

The Simmarian

Edition 18
Winter 2019

St Mary's
University
Twickenham
London



STEPHEN ALBANESE

Professional photographer, friend to rock
aristocracy & hometown baseball fan

In this issue

Combatting
Modern Slavery

Teaching
is Thriving

Alumna in the spotlight
Catherine Quinn

Who will win
BUCS XC in 2019

The Simmarian Contents

- 4 Simmarian News
- 6 Combatting Modern Slavery
- 8 Teaching is Thriving
- 10 Events 2019
- 12 Stephen Albanese
- 14 News from The Exchange
- 16 Alumni News
- 18 Postgraduate Spotlight
- 20 Spotlight - Catherine Quinn
- 22 SHOCC News



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- Instagram.com/yourstmarys
- stmarys.ac.uk/news



Welcome

From Francis Campbell, Vice Chancellor

A very warm welcome to St Mary's alumni and the winter 2019 edition of the Simmarian. The hard work of our staff and their continuing commitment to student experience has allowed the University to grow, as laid out in Vision 2025. The past year has seen our plans for growth in both postgraduate and international student recruitment develop and mitigate what was a challenging year across the sector.

In a highly competitive student recruitment environment, the University has seen the strategy of growth in international and postgraduate recruitment yield returns and we have broadened our network of partners nationally and internationally. In 2018 we launched a partnership with the Institut Catholique de Paris and launched our own St Mary's University London International College (SMULIC) to provide a range of courses tailored to the international student market. Further partnerships are being developed.

Throughout 2018, the University launched over 20 new degrees. As an institution that places the student experience at the heart of all it does, it is essential that the University regularly review the curriculum and its overall structure. During this past year, the University undertook a significant restructure creating two new facilities and institutes. This aligns more closely with other university structures and enables St Mary's to operate a more efficient and sustainable model of higher education provision.

External recognition of our efforts continued and this year we increased our standing in the various higher education league tables. The feedback from our own students was amongst the best in London and the country. On such foundations, we remain confident of continuing success.

Finally, the University has also made significant progress on its enterprise strategy as part of our Vision 2025 strategy helping us to diversify the University's income stream. Research funding has increased significantly, and we are allying that to real impact in areas of modern policy challenges, such as preventing modern slavery or improving access to higher education for care leavers. We had another successful Summer School in partnership with the University of Warwick and our First Star programme received the Best Prospective Student Engagement awards at the WhatUni? Student Choice Awards for their pioneering work with children in the care system.

I hope you enjoy this edition of the magazine and I encourage you to stay in touch with us.

With every best wish for the coming year.



Welcome

From Julian Smyth, Director of Development

I'm delighted to introduce the winter edition of the Simmarian magazine. As you'll see in the coming pages there have been a number of successes, achievements and plenty of news to report since the summer. You can read about several new developments from the University and stories from alumni. If there is anything you'd particularly like to hear about, please get in touch.

In this issue, we celebrate the University's diversity on campus, in our courses and through the broad range of partnerships we have at St Mary's. Our Interim Alumni Officer, Helen Major has packed in a range of stories, some of which will be in the next edition or future e-news. I think you'll particularly enjoy reading the tall tale about the Year that Got Sent Down.

Edition 19 may just have been published but it's never too early to be thinking about the next issue. In fact, one alum recently asked for more news from Simmarians who studied here in the 1950's: if that's you, please write in.

Over 10,800 copies have been printed and 20,000+ have received this magazine via email. There's been a special effort this issue to be more eco-friendly, so the paper is FSC approved and the poly wrap can be recycled along with supermarket plastic bags – check your local recycling. We would love to be even more green so if you are reading a printed edition of this issue and would be happy to have this sent via email instead, please update your preferences via the form or online.

The Simmarian spirit of community, inclusion and generosity endures and it's pleasing to see that throughout this issue. Thank you to all the alumni who have volunteered stories and been in touch with the Alumni Office in 2018. It's been a pleasure to serve you all.

Best wishes for 2019.

Front cover image:

Stephen Albanese is a professional photographer and St Mary's alum. He took the front cover shot of Brad Pitt, who was filming a scene in the Quentin Tarantino movie about the Sharon Tate murders.

See more of his work at:
[instagram.com/tailstar](https://www.instagram.com/tailstar)
www.tailstar.com

Matt Horsman

St Mary's University



Photo by lovelyphoto.co.uk

ALUMNI WIN AWARDS FOR JOURNALISM

At the National Council for the Training of Journalists (NCTJ) awards in December 2018, St Mary's celebrated the success of our alumni, staff and current students enrolled in the Sports Journalism MA course. Nick Friend and Matt Horsman, co-editors of St Mary's led publication, the Sports Gazette (sportsgazette.co.uk), and Programme Director Dr Daragh Minogue have all received reward and recognition at the NCTJ Awards for Excellence.

Nick Friend was one of three finalists in the David Welch Student Sports Writer of the Year Award in February 2018. He was also shortlisted by the NCTJ as one of the top six student journalists of the year. Co-editor Matt Horsman won the NCTJ Student Sports Journalist of the Year Award, the second year in succession a student from St Mary's has won this award. He entered a great portfolio of work, which included a film about endurance athlete Sophie Budd on juggling motherhood with extreme sport.

The Sports Gazette was shortlisted for the specialist publication of the year by the Student Press Awards in April 2018.

Daragh is certainly a proud professor: "There are some exceptional interviews in the magazine. Last year, our co-editor, Nick Friend interviewed Jaiyah Saelua, the first transgender woman to play international football, and Kelly Lindsey, the American coach of the Afghanistan women's football team as well as a number of female cricket players."

Speaking on the inception of the course, Daragh explained that: "The course was launched in 2010 with the aim of capitalising on the London 2012 Olympic legacy, but I was keen from the outset for it to be a bit different from other sports journalism courses. I wanted our students to go into the industry with their eyes open about social injustice and how this impacts on sport and their profession."

"The course has developed a strong stance on equality and representation in our teaching staff, the budding journalists and who they report on."

St Mary's was the first sports journalism programme to secure accreditation from the NCTJ and the first to have women teaching on the course.

"When it comes to sports journalism, where women are still under-represented, having women teach on the course is really important," Daragh added.

"We all know St Mary's is a small university, but our achievements underline that we are still able to produce world-leading courses and outstanding graduates.

"If I look back and see what our first cohort are doing now, they occupy prominent and senior positions as sports presenters, producers and editors across the sports media and they all remain huge champions of the course and our values, often returning to St Mary's to inspire the next generation."

These achievements have also led to Daragh becoming recognised as an advocate of equality and diversity in the sports media. In November 2018, he was shortlisted for an industry training award for promoting equality, diversity and inclusion in journalism and was recently invited on Sky Sports News to talk about Raheem Sterling's claim that the media is fuelling racism towards black footballers.

Daragh supports Sterling stating that: "What he said was very brave. Newsrooms are not diverse enough and the industry and people like me involved in journalism training need to do more to promote better representation in the media."

The sports journalism course at St Mary's has been particularly successful at recruiting women since it launched in 2010.

"On average, women make up 20% to 30% of our intake... On the course, we encourage our students to give women's sport the coverage it deserves... The students do this brilliantly in their online magazine, the Sports Gazette, and I would encourage more alumni to read it".

Matt Horsman is now working as a Broadcast Assistant for BT Sport Rugby and Nick Friend is currently working on the news desk at SportsPro and freelances for The Independent.

St Mary's Rises to **Highest Ever Position** in The Sunday Times Good University Guide

The annual ranking of universities, published on Sunday 23rd September 2018, has ranked St Mary's 12th in London and 77th nationally, a rise of 22 places from the table published in 2017.

This is the fourth consecutive major ranking in which the University has seen significant growth; it jumped up 25 places in the Guardian University Guide, 17 places in the Complete University Guide and was recognised as a notable climber, leaping 17 places in last year's Good University Guide.

