within the School and collaboratively across the institution to overcome future challenges, strengthen and expand our curriculum, support and engage our students and the wider community, and develop our national and international reputation."

Chris has considerable experience of managing and teaching on a range of business, law and public services programmes in both further and higher education. His main teaching interests focus on tort law and employment law. Chris was called to the bar in 1999, he is an experienced external examiner, a fellow of the Higher Education Academy and a previous chair of the Association of Law Teachers.

## Thanksgiving at St Mary's



Staff and students at St Mary's recently held a celebratory meal to mark the American Thanksgiving holiday. Those attending the event included current St Mary's international students, visiting students from partner universities in the United States, and St Mary's alumni who spent a semester abroad. A small group of students from the New York and London-based Mountbatten Institute, who study on St Mary's Postgraduate International Business Practice programme, also joined the dinner.

In accordance with American custom, in his words of grace St Mary's Chaplain, Father Benedict Jonak, invited guests to participate in a moment of reflection on faith, friends, family and sharing, as well as on those in need.

Mariann Baker, Head of the International Office at St Mary's, said, "The annual Thanksgiving meal is one of the highlights of the year for St Mary's international community. We aim to create a home away from home for our students. Their families, if they are visiting from the States at this time, are always welcome to join us; it was wonderful to have families celebrating with us again this year."

The dinner is one in a series of events held throughout the year at St Mary's where international students are invited to engage with home students and staff in a social setting. The study abroad students were invited by the International Team to remain in touch beyond their stay at St Mary's, and to be part of the University's developing network of international alumni.

The Study Abroad Team are expecting record numbers of visiting students for the second semester of the 2014/15 academic year from the United States. The Chaplaincy, the Students' Union and the International Office are working together and with other University departments to ensure a welcoming and rich student experience all year round.

To see pictures from the Thanksgiving dinner, please visit [St Mary's Facebook page](#).

## Calling all International Alumni!

The International Office are keen for alumni who studied with us as international students to become University Ambassadors! It would be great if you could get in touch to update us with where you are and where you are working now. We would love to put your stories on the international website pages to give prospective international students a flavour of what St Mary's can offer them. So if your course at St Mary's helped you land that dream job, make great friends or you simply loved living in London then contact the International Office to share your St Mary's story.

If you are interested then please email us at [International@stmarys.ac.uk](mailto:International@stmarys.ac.uk).

## Guests Attend First Inaugural Christmas Party



On Friday 12th December, St Mary's hosted its' first public Christmas event in the Waldegrave Suite. Organised by Strawberry Hill Conferences and Banqueting, the ticketed event was attended by over 70 people including local businesses, community, alumni and staff.

Upon arrival attendees were greeted by Santa's cheerful elves who ensured that all the guests were looked after and had a great time throughout the night. A three course meal followed by mince pies was served up in the Grade I listed Waldegrave Drawing Room.

Entertainment provided by the [London International Gospel Choir](#) who rushed over to Strawberry Hill from a concert at the National Gallery. After a mesmerising choral start, they had guests up on their feet with well-known disco numbers in the Senior Common Room. To the delight of our guests, they were then seen performing on the X Factor final shows with the finalists at Wembley the following day. The night continued as guests danced the night away with our DJ in the Common Room.

Alumnus Leo Hopley (1971-74) commented, "It was a delightful evening. The setting was arranged so beautifully and the atmosphere was such a great start to the Christmas Season. Being met by the Elf's was rather fun, and the Gospel Choir were great entertainment. The energy they exuded made me feel exhausted!"

Event Organiser, Harkirat Assi said, "This is the first time we have opened our doors to the public at Christmas and it was a great success. The venue is a hidden gem – the grandeur of the Waldegrave Suite provided a unique and intimate setting for those looking for something a bit different. We look forward to running the event again next year with a different twist and hope to welcome many new and old faces to St Mary's to celebrate the festive season."

To find out more about hiring the facilities at St Mary's for your next event please visit the [Conference and Banqueting pages](#) on the St Mary's website.

## Upcoming Alumni Events

20th February	Alumni and Friends Film Evening
11th March	Alumni Careers Evening
1st April	Alumni Focus Group
5th June	Alumni, Staff and Friends Pub Quiz
19th-21st June	Massive 40th-ish Anniversary Reunion
21st-23rd August	Alumni Reunion Weekend
11th December	Magical Christmas Night



## The Liverpool Simmarian Club

The Club is very fortunate to have two Simmarian priests to concelebrate Mass, namely Fr Alex Fleming (44-46) and Fr. Godric Timney OSB (71-72). Both were present for our two main celebrations of the year.

The first, our Anniversary Mass, where we remembered in particular two colleagues who died during 2014, Gerry Wright (52-54) our ex president who never lost his great love for Simmaries and Jack Griffiths (45-47).

We were very pleased that Francis Campbell, Vice Chancellor at St Mary's was able to join with us at The Anniversary Mass and afterwards was our chief guest at lunch in The West Lancashire Golf Club where he spoke most eloquently of his hopes for St Mary's University adding, surprisingly, that this was his first visit to Liverpool.

Twenty three Simmarians joined together for Mass on December 8th for the University Feast Day and afterwards for conviviality and Christmas lunch again, at The West Lancashire Club.

Tony Brookman (62-65) President, Steve McKenna (58-60) Treasurer and myself as Secretary, Geoff Farrell (54-57) send best wishes for a prosperous and holy New Year to all Simmarians.

## Alumni Reunions at St Mary's

Thanks to all of you who took the time to complete our recent alumni reunion survey.

Over 400 of you submitted your views and 80% of you indicated you are interested in attending reunions at St Mary's. We are delighted that the response has been so positive and look forward to seeing many more of you at events in the coming months and years.

Many respondents didn't have a preference as to which month is used for reunions and answers were equally split between those who think having accommodation available is important and those who don't.

We asked about the type of reunions you would be most likely to attend and unfortunately less than 20% showed an interest in us organising generic reunions open to all alumni; the majority of you would prefer reunions to be grouped by either entry/leaving year or subjects.

As a result of this feedback we will continue to run the current system where reunions are organised by interested Simmarians from the reunion group, supported by the Alumni Relations Office. We will continue to host one weekend a year with free venue hire in the summer, while the halls of residence are available for alumni to book accommodation. This format gives us the flexibility for reunion groups to put on a schedule of events which suits their own requirements, while ensuring that numbers are high enough to ensure a successful event. If demand increases greatly then we may be able to offer a second weekend at a different time of year, but without any accommodation available for guests. Outside of this weekend, we will continue to offer a 10% discount on venue hire to alumni.

There was a strong feeling conveyed from alumni about a lack of promotion regarding the reunion process at St Mary's and we would like to apologise for not making things clearer to you all. We will be taking steps to improve

communications around reunions and will make a clearer call to action for those interested in organising a reunion. We also know that many of you would like a way of knowing who is attending to help you with your planning, so we are looking into ways of making this clearer for all our alumni events.

## 2015 Reunion Weekend: 21st-23rd August

We have already had interest for the 2015 reunion weekend from two groups: 1975 PE starters and 1965 graduates. If any other groups are interested in organising a reunion please contact the Alumni Relations Office as soon as possible to discuss your requirements. Please note that capacity in St Mary's venues is limited and reunion groups may be required to share the available venue space. Bookings will be accepted on a first come first served basis.

If you have any other comments or questions, we would as always be extremely pleased to hear from you.

**Sarah Hood**  
Alumni Relations and Development Manager

## The 60s and 70s Group

Hi Fans. Interesting things have been happening since we last reported on our activities. In July, one of our members Eileen McNulty, who now lives in Australia, came over to the UK for a visit and we organised a get together for her which included people she hadn't seen for 40 years. Actually when I say Australia; Eileen actually lives on a tiny island way up in the north of Queensland – Thursday Island which is just 3km x 2km (have a look at it on Google Earth).

In October I got an email from a John McSweeney who had read about our group in an old Simmarian newsletter and wanted to join us. It turned out he also lived on Thursday Island and knew Eileen but they hadn't made the college connection!

In another move to show how small the world is these days, John asked me if I could help him track down a couple of people he hadn't seen since college and, using the facilities of our 200-strong group, I was able to discover that one of the missing people was the brother-in-law of one of our members. So they're now back in touch.

In November we held our group Christmas bash in London, which was well attended and more friendships were re-established. After a few failed attempts, Sarah Hood was finally able to get along to a meeting. Sarah is the Alumni Relations and Development Manager for the University and one of the many things she does is to compile and produce the Simmarian Newsletter. It was great to meet her and we were able to talk about the sort of things we could do to further promote all things Alumni. One of the decisions that came out of the London meet was an idea to go to The Lakes next year for some sort of walking/drinking/relaxing few days. We'll start working on that in the new year.