The Sunday Times Good University Guide noted the University's "impressive student satisfaction rating" as one of the key reasons for its increase in the rankings, describing it as "the best in London by a distance".

Data released from the 2018 National Student Survey (NSS) saw overall student satisfaction at St Mary's rise to 88%, the highest rated amongst institutions with university-status in London, and in the top 20 nationally. The Good University Guide found that the NSS ranked St Mary's number one in London for Student Experience and Teaching Excellence.

Speaking of the University's performance in the ranking, St Mary's Vice-Chancellor Francis Campbell said, "It is fantastic to see for the second year in a row that St Mary's has made significant progress in the Good University Guide. At St Mary's, we put the student experience at the heart of all we do. Our outstanding student satisfaction scores and performance in the league tables are a clear endorsement of the dedication and professionalism of all our staff, who ensure the best outcomes for all of our students."

RISE OF
22
PLACES

Supreme Court Justice Opens St Mary's Newest School

St Mary's are proud to have formally launched both the St Mary's Law School and two new postgraduate law programmes: the LLM International Business Law and LLM International and European Business Law. The newly-formed Law School was delighted to welcome Justice of the Supreme Court Lord Kerr of Tonaghmore to deliver the keynote address: 'delivering justice in a globalised world'.

The event marks an exciting juncture in the growth and development of law at St Mary's and builds on a foundation of innovative teaching, excellent student satisfaction and strong support for students as individuals.

The Law School offers three undergraduate law programmes: LLB (Law) single honours, LLB with Criminology and BA Business Law.

The LLB Law Programme at St Mary's has had excellent success in terms of National Student Survey student satisfaction (95% overall satisfaction 2017) and was 2nd for overall student satisfaction in London (Complete University Guide 2018).

The new LLM programmes offer a cutting-edge blend of modules, drawing together contemporary perspectives in international trade and business law with a broader focus on changes and challenges in the global level and their ethical implications. This unique offering distinguishes the LLMs from others in the field. Teaching will be delivered by academic staff who practice and/or whose research is recognised in their respective fields. The programme will be supported by a range of field trips, guest lectures and advanced skills development.

The LLMs are delivered in partnership with Institut Catholique de Paris (ICP) ensuring that all students on the one-year St Mary's University LLM in International and European Business Law will have the opportunity to spend one semester abroad in Paris, and those on the two-year course at ICP will spend one year at St Mary's. This encourages a unique cultural and educational exchange designed to enrich the learning of all the LLM students and to reflect the international perspective of the courses.

May is Walking Month



May is National Walking Month, a chance to ditch the car at least once a day and do those everyday trips by foot instead.

Whether it's the school run or a visit to the shops, National Walking Month encourages us all to add an extra 20 minutes or more of walking a day to our routines. Last year St Mary's staff & students took part in themed walks: a sports walk to St Mary's Teddington Lock campus, a history walk around our Strawberry Hill campus and a Chaplaincy walk to Richmond.

This year St Mary's will celebrate National Walking Month again to improve overall health and help reduce congestion on our streets. Wherever you are in the World, we encourage all alumni to take part and find the opportunity to step outside if you can.

Whether you're going to take part for a cause, to raise funds or just for some fresh air, tweet a picture to **@YourStMarys** and use the **#WalkStMarys** to show your support, or email alumni@stmarys.ac.uk

Doctorates in Education

St Mary's Professional Doctorate in Education (EdD) offers a part-time pathway to doctoral qualification. It's an attractive option for professional people because it is about the nature of professional practice and its development, best undertaken while working within your context.

The programme is a research degree founded on the premise that professionals can transform their practice through appropriate research activity in their professional setting. It enables participants to develop further as

researching professionals through two distinct parts. Part One is a 'taught' element of 180 credits delivered over two years. At the end of this part, students design their research proposal that will carry forward into Part Two where an independent research project is undertaken over two years.

There are limited spaces available for an October 2019 start. Contact Christine Edwards-Leis, the programme director, on Christine.edwards-leis@stmarys.ac.uk

LGBT+ and Allies Network

There's a new LGBT+ network live at St Mary's. The network aims to support LGBT+ staff, in the university environment ensuring St Mary's is a safe, welcoming and inclusive place to work and study regardless of sexual orientation and gender identity.

Membership is open to all staff and we're planning a number of ways we can celebrate diversity with our straight cis-gendered allies and promote positive attitudes as an LGBT+ university.

Our aim is to ensure University strategies, policies and practices are inclusive of the needs of LGBT+ people and provide information and support on LGBT matters to all staff. In February we will hold our first ever Awareness Week at St Mary's – **look out for info in the e-news and social media for details on how you can be involved.**

Julian Hargreaves,
Head of Academic Professional Development



St Mary's Ends Unconditional Offers

Following a thorough review of the conversion rate evidence put forward to the St Mary's University Senior Management Team for 2017/18, there will no longer be any unconditional offers made to prospective students at St Mary's.

The conversion rate evidence proved that there was little or no difference to that of non-unconditional offer holders. Further evidence showed that, rather than enhancing the St Mary's mean entry tariff, the unconditional offers results could be detrimental to it.

John Brewer, Pro Vice-Chancellor for St Mary's, said "We believe that we've made the right decision to withdraw unconditional offers. We are determined to maintain standards of entry to St Mary's and have listened to the views of schools, teachers, our own staff and students.

"It was clear to us that a number of students who enrolled with us after an unconditional offer was made didn't meet the grades they expected and that therefore this didn't merit the investment we made into that particular part of our recruitment programme."

What are your thoughts?
Email alumni@stmarys.ac.uk

Pushing Boundaries: Women in Sport and Exercise Conference

11th - 12th June 2019

Opportunities for women in sport and exercise are expanding rapidly, whether it is in leading a governing body, excelling in elite competition or simply participation for fitness, camaraderie and the love of sport.

The 2019 Women in Sport and Exercise Conference will bring together leading thinkers and practitioners from a range of disciplines to promote discussion and debate around the issues that females face in sport and exercise at all levels. In addition, it will look at how the industry can innovate, challenge attitudes and push the boundaries that still exist for women in sport.

The conference will explore the latest research and real-world evidence to address female-specific issues and life stages that impact on performance and health. It will explore gender inequality in the sport and exercise arena, and discuss the opportunities and issues surrounding female participation in physical activity. Key areas of focus will be the practical application of research to increase the opportunities for females in sport and exercise and minimise and overcome identified barriers.

The conference will specifically look at:

- *Pushing boundaries through furthering the understanding of how female-specific issues influence performance and health;*
- *Pushing boundaries in women's representation in sport;*
- *Pushing boundaries in physical activity participation to promote inclusion and female empowerment through sport; and,*
- *Pushing boundaries in taboo subjects around women's sport.*

Academics, practitioners, health professionals, athletes and those working in sports governance are invited to come together to share their achievements and collaborate with like-minded individuals to optimise women's athletic success, while promoting inclusion and female empowerment through sport.

Contact conferences@stmarys.ac.uk for more information on how to register for this event.

Icon of St Vincent de Paul

This year the Chaplaincy has been delighted to welcome a new icon for the Chapel (pictured), kindly donated by Simmarian Major Frederick Rawding. The icon was written by iconographer Annie Shaw (www.annieshawicons.co.uk) and was blessed on the Feast of St Vincent, 27th September 2018.

As many of our alumni will know, St Mary's was administered by the Congregation of the Mission priests and brothers, known as the Vincentians, from 1899-1992 and they have played a key role in developing the institution's vision and values. We are therefore very happy to have this icon showing the founder of the Vincentians, 17th century French priest Saint Vincent de Paul. Known as the Apostle of Charity, his life was characterised by care and benevolence. Vincent was dedicated to inclusiveness and serving others, especially the poor and marginalised. He strongly believed that education was central to his mission of service to the poor. Today, some 400 years later, St. Mary's seeks to keep alive that vision and tradition by offering excellent teaching in an inclusive community, characterised by a recognition of the God-given dignity of each person.

We hope that the icon will help remind people of our Vincentian heritage and inspire current staff and students through Vincent's life and example.

St Vincent de Paul; Pray for us



Weddings at St Mary's

One of the joys of Chaplaincy life is sharing in the happiness of staff, students and alumni who choose to get married in the University Chapel.

The Chapel is registered for Roman Catholic weddings and each year we celebrate with many couples, some of whom met during their time at St Mary's. We often welcome back alumni celebrating significant anniversaries of their marriage who return for a special blessing in the Chapel at the regular Sunday Mass.

If you are interested in finding out more about getting married in the Chapel, contact us at chaplaincy@stmarys.ac.uk



If you were married at St Mary's or met your partner here, please send in your story and photos to alumni@stmarys.ac.uk

Seeds of hope

On 26th June 2018, one of the hottest days of the year, we were delighted to welcome over a hundred students to St Mary's for Seeds of Hope, a justice and peace conference for secondary schools in the Diocese of Westminster.

Working in partnership with Caritas Westminster and the Westminster Justice and Peace Commission, the day offered an opportunity for students to explore contemporary social justice issues from a Catholic perspective. Our keynote talk was delivered by James Trewby, the Justice and Peace Education worker for the Columbian Missionaries, inviting us to think about the life of Jesus as a starting point for our social action. Throughout the day, students explored themes of peace, the environment, human trafficking, migration and human rights.

Please see their respective websites for more information on the work of Caritas www.caritaswestminster.org.uk and the Westminster Justice and Peace Commission westminsterjp.wordpress.com.



“Many women and girls are trafficked for sexual exploitation. Many people, again mostly women and girls, also end up in domestic slavery...”

Combating Modern Slavery

It's very common for people to believe slavery only exists overseas, but modern slavery in the UK is spreading. The Government estimates that tens of thousands of people are in modern slavery in the UK today.

Most people are trafficked into the UK from overseas, but there is also a significant number of British nationals in slavery. Most commonly, people are trafficked into forced labour in industries such as agriculture, construction, hospitality, manufacturing and car washes. Many women and girls are trafficked for sexual exploitation. Many people, again mostly women and girls, also end up in domestic slavery. Others, particularly children, are forced into crime such as cannabis production, petty theft or begging.

The Centre for the Study of Modern Slavery (CSMS) at St Mary's was established in 2015 as part of Cardinal Vincent Nichols' initiative to combat slavery and human trafficking. In addition, Bakhita House was opened to provide a London-based safe house for trafficked women, and the Santa Marta Group, which seeks to coordinate the efforts of law enforcement authorities, NGOs and governments worldwide was formed.

In October 2018, St Mary's hosted an Anti-Slavery Day event with the Wonder Foundation for young people aged 16-25. The aim was to engage in thought-provoking content and the development of critical thinking skills that will support the creation of action plans and will influence policy and practice. Expert speakers from the Metropolitan Police, the Medaille Trust, and the Santa Marta Group, as well as Member of the European Parliament Mary Honeyball, addressed a range of issues including victim identification, safe house support, prevention and gender differences.

By strengthening links to the Catholic Church and faith communities worldwide - which are often on the frontline in the struggle against human trafficking and modern slavery - the Church can provide agencies additional insights into 'what works' on the ground, with a focus on providing both academically rigorous and policy-relevant ideas for the UK and other governments.

The Centre has undertaken research for the Home Office, provided advice for the National Crime Agency, and created an MA in Human Trafficking, Migration and Organised Crime to address gaps in knowledge about the growth in human trafficking worldwide.

The MA is taught by the Centre's Deputy Director Dr Carole Murphy, the programme director Neena Samota, other academics and invited expert guest lecturers. The number of students on the MA course has risen from 10 in its first year, to 24 in its second.

Taking into account intersections with migration and the role of organised crime in facilitating human trafficking, the MA provides a comprehensive and interdisciplinary approach to studying this issue in all its complexity.

Currently in its second year, the MA has proved attractive to home, European and International students, professionals and undergraduates alike. This year, the MA has welcomed students from Australia, Brazil, Canada and the US, as well as from the Netherlands, Germany, France, Spain and Italy.

Guest lecturers on the MA include representatives from the Home Office, the National Crime Agency, high profile barristers, and expert advisors on CSE and trafficking cases.

Non-Governmental Organisations also provide input on victim care, and the office of the Independent Anti-Slavery Commissioner on the issue of business supply chains.

Our first cohort is already making an impact with one as a frontline worker supporting victims, and another working as a consultant developing strategic policy interventions in an African country.

Through our course alumni, we envisage an international network of individuals committed to engaging critically with debates on human trafficking, slavery, migration and organised crime and who will work in prevention, awareness raising, victim support, improving legislation and policing, and contributing to sustainable outcomes. The CSMS plans to remain in active contact with alumni from this MA course in the hope that this network will itself be an 'agent for change' on modern slavery issues.

Sir Tom Phillips

Director of the Centre for the Study of Modern Slavery



MA students visit to Supreme Courts



TEACHING IS THRIVING!

The St Mary's University Institute of Education was launched in August 2018 to continue the long and proud tradition of initial teacher training and professional development at the heart of St Mary's University. The Institute of Education offers a wide range of programmes, including:

- Undergraduate BA Primary Education with Qualified Teacher Status (including a work-based route)
- MA in Education programmes – Leading Innovation and Change, Pedagogy and Catholic School Leadership

- Undergraduate BA Education and Social Science

- Postgraduate Primary Education with Qualified Teacher Status (QTS) (full-time and part-time options, as well as a Primary PE specialism route)

- Postgraduate Secondary Education with QTS (English, History, Geography, Mathematics, Modern Languages, Physical Education, Religious Education and Science)

Professor Anna Lise Gordon, Interim Director of the St Mary's Institute of Education, commented: "It is an enormous privilege to lead an experienced and dedicated team of colleagues as we work with large numbers of students who – like us – are passionate about education."

"Our students are engaged in a range of programmes, for example taking the first steps on their teaching careers or engaged in Masters level studies, and we share a commitment to education, teaching and learning."



On Thursday 25th October, we were delighted to welcome to the University the Secretary of State for Education, Damian Hinds, when he had the opportunity to meet with a group of PGCE primary and secondary trainee teachers.

The discussion was wide-ranging and the Minister concluded the meeting by thanking the trainee teachers for joining the most important profession in the world. **Hear, hear!**



From right to left: Mark Scully, Keara Brogan, Danielle Bumford, Denise Delaney, Elizabeth Englefield, Demitris Vaxevanakis, Patrick Shields, Kelly Goodwin, Josette Motomby, Matt Irvine & Deacon Tony Flavin

DID YOU KNOW?

96%

of our trainee teachers achieve Good or Outstanding grades

55%

of our trainee teachers are employed by partnership schools

30%

of our trainee teachers start work as Newly Qualified Teachers (NQTs) in Catholic schools

Alumni stay connected to teacher training

As a university, St Mary's is focused on the important themes of employability, sustainability and community. This is evident in so many schools across London and beyond, where former trainee teachers are making valuable contributions to education, including in positions of senior leadership.

At St Mary's Catholic High School in Croydon, Patrick Shields is the current head teacher. He studied at St Mary's University in 2003 and has maintained strong links, including bringing his whole school staff to the University

for development days. Patrick's team includes many Simmarian teachers and there are always trainee teachers on placement at the school.

Ten teachers are taking an MA in Catholic School Leadership illustrating how the partnership between St Mary's University and St Mary's Catholic High School supports the development of Catholic teachers in senior leadership roles. "I am a proud Simmarian and value the partnership between St Mary's University and my large Catholic secondary school in Croydon," said Patrick.