Now, enough of me. I know Christmas and New Year will have gone when you read this, but I hope you all had a great time and that 2015 brings you all you wish for. And, as usual, if any of you want to join us or contact me, please email me on [joe@theloughrans.co.uk](mailto:joe@theloughrans.co.uk).

As Jimmy Young used to say, TTFN!  
**Joe Loughran (1969-1972)**

## Massive 40th-ish Anniversary Reunion

Every five years since 1985, Simmarians who attended in the first half of the 1970s have held reunions at Strawberry Hill. This will be the seventh.

As always, our invite is all embracing and is directed towards no particular group or year. In essence, we're aiming at all Simmarians who arrived between September '70 and September '74. For those who thought it was a three-year course, we have knowledge of a student who arrived in 1972 and hung on until 1977!

We have engaged with the University and organised a reunion on the weekend of 19th-21st June 2015. In recognition of the fact that many/most/all of us have retired, we have moved the usual date from Easter to after the University students have left for the summer. The reunion itself is planned for Saturday 20th June from 7.30pm. Invitations by email and post have been sent out but if you are seeing this for the first time and are interested in joining us, please contact Frank Sudlow: Tel: 01604 406777 Email: frank\_sudlow@yahoo.co.uk, or John Booth: Tel: 01274 637810 Email: idlebooths@blueyonder.co.uk.

## 1975 Physical Education Starters' Reunion

A reunion is presently being organised as a chance to meet up and reminisce on early morning swimming lessons, horrendous leotards, ridiculous GPA results, stressful practical assessments and Poole exploits. The weekend of 21st-23rd August 2015 has been reserved to celebrate 40 years since those freckle-faced naive and innocent youngsters entered the halls of academic excellence to lead the youth of their generation (well, most of this is true!)

Meeting for a set dinner on Saturday evening in one of the rooms at Simms, possible golf, or other activities in the sports hall, followed by a Reunion meal. Accommodation is available. If you are one of the class of 75 or you are still in contact with someone who was, can you reply to the email address below so I can start to put together our guest list for the weekend. Bob Pearton will attend with hopefully some other lecturers as well.

Matt Tallon  
matttallon1@gmail.com

## 1962-1965 Reunion

A chance for the 62-65 Simmarians to gather back on campus is being organised for the 2015 reunion weekend. We envisage there will be a gathering in the Students' Union bar on Saturday night with a hot buffet. Accommodation will be available on campus for those who would like to stay over.

For more information and to register your attendance please contact the Alumni Relations Office in the first instance.

Tom Clapperton

## Gibraltarian Simmarians

Our thanks to alumnus Lionel Perez (63-66) for sending through this photo from the 9th December annual Christmas dinner held on the rock. He is pictured here with Julio Alcantara (59-61).



St Mary's University Twickenham London

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Register now at [languages@stmarys.ac.uk](mailto:languages@stmarys.ac.uk) or call 020 8240 4321

Text SIMM14 £3 to 70070 to support our students in need and make a donation to the Alumni Hardship Fund, providing essential support for students in need.

## Eulogy: Antony Kenney

We would like to publish a short excerpt from the Eulogy given for former St Mary's Deputy Principal, Antony Kenney, as delivered by his son James.

Antony was born in Carshalton in February 1931. He followed brother Pat to the John Fisher School in Purley where his humble, yet highly persuasive, style of leadership was recognised in his selection as School Captain.

After two years of national service, Antony went up to Christ's College Cambridge, matriculating in 1955 having studied Biology. Leaving Cambridge he moved into a flat with a lovely view overlooking a golf course in Strawberry Hill and joined St Benedict's School in Ealing for his first experience in the field of education.

In 1959 he took a call from a head of department at a certain St Mary's College where he had done his PGCE four years before. Would he be able to cover a lecture as a one-off? My father was happy to oblige and soon after this he had another request to do so again. In short courses, these requests became an offer to join the college, and was where Dad very happily spent the next 37 years moving through being a lecturer, head of department, Vice Principal and finally Deputy Principal. Although, that almost wasn't the case as after only one year, Dad and a fellow lecturer and St John Fisher old boy, Martin Dyer who joined St Mary's at the same time, were not so enchanted and actually met to plan their exit. However, they agreed to give it another two years there to make it look better on the CV. Seeing as both ended up retiring from St Mary's, they actually never needed that CV again.