"There are so many ways that we can work together, including initial teacher training and CPD collaboration. At a time of considerable challenges for the profession, our high-quality partnership is invaluable and mutually beneficial."

This is one important way in which St Mary's University contributes to the teacher supply and professional development needs of the local community, including our many Catholic partnership schools.

16 January

The Phenomenology of Justification

Part of the 2018/19 Institute of Theology research seminar series



17 January

International Sports Science Medical Conference

Hosted in the Performance Education Centre at St Mary's University, Twickenham.

13 February

PGCE Open Evening

Find out more about routes into teaching and funding your PGCE at one of our regular open evenings

15 February

Text Artefact Identity: Horace Walpole and the Queer Eighteenth Century

Hosted in collaboration between the St Mary's University, The National Trust & Strawberry Hill House

13 March

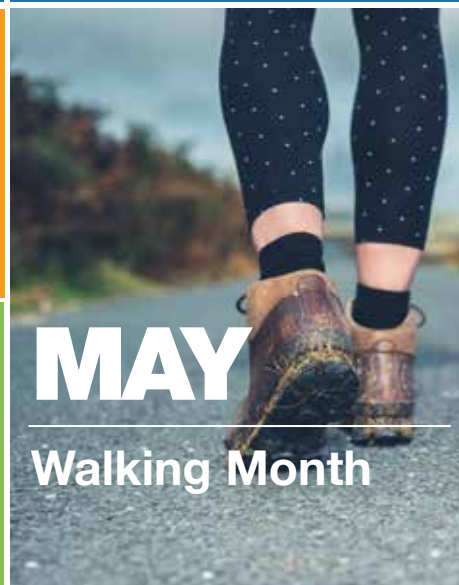
PGCE Open Evening

Find out more about routes into teaching and funding your PGCE at one of our regular open evenings

17 April

Conscientious Objection and Canon Law

Part of the 2018/19 Institute of Theology research seminar series



13 March

Non-Natural Natural Law: Bridging the Gap between Aristotle and Ross

Part of the 2018/19 Institute of Theology research seminar series

8 May

PGCE Open Evening

Find out more about routes into teaching and funding your PGCE at one of our regular open evenings

MAY

Walking Month

A perfect space for events

St Mary's University, Twickenham



St Mary's offers a wide range of venues and facilities, residential accommodation and catering options for events, celebrations and conferences. Our dedicated conference and events team can provide assistance planning your event and can support you on the day.

The Waldegrave Suite is the perfect space to host formal luncheons and private celebrations such as anniversary parties, baby showers and birthday parties. Rooms can be hired separately or together with a maximum capacity of 350 guests standing.



Contact the Conferencing and Events Team for further information on 020 8240 8219 or by email: conferences@stmarys.ac.uk

20 February

Edith Stein, the Psyche and Symbolic Theology

Part of the 2018/19 Institute of Theology research seminar series.

12 March

Careers Show 2019

A university-wide event, with alumni and students attending from all degree programmes.

18-22 February

LGBT week



15 May

John Ball, the Peasants' Revolt and the Development of an English Radical Bible

Part of the 2018/19 Institute of Theology research seminar series

11-12 June

Pushing Boundaries: Women in Sport and Exercise Conference 2019

St Mary's University is delighted to be hosting the next Women in Sport and Exercise Conference

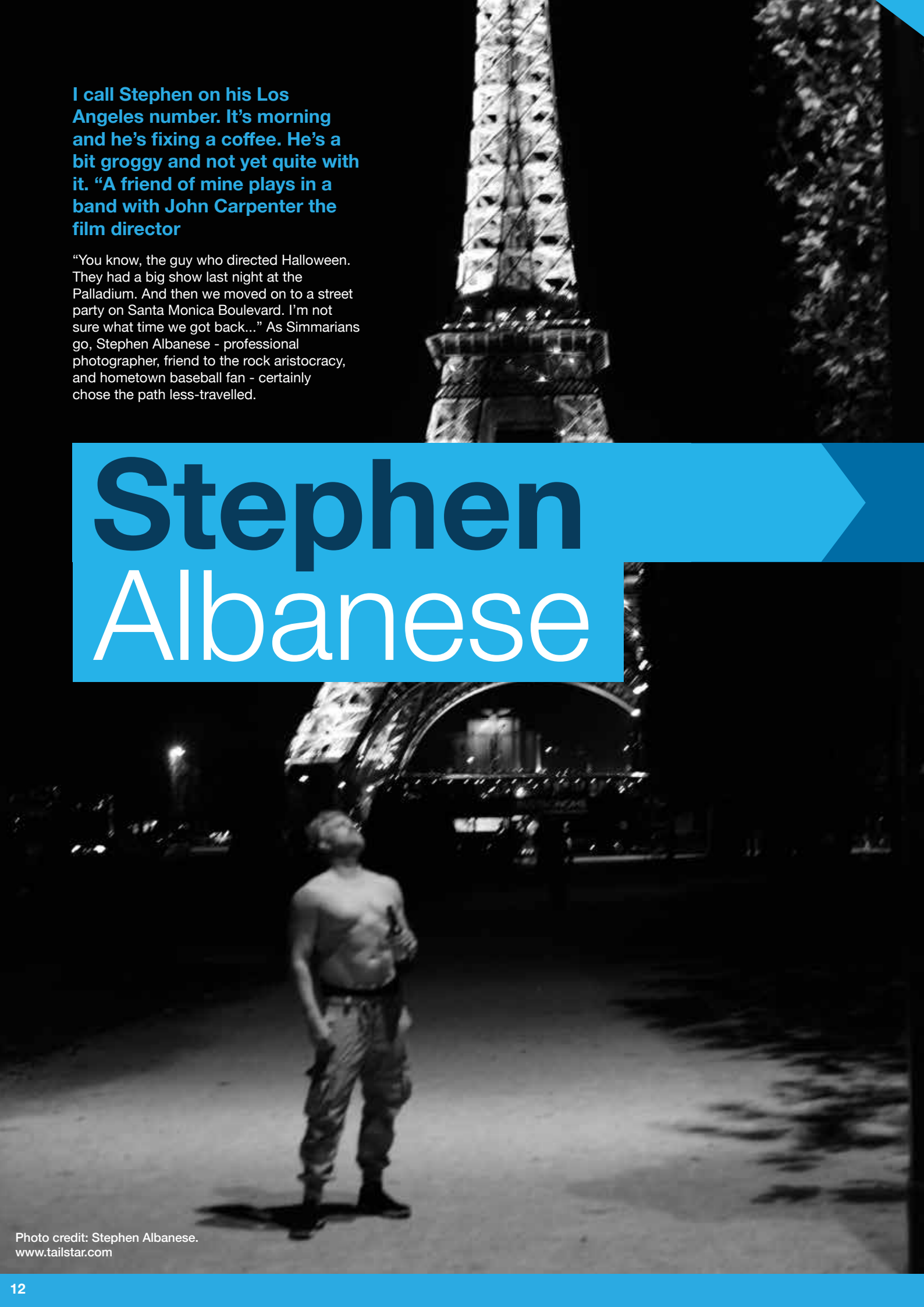


**SMSU 2019
campaign for
SIMMS Mental
Health**

Throughout the year, we'll take a look at areas of mental health and look at ways our students and friends can combat them. Many students find it hard to cope with social or academic aspects of Uni sometimes, and we want to help.

If you're on Twitter or Instagram, send us your pictures and share your experiences to [@stmaryssu](https://twitter.com/stmaryssu) and use [#ItsOKToTalk](https://twitter.com/ItsOKToTalk). Together we'll show our support.

OK
NOT TO BE
OK



I call Stephen on his Los Angeles number. It's morning and he's fixing a coffee. He's a bit groggy and not yet quite with it. "A friend of mine plays in a band with John Carpenter the film director

"You know, the guy who directed Halloween. They had a big show last night at the Palladium. And then we moved on to a street party on Santa Monica Boulevard. I'm not sure what time we got back..." As Simmarians go, Stephen Albanese - professional photographer, friend to the rock aristocracy, and hometown baseball fan - certainly chose the path less-travelled.

Stephen Albanese

I had met Stephen in October 2018 when he dropped in during a nostalgic visit to St Mary's. "We were in the first Study Abroad group to come here. When I met you it was 20 years to the day. Although I was a student at Baldwin and Wallace College in Berea, Ohio, we came to London under an agreement with the University of Platville, Wisconsin. [A link which is still running]. It was a wonderful time. Although I only stayed there for three months, once I went back I remembered everything. I'm a very visual person".

He reminisces on those far-off times. "I recall going to Richmond to get film developed and once to have my camera repaired. It seemed so far away! I had a wall of black and white 6x4 prints from my time here. It was maybe the St Mary's experience that opened my eyes; for the only photography course I ever took was when I returned to College and I took an elective. Before that I was studying finance. I desperately wanted to be Bud Fox, Charlie Sheen's character from the Wall Street movie."

"When I came to Europe it was 1998. My favourite band was Third Eye Blind and I travelled around with their first album ever-present on my Walkman. I did a Study Abroad semester, and I know it sounds goofy, to 'open myself up to the world'. Little did I know that this experience would lead to an entire career. Fast forward five years, and I'm hanging outside a venue in Columbus, Ohio with a bunch of live show photos in my hand, hoping to maybe get one of the band to sign them. I caught up with the bass player outside a liquor store." He looked at the prints. "You took these? They're amazing! You must shoot the show tonight."

To cut a long story short, this led to Stephen covering the 'local' shows (within 300 miles of Columbus) on Third Eye Blind's North American tour. A series of promotional shoots, live concerts, album covers, poster and programme designs followed, culminating in Albanese taking full creative control of the artwork for the band's massive Greatest Hits package. "I couldn't believe how things were working out. Awesome!" Stephen is now their official photographer - and drummer Brad Hargraves is his best friend - and has seen his career flourish and expand into a series of major commissions and exhibitions, as well as an online presence with his Instagram account (Tailstar) and through a personal page at prestigious Getty Images. To many people he'll always be known as the creator of Girl in the Batman Mask; a striking shot, much admired and much copied in the business. "Sometimes I have to step in and stop them using those images for commercial purposes. But I can live with that," he adds with a laugh.

Although no longer resident in Ohio, Stephen remains firmly rooted in his home town. These days he lives out West. "There was a girl that broke my heart and I moved to California...", he explains. And the band 3EB is based out of San Francisco.

As Stephen modestly tells it, his career owes as much to good fortune as to industry and talent. "Photography for me has never been about money. I take photos first and foremost for my own pleasure.

"For instance only last week I was strolling down Hollywood and Vine, when I saw that a street had been closed off for access and a small crowd had gathered. It turns out it was Quentin Tarantino shooting his new movie on the 1970s Sharon Tate murders. I hung around a while and... wow, this is so awesome... found myself in the right position to take some great shots of Brad Pitt! I mean, BRAD PITT! How cool is that?" You'll find these, and other great photos, on his Getty Images page. "If I do take something that's cool, I pass it on. Better to have something that's cool than some paparazzi shot," he adds wryly.

Last year was a milestone for Stephen, personally and professionally. "My visit to Europe; well that 20 year anniversary had a lot to do with it. And it had been ten years since I had last been there. I found an amazing AirBnB in Paris - I had never been there before - so I added five nights in London and then up to Iceland. I'm in a funny position. I have four younger sisters and a lot of great friends. Turning 40 was weird...but now I'm 41. And in LA it's kinda like Never Never Land, where no one grows up. Not until, say, 35 or 36. But I was the only one who still hadn't. I was still the single guy who just goofed around. But I'd go back now and then to Ohio, and it was very grounding. I'd get to hang out with eight or ten nieces and nephews; super cool little kids. I wouldn't say it was a mid-life crisis but it was a revelation for me. To go back and walk in my own steps again. To retrace my past in Twickenham and Teddington and Strawberry Hill. It was great because although it had changed, it hadn't changed too much."

"The Sports Centre was different and brand new. The SU and refectory had changed only a little. Everything else was - and I say this in a good way - still essentially the same. I went round to my old family homestay address twice. But no one was home. They were a most wonderful, lovely family - Mr and Mrs Schmidt and their son - and they were so good to me. We stayed in touch for a while. But this was long before the days of social media and I guess we just lost touch. I smoked a cigar; had a few beers in the Union with my old friend Drew Faas (who had come over with me from the States in that same Study Abroad group but had found himself an English girl and never went home). And I loaded that Third Eye Blind album into my Walkman and strolled past the cemetery for old times' sake."

Looking ahead, Stephen can't help but be positive. "I'm a big baseball fan and I recently found an excuse to interview a great Cleveland Indians player; an idol of mine and a future Hall-of-Famer. He's retired but he's interested in so much more - art, having fun, loving life. He's a local legend in the city and I showed him some of my work ... he ended up asking if I would curate a gallery show and career retrospective!"

I ask Stephen what he's looking forward to. "Life. I try to be positive. I don't wanna sound like a hippie, but what it's all about is travelling, meeting new people and living life. And it goes back to that Study Abroad thing. All those great people that I caught up with again, including colleagues at St Mary's. New experiences. Making new connections. Doing all of that. It really is the best thing you can do for yourself."

by Joe Docherty, International Director

All very dramatic at The Exchange

THE EXCHANGE



Our drama students have had a bright and shiny boost with the opening of The Exchange – a purpose built arts and community hub managed by the University on behalf of Richmond council, complete with six flexible workshop teaching spaces, a bar, a conservatory and a fully equipped 300 seat theatre that converts seamlessly into a cinema - all conveniently situated across the road from Twickenham railway station.

Offering a contrasting environment to the pastoral idyll of the Strawberry Hill campus, The Exchange has enabled St Mary's to develop a sustained complimentary cultural programme of public events which do a huge amount to broaden the University's reputation and enhance our students' experience. Since opening we've welcomed, amongst others, Germaine Greer, Dan Snow, Gary Younge, Michael Portillo, David Starkey & Wendy Cope as well as hosting touring theatre productions, live music, film screenings, stand-up comedy, family-friendly events, recitals and readings.

The venue provides further opportunities to bring our own students' work to a wider audience. Drama students have long been used to the idea of public assessment, but we now have the chance for both creative writers and media arts students to share their work publically through regular social evenings and scratch events.

Beyond our own community, The Exchange is also pulling its weight as a venue for local businesses, clubs and societies with the studios regularly hired out in the evenings and at weekends for everything from Pilates to children's parties, corporate receptions to band practices, art exhibitions to well-being seminars.

St Mary's has pioneered ways to embed employability, leadership and entrepreneurial skills into its Humanities and Drama courses. Having a centre where we can attract the best speakers and practitioners to share their insight and craft with us, explore imaginatively our own ideas whilst also working

alongside the local community gives us the possibility to develop and refine the skills set that are so important to the students in terms of sustaining their own careers and ensuring that can contribute to the debate on the value of arts provision. It really is an exciting prospect.

Mark Griffin, Head of Humanities

More details about the work of The Exchange can be found at exchangetwickenham.co.uk



St Mary's
University
Twickenham
London

Employability
Services

Take your career to the next level

As a St Mary's alumni, you qualify for free career support from St Mary's Employability Services.

We can help with:

- ▶ Guidance on career planning
- ▶ Advice on applications
- ▶ Accessing careers resources
- ▶ Preparing for interviews

We offer appointments in person, as well as remotely. Graduate jobs are advertised on the online portal CareerConnect – visit careers.stmarys.ac.uk

Contact us for further information:

Email: careers@stmarys.ac.uk

Tel: 020 8240 4055

Who'll win BUCS XC in 2019?