Antony was instrumental in many of the changes that made St Mary's what it is today – from smaller projects such as building a new science department, through to more foundational changes such as the move to admit women and the move to affiliate with Surrey University. My father was never afraid of “the new” – if it was right, then he embraced it. He was very proud of what he was able to contribute to St Mary's especially with respect to the core values and support for students which remain hallmarks of the institution today and one of the best examples of Catholic faith in action. In honour of all these achievements, Surrey University made him an honorary Master of the University when he retired.

I will briefly recount the night of the great “fix-up”. In short, Martin Dyer was hosting the usual end of Christmas term party which Antony, as faculty staff, would attend. Also attending was Jack Scarisbrick, another John Fisher School old boy who was a close friend of Martin, and his wife Nuala who happens to be my mother's sister. Shortly before the night, Jack asked Nuala if she could think of any nice young ladies that might be interesting for, and interested in, Antony. Nuala suggested Carol, who they brought along without telling her anything of their nefarious plans of course, and the rest is history: 44 years of very happy marriage, 3 children and to date, 3 grandchildren. Antony and Carol married in St Mary's, the first marriage in the new chapel, and moved to a lovely house on the banks of the River Thames in Shepperton the following year.

For all his services to Catholic Education, in 1995 Antony became a Papal Knight of St Gregory and his name is now in their Book of Remembrance in Westminster Cathedral. And for his lifelong dedication and service to the church, in 2006 he received Pro Ecclesia et Pontifice from Benedict XVI – this was especially close to his heart as his father also received this exalted award for his service.

## SHOCC Funding Breaks All Records

2014 was a very busy and hugely successful year for SHOCC and as it draws to a close we are able to report on the distribution of the largest amount of funding in our 43 year history. In November the Trustees met and allocated just over £40,000 to six projects in Guatemala, Grenada, Kenya and Tanzania. We were able to fund these projects thanks to the generosity of two former members of the St Mary's staff who passed away during the year.

We will be honouring the memories of Geography lecturer Amy Hemmings and Vice-Principal Antony Kenney at the largest of the projects, a Catholic girls' secondary school at Muthetheni, Kenya. We are providing £28,000 to renovate three science laboratories at the school and these will be named after the lecturers. A plaque bearing both Amy and Antony's names will be erected in the laboratories. An official opening is planned for the summer of 2015.

Other projects to receive funding include a donation of £770 towards purchasing school books for Grassroots, Tanzania; £2,500 towards the construction of a reflexology/massage room at Proyecto Vida, Guatemala; £2,000 towards the work of the Foundation for Needy Children in Grenada and £2,000 to pay for the construction of a well at Kusiomumo Secondary School in Machakos, Kenya.

Following the construction with SHOCC funding of classrooms at St Kevin's School, Marigat, Kenya in 2013 and 2014, nearby St Paul's Primary School is to receive £4,500 to complete the construction of a kitchen block and to renovate eight classrooms, some of which were constructed with financial support from SHOCC.

Kevin has been invited to spend Christmas with alumna Sister Dee Smith (1972-1975) at Proyecto Vida in Guatemala and will be there to celebrate Dee's 20 years running the highly successful HIV/AIDS project. He will have the opportunity to see how the funding SHOCC provided three years ago is being used to develop the project's eco-farm and will hand over the funding for the new massage-reflexology unit at the Sancta Maria Hospice.

By the time you receive this Newsletter we will have welcomed 2015. On behalf of SHOCC and its Trustees, may I wish you all a very happy New Year. Thank you for continuing to support SHOCC and its work.

**Kevin L Cook**  
Chair of SHOCC Trustees

## Rest in Peace

St Mary's has been informed of the passing of the following Simmarians, may they rest in peace.

John (Joe) Yates (1943)  
Peter Swarbrick (1945)  
James Courtney (1950)  
Brian Grist (1963)  
Charlie Lynn (1964)  
Colette King  
Michael Anthony Bermingham (1968)  
Philip Brady (1971)  
John 'Sully' Sullivan (2009)

## Where Are They Now?

**Gerald O'Neill** (1947) I retired as Headmaster of Corpus Christi Primary School Middlesbrough in 1985 after 36 years of service in primary schools on Teesside following two years in the Royal Army Education Corps in UK and Kenya. I have had four books published on the social history of the Middlesbrough locality during my lifetime and one anthology of poetry. My wife and I settled out in the North Yorks Moors National Park where we lived for 46 years in an ancient cottage which we finally developed as a sought after Caravan Park, and returned back to Teesside in 1998.