The British University and Colleges Sports (BUCS) Cross Country Championship is arguably the biggest athletics event of the University sporting calendar. Hundreds of athletes pull on their university colours and brave the mud all in the name of University pride. For St Mary's this event is steeped in history and an excuse to prove ourselves, yet again, as the powerhouse of endurance running.

BUCS Cross Country is made up of three races, the first of which is the highly competitive women's race. Over the years, St Mary's has dominated in this race, constantly achieving top three finishes for individuals and the team. 2018 was no exception with National Cross Country Champion and first year student Phoebe Law taking the individual silver and then backing that up with the team silver.

The Men's Long Race is where St Mary's truly has history, most recently winning the team titles in both 2017 and 2018. The individual medalists over the last couple of years have all been athletes from the Endurance Performance and Coaching Centre at St Mary's: Emile Cairess, Ellis Cross and brothers Paulos and Petros Surafel.

They're in good company as St Mary's has had many notable names competing in the Cross Country over the years including: Rio 2016 Olympian Andy Vernon, who took Gold in both 2008 and 2010, London 2017 World Championship semi-finalist Adelle Tracey, who captained the women in 2016 and Rowan Axe, 2018 Commonwealth Games 1,500m runner. Rowan said "Cross country is the only event of the year for endurance athletes to compete as a team and this makes the experience and the atmosphere second to none. It really brings the team together and the noise we create is incredible"

In the Men's short race Simmarian pride can be seen and heard! Standing together the students are arm in arm and the Captain leads the traditional chants of "oh to be" as they head to the start line. Luke Prior, winner of the 2018 Men's short said: "I love my Uni. We are one of the loudest here, it's always a great atmosphere, it's in your face and you want to go that extra mile for them!"

The 2019 Cross Country will be held at the University of Exeter on 2nd February. To keep up to date with the team this year, make sure you are following Sport St Mary's on twitter @sportstmarys

"Over the years St Mary's have dominated in this race, constantly achieving top three finishes for individuals and the team."





The Simms 60's and 70's Group

Hello there, and welcome to our group.

You might think from the title that we are a bunch of ageing Mods, Rockers, Hippies and Punks who attended St Mary's in those famous decades when it was a teacher training college... and you would be right. However, it's a very long name so we shorten it to the "Simms Group" for daily use and correspondence.

What do we do, I hear you ask?

It all started in 2012 when 6 old friends got together for lunch and promised to stay in touch, not realising the effect of this new-fangled internet and social media. There are now over 700 of us, and our aim is to help old friends find each other, re-connect and stay in touch. We have our own Facebook page and are very active through our email contact list. We meet up in London near Trafalgar Square three times a year, and have recently held our first meeting in Manchester, which was a great success and will be held thrice yearly too. We work closely with the college where we have our own page in the Alumni section of the University website and our own column in the monthly e-news. It is now 50 years since some of our members were at Simms and we are currently planning to mark this special anniversary by holding a major reunion at the college next August.

If you were at St Mary's in the 60's & 70's and would like to join us please let the alumni office know or drop me an email at joe@theloughrans.co.uk and I'll gladly sign you up. Just look at the benefits: there are social meetings in London and Manchester at Christmas, Easter and Summer; a massive party at the end of August and lots of interaction via the email list, our Facebook page and the college website and eNews.

And all for free!!

You can visit our Facebook page at:
www.facebook.com/groups/1805387226353109/

Why not give it a try?
Joe Loughran - 1969-72



What's new with the Old Boys?

St Mary's Old Boys Friends of rugby league are pleased to announce we will once again provide a family-based match day event for new and old students to enjoy in 2019.

Our matches have always been entertaining, and our invitation is open to former students both recent and from across the years to join in. The chance to catch up with old faces and share stories is welcomed by all. Our matches are always at St Mary's, so stay tuned to the alumni e-news for match info in 2019.

We are also supporting the Student Union's campaign 'It's OK not to be OK' as part of our ongoing commitment to our chosen Charity CALM. Mental health has always been a priority for us, and we will be looking to both raise money and awareness over the next year in alignment with the University's efforts.

Please join us in congratulating one of our most talented members, Mr Chris Bamber, who represented the

England Police against Italy in October, winning 41-13. Also, we salute Michael Channing who announced his retirement from professional rugby after helping London Broncos back into Superleague for 2019. All the best for the future.

At this time, we particularly remember our lost comrades, John Sullivan and Vinny Culhane, who both sadly passed in the autumn months. Everyone at Old Boys wish to send our thoughts and prayers to their families as always. Old Boys was created to remember friends from the university who have sadly passed away, and it has been pleasing to see that, over the years, the lads have been honoured by us all getting together and sharing memories of past times.

Best wishes to you all and see you at the next Old Boys match soon.

Marc Simon, President of St Mary's Old Boys friends of rugby league
marcs372@gmail.com

Greetings from Singapore

As a proud Simmarian, I am pleased to inform you that there is a healthy and thriving SIMMS alumni network living and working in Singapore. Many of us are teachers, working in British International schools that cater for the large expatriate population of Singapore. In fact the three leading British schools in Singapore, Tanglin Trust School, Dover Court International School and Dulwich College (Singapore) are all led by Simmarians.



The three Heads came together at a recent celebration to mark the Queen's Birthday at the residence of the British High Commissioner. All three of us have very happy memories of our time at St Mary's and it is certainly helped and supported us in being the people that we are today.

Nick Magnus



From Left to right
Peter Derby-Crook MBE nee Crook 1973-76 CEO of Tanglin Trust School, Singapore
Chris Short 1989-93 Principal of Dover Court International School, Singapore
Nick Magnus 1987-91 Headmaster of Dulwich College (Singapore)

The Year That Got Sent Down!

My father, Kevin James Mulvihill, was born in 1929, and went up to St. Mary's in academic year 1947/48 for his two-year teacher-training course. During his time at Strawberry Hill, there was an incident which rocked the institution, and very nearly wrecked dozens of Catholic teaching careers before they had even started. Although there were only a handful of actual perpetrators – and Dad was one of them – the entire year became implicated. And so, to the story.

Just as dogs chase cats, pigeons poo on newly washed cars, and people walk in front of TVs when the football's on, some adolescent students are genetically predisposed to rearrange other students' furniture. And so it was that Dad and his co-conspirators decided to play such a prank on a fellow Simmarian, but with a couple of twists: the victim's furniture was to be transferred outside onto the quad, and it was to be configured exactly as it had appeared in his room. Hilarious, eh?

Mission accomplished, the plotters withdrew to bask in the admiration of their peers, reckoning that the injured party would 'take it on the chin', join in with the laugh, and then invite them to help him restore the status quo. No harm done, right? Wrong.

I can't recall whether the victim had been deliberately or randomly targeted. Either way, the jokers had picked on the wrong guy, who was a hardened veteran of – and had had his education disrupted by – WW2.

He simply had no time for what he regarded as infantile behaviour, was certainly impervious to peer group pressure, and reported the incident as soon as it was discovered. Good for him!

“Mission accomplished, the plotters withdrew to bask in the admiration of their peers, reckoning that the injured party would ‘take it on the chin’....”

The Vice Chancellor summoned the entire year and demanded that those responsible own up to their guilt. When no confessions were forthcoming, he demanded that anyone who was not responsible, but who knew the identity of any of the pranksters, speak up. Nothing. He then announced that, unless this collective silence came to an end, he would expel the entire year. The students' solidarity remained unshaken. Unfortunately, so did the VC's resolve, and the whole of that year's intake was indeed sent down!

Why the College eventually relented, I'm not sure even my father knew. Possibly to avoid a potential dearth of Catholic teaching personnel; probably because they knew a harsh lesson would have been learned; maybe even a grudging respect for the students' esprit de corps came into play. Who knows? But relent they did.

In the Mulvihill family, the bit of the story that always got the biggest laugh was the picture of a teenage Dad appearing back on his mum's doorstep and explaining to this formidable Irishwoman why all the sacrifices she had made on his behalf had apparently just gone up in smoke. Priceless.

I wish I could flesh out this story a little more. How many of us regret the unasked questions once our parents die? Nevertheless, I hope there is enough in there to immortalise the escapade, the participants, and – possibly most importantly – Simmarian camaraderie.

Rory Mulvihill

Send in your stories to:
alumni@stmarys.ac.uk

Gordon Veerasawmy revisit to St Mary's University, June 2018

Attended: 1970-1973 Course: Physical Education

It was with much anticipation that I revisited my alma mater after 45 years! I arrived at Strawberry Hill Station and retraced the steps I took in August 1970 for the start of my teacher training.

The new sports hall reminded me of my Physical Education course with Bill McLoughlin, Annette Stapleton and Bob. It provided the foundation of my sports knowledge and enthusiasm which has endured through 40 years of teaching at Primary level. The athletic track (now the Sir Mo Farrah track) was where I sweated litres and I crossed it each day to go home to Wiseman and Doyle.

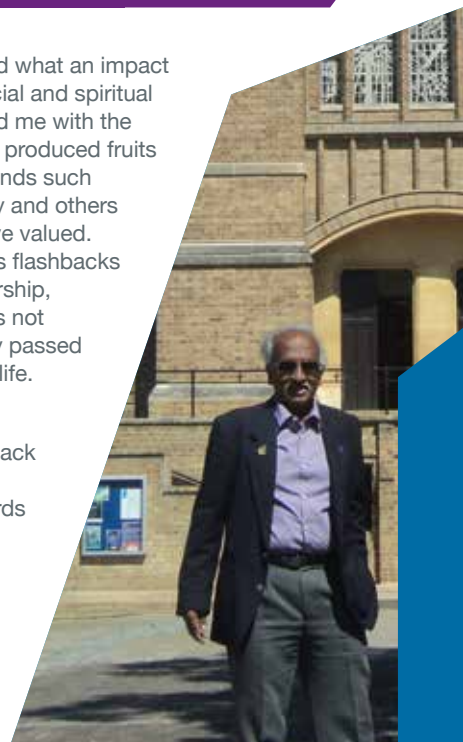
I visited the library, where I spent many hours, and the theatre; a treasured venue for my acting debut in the play "Waiting for Godot" – if only Tom Sweeney knew how much I appreciated his invitation! The old house was certainly memorable for the oft visited bar, the weekly discos and Annual Ball. It housed the academic offices, our formal lectures, tutorials and student gatherings.

In the new refectory I had vivid recall of many mealtimes, and it hosted a 24 hour disco where we raised funds for RAG week – it was some marathon that I will never forget!

As I stood in front of the Chapel, I realised what an impact the three years had on my academic, social and spiritual life. The Jesuits once again have provided me with the growth of mind and body and have since produced fruits for which I am humbled and grateful. Friends such as Fr Donal O'Leary and Fr Kevin Rafferty and others gave me fundamental learnings that I have valued. As I prayed in the chapel, so many joyous flashbacks lit up my memory bank of liturgies, of worship, prayer and of soul searching times. It was not taken for granted at the time but certainly passed without notice of its future impact on my life.

I made many friends, all of whom I was privileged to meet, their names flooded back during my two-hour meander around the campus. As I left through the gates towards Teddington, I took in a nostalgic pint at 'the Waldy'. I toasted my privilege at having recaptured some cameos of my life at St Mary's University.

Gordon Veerasawmy





Our strategy for employable graduates

In August 2018, St Mary's created Employability Services, a new department merging the Centre for Workplace Learning and the Careers Service. Our aim is to support student professional development and to develop employability within programmes and extracurricular activities. Our employability strategy adopts a University-wide approach sharing best practice, student feedback and helping to create opportunities for academic staff to firmly embed employability in the student experience.

Employability is more than gaining your first graduate job. It is the development of knowledge, skills and personal attributes to enable a person to manage and evolve their career in an ever-changing job market, where adaptability is essential to be successful not only for the jobs of today, but future-proofed for the jobs that will emerge in the future.

This is intrinsically linked with the development of a curriculum framework for teaching and learning, which outlines a proposed set of Graduate Attributes for St Mary's graduates, derived

from research in the World Economic Forum report 'The Future of Jobs' (WEF, 2016). Qualities such as digital literacy, communication, innovation, professionalism and good citizenship.

"Our employability strategy adopts a University-wide approach sharing best practice..."

In parallel, we have developed exciting partnerships with industry, enabling us to further develop our support for student enterprise. **Start Up St Mary's** is a new, extracurricular enterprise programme, enabling students to experience the development of a business from initial concept to final pitch for funding. Open to all current students, up to £5,000 is available for the winner of the pitch competition. Santander Universities is generously funding the initiative and is providing support and guidance from their staff and senior leadership. They have also supported the Santander Internship programme, which enables students to do an internship from 2-10 weeks in a small to medium enterprise. This provides valuable experience in a real-world environment, whilst also supporting small, local businesses to

develop students in diverse projects ranging from market research, business development or digital marketing.

Our Centre for Workplace Learning currently enables 450 students to take a work placement as part of their course of study and this number continues to grow. With such diverse modules as Contributing to the Community, Experience and Employment in Sport or Business or Education, there are a wide range of experiences on offer and students will be assessed on their contribution to the business and professional development.

We hope that as Simmies you will support us as we continue on our development of employability here at St Mary's. Don't forget, as Alumni you can still use our career service, hire a graduate, or advertise your current vacancies for free on our network.

If you're able to offer a work placement, internship or would like to mentor a student, please contact Yasmína Mallam-Hassam, Head of Employability Services, at Yasmína.mallam-hassam@stmarys.ac.uk.

MA in Catholic School Leadership

The MA in Catholic School Leadership: Principles and Practice first launched in September 1997 and now has over 150 students. It's a unique programme of advanced professional development aimed at experienced teachers who are already in leadership roles in Catholic schools or wish to advance their career. It was the first such course in the UK. Indeed, in the English-speaking world at that time and even currently, one would have to travel to the USA or to Australia to find anything similar being offered.

The creation of Centres around the UK represents a particularly positive feature, ranging from Centres around London and in Northern Ireland. One of the principal aims is the provision of a vocationally-oriented programme of academic rigour that helps students integrate a Catholic philosophy of education with the principles and practice of school leadership. This encompasses the formation of current and future leaders of Catholic schools alongside the formation of leaders who may, in the future, adopt a Catholic philosophy of education in leading community schools. The programme is open to Catholic teachers and leaders and colleagues of other faiths and beliefs.

Dr John Lydon, a Simmie in his own right, is Director of the MA in Catholic School Leadership Programme and Associate Director of the Centre for Research and Development in Catholic Education (CRDCE) at St Mary's which produces the peer-reviewed International Studies in Catholic Education journal. He is supported by Senior Lecturer, Dr Caroline Healy.

If you're interested in studying the MA in Catholic School Leadership Contact: Dr John Lydon at john.lydon@stmarys.ac.uk or Dr Caroline Healy at caroline.healy@stmarys.ac.uk



Pictured Left to Right: Professor Gerald Grace Director, Centre for Research and Development in Catholic Education; Cardinal Versaldi, Prefect of the Congregation for Catholic Education and Dr John Lydon, Programme Director MA in Catholic School Leadership

Don't forget Alumni get 20% off course fees!



Strength & Conditioning

To be an excellent strength and conditioning coach requires a wide knowledge across several domains and a number of different skill sets. These include:

- An extensive "toolbox" of training exercises and interventions
- An understanding of movement and how the body adapts to training
- An ability to coach and teach and
- How to organise training to maximise desirable adaptations

Our Masters degree in Strength and Conditioning has been designed with these demands in mind and aims to support students in developing as excellent strength and conditioning coaches.