**Ted Atkinson** (1965) I took early retirement and have spent much of it golfing, painting (mainly in Connemara), composing doggerel, visiting children and grand kids in London and indulging in the occasional mandatory slurp. Would be interested in attending any Golden reunion celebrations.

**Roger Partridge** (1966) I taught at Secondary level from 1966-1989, first in Kingston upon Thames and then in Hounslow – eventually as Head of Geography at St. Mark's R.C. School, Bath Road, Hounslow. I took early retirement in 1989 and went to work as an Admin Assistant in Library & Media Services at Kingston University. I got a 2:1 from the Open University (Geography and Earth Sciences) and worked as a Part-Time Tutor/Counsellor in Earth Sciences for them for 23 years.

**Bartholomew Woods** (1966) I taught in Austria for a year, in Liverpool for 12 years, and in Ireland for 23 years. I retired in 2002. I teach traditional music twice a week on violin and tin whistle. I sing in a choir, mostly for liturgical events. I play traditional music on the violin, at home and abroad. I am on the council of the local archaeological society, and I work for the local credit union.

**Michael Tildesley** (1968) After leaving St Marys in 1968 I taught in Tooting and then Balham. I married in 1970 to Edris who was also a teacher. In 1973 I moved to Cambridgeshire to take up a Deputy Headship. I was appointed to a Headship in Cambridgeshire in 1976 and moved on to 3 further Headships, including opening a new school in the county before retiring in 2005. I worked as an Advisory Governor in a number of Cambridgeshire schools for 6 years. Edris and I have 2 children who are both now married and we have 4 granddaughters. We spend time with our children and grandchildren and enjoy travelling whenever possible. I play golf, watch some rugby and occasionally visit the Rawalpindi in Twickenham!

**Fr Neal Carlin** (1970) I've just published a book which tells my full story – quite eventful. It's called 'They that Wait on the Lord' (published by Columba Press and available on Amazon from end of Nov 14). It should be interesting in light of Church today in Ireland and in the West generally. See [www.columbacomunity.com](http://www.columbacomunity.com)

**Anne Geoghegan nee Leavy** (1973) Still married to Matt Geoghegan. We met at Simms 1969; now both retired.

**Nick Wort** (1988) Emigrated to British Columbia, Canada – loving life in the great outdoors. Married with 2 kids.

**Catherine Allison** (1992) I continued to take my NPQH but decided not to enter senior management but to continue as a faculty head. I also work with AQA as a subject trainer, a senior A level and iGCSE examiner, senior moderator in these specifications and at GCSE and have been part of curriculum and specification development.

**Rachel Black** (1997) After graduating from St Mary's I have been a PE teacher, Head of Department and Key Stage 5 Coordinator. I am now living in Shrewsbury and I work at the University of Worcester as a lecturer on the PE and Sport courses. I am about to start a PhD.

**Simon Henning** (1997) I advise employees throughout National Grid on plain English, editing and how to engage audiences through the written word. I became an editor through chance rather than planning, but have subsequently won a number of national awards.

**Ruth Thomas nee Murphy** (1998) Since graduating I qualified as a Physiotherapist. I now own a Physio clinic in Cardiff. I have also worked with both Olympic and Paralympic teams and individuals. I have recently married a Paralympic sailor.

**Sarah Lavelle** (2003) Having completed my PGCE in Religious Education in 2003 I went on to teach at St Mark's Catholic School, Hounslow. After 8 happy years there it was time for an adventure and I have spent 4 years in Dubai working in the education system – slightly warmer climate than South West London!

**Alexander Swain** (2004) In 2006 I joined the Home Office as an Immigration Officer – 2014 loaned to FCO and posted to Mumbai, India as a British Diplomat and working at the British Deputy High Commission as an Entry Clearance Officer.

**Jacqueline Butler-Smith** (2013) I am now studying for my Post Compulsory PGCE at the Institute of Education. Following graduation I went off to work in an adult community college full time. I plan to return 'home' to the St Mary's campus in September 2015 to begin the two year PT MA in Gothic literature – can't wait! I arrived at St Mary's in 2010 as a mature student and single mum of two. I left in 2013 as a subject specialist, still a single mum of two but equipped, confident and motivated. I made my best friends and had my best life experiences at Simms – I even sent one of my own students this year! A very proud moment indeed :-)

**Sophie Robinson** (2013) I have travelled Australia and completed my regional farmwork in order to attain my second year visa in Australia. I intend to enter the sports industry and increase my experience in the area whilst travelling around the world.