Our staff includes both highly experienced coaches and expert sport scientists. All of the course material is designed specifically for the strength and conditioning degree, ensuring that the practical relevance of the scientific evidence to the strength and conditioning coach is always fully explored.

The distance learning nature of this course has several advantages for professionals. Principal among these is the opportunity to combine study with practical work experience, allowing the translation of science into practice. In addition, you can organise your study around your own personal schedule. You can download lectures and watch them at times that suit you.

For more information about entry requirements please email mastersadmit@stmarys.ac.uk.

www.stmarys.ac.uk/postgraduate-courses-london/strength-and-conditioning

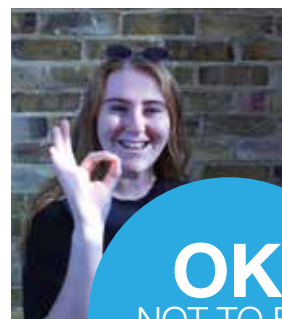
RAG 2018/19

Our students are a very philanthropic bunch, and our Raising and Giving (RAG) campaign for 2018-19 is now underway. This year, our students will be raising money for four incredible charities which were chosen democratically in our RAG elections.

Our local, national, international and mental health charities for the year are: Street Invest, Cancer Research, Plan International and Rethink Mental Illness, respectively.

SMSU are running events all year round that students past and present can get involved in. If you're able to support any or all of our charities, donations can be made online here: www.justgiving.com/campaign/RAG201819

We'll keep you updated on how our fundraising is going throughout the year via the e-news.



OK
NOT TO BE
OK

SMSU campaign for SIMMS Mental Health

In recent years, St Mary's has excelled in its commitment to improving students' mental health in many areas. At SMSU, we're proud to be part of an institution that values this. That's why we're working in collaboration with departments and external companies on a new campaign for 2018-19 to support people knowing its 'OK not to be OK'.

The campaign has four main aims:

1. *Work with the University to deliver a mental health strategy for both students and staff that provides holistic support for anyone facing mental health difficulties*
2. *Shift our mind-sets to remove the stigma surrounding mental health*
3. *Seek funding for a full time student advisor that would be dedicated to providing advice and support our students through day to day life*

4. *Create an outdoor space with purpose to improve our students' wellbeing as well as a quiet space on campus where students can find peace and quiet in times of need*

Throughout the year, we'll take a look at areas of mental health and look at ways our students and friends can combat them. Many students find it hard to cope with social or academic aspects of Uni sometimes, and we want to help.

As alumni you're probably better placed than most to know what it feels like and we'd love to have you involved in our campaign. We're prompting all of our students and alumni to send us an 'It's OK' sign like the pictures of our Officer Team above.

If you're on Twitter or Instagram, send us your pictures and share your experiences to [@stmaryssu](https://twitter.com/stmaryssu) and use [#ItsOKToTalk](https://twitter.com/ItsOKToTalk). Together we'll show our support.

Dan Barnes
VP Community and Welfare



OFFICIAL ST MARY'S CLOTHING



- Fully customisable (any text of your choosing can be printed on the sleeves or back)
- Hoodies, T-shirts, joggers and leggings available in 20+ colours and 3 designs
- Worldwide delivery available

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Alumna in the Spotlight

Catherine Quinn

Dr Catherine Quinn graduated from St Mary's in Sports Science in 2008 and from AECC University College as a Chiropractic graduate in 2012. Since then her career has taken off and Catherine has just completed her first year as the elected President of the British Chiropractic Association; she is the youngest ever President of the Association and the first female for 47 years.

Catherine has served on the Trustee Board of the St Mary's Students Union since 2015, currently practices at the Waldegrave Clinic and is the First Team Chiropractor to Queens Park Rangers FC. She's looked after several other teams too (London Irish RFC, Southampton FC, Norway/Netherlands Skeleton, New Zealand Rugby League Team), and lectures internationally on the future of healthcare and the interdisciplinary team, and on the power of Leadership.

As an active member of the Student body, by the end of her first year she was Vice-President of Men's Rugby League team, lead the Chaplaincy Music Group and had been taken on as a Senior Resident. So we thought we'd ask Catherine for some insight on her career highlights and her mantras for success:

"My time at St Marys gave me the best possible start to my professional career and allowed opportunities to develop vital networks and skills. My time as a Simmie Student encouraged me to be curious. In my experience, this is a far more useful trait than being certain. When a person is certain, there is little room for discussion. Certain people cannot tolerate others having a different point of view or opinion.

I prefer to be curious... Not knowing all the information or being unsure on the steps to take is a huge challenge for us as humans. But by being less certain about what you 'know' about the world and more curious to learn about other angles and ways of thinking, you never know how your experience of the world might change. By being an active part of your society or student body as we were encouraged to be at St Marys, you increase your curiosity to learn more about everything, with humility.

"Working alongside the St Mary's Students Union over the past 4 years, I have been impressed with the confidence of the SU team both in its Sabbaticals and staff members to increase the levels of democracy and representation available to students.

Over the past year, together with my Executive, the BCA has made overwhelming changes in both its Infrastructure, Governance and Diplomatic process. I have used the title 'Comfort Zones aren't for Leaders' in recent talks, and I am sure that the culture at St Mary's has been integral in giving me, and all the Sabbaticals I have had the honour of working with, the conviction to step outside our comfort zone as this is where you achieve innovation.

It has been an honour to take on responsibilities in both the BCA and the Student Union and I encourage anyone who has a passion for representing the needs of others and providing curious leadership to remember the skills that St Mary's provided.

Be even more curious, and even less certain; it really is the best way to experience the world and live successfully in it."



"My time at St Marys gave me the best possible start to my professional career and allowed opportunities to develop vital networks and skills. My time as a Simmie Student encouraged me to be curious."



SHOCC News

One of the pleasures associated with being a Trustee of Strawberry Hill Overseas and Community Concern (SHOCC) and semi-retired is that you can combine personal holidays with visiting SHOCC projects. At zero cost to the charity, I report back on funded projects and ensure funds are used wisely, for the purposes they were provided and is leading to positive development and change.

In 2018 I visited several Global South projects and spent three weeks with Sister Dee MBE (1972-1975) in Guatemala. I visited the hospice and the HIV Centre in Coatepeque and saw the marvellous achievements on the SHOCC funded 5-acre eco-farm. For more information visit the web site at ecogranjasantamaria.com

There was joy on the faces of patients when we took them to the local swimming baths for a day out. I suggested to Dee that having its own hydro-therapy pool might improve the experience even more for the Santa Maria patients, and thanks to an anonymous donation, a pool was purchased in October 2018. I also visited two other long-standing projects in Tanzania.

The St Marie Eugenie Girls' School at Chekereni, Moshi continues to flourish with some of the best examination results in the country. Thanks to a generous donation from Glencore International, SHOCC sent £15,000 to install solar panels for the dormitories and classrooms.

“Our target is to raise around £50,000 over the next two years to provide further classrooms, a library and perhaps even dormitories.”

Orkili Secondary School between Arusha and Moshi has expanded its subject by adding mechanical engineering. A workshop has been constructed and pupils can learn skills in electrical and mechanical engineering as well as car maintenance and repair.

Our plans for 2019:

There are two major projects we want to help in the coming year in Tanzania. One is at Kisaki near Singida where the Sisters of the Assumption are building a Girls' Secondary school. It needs a considerable amount of funding and, whilst SHOCC hopes to help financially as much as possible, we will be approaching major donors for funding support.

The second is St Jude's Primary School at Mto Wa Mbu towards Ngorongoro. They want to expand their subjects and thanks to the Cleveland scouts, the school now has two superb new classrooms and the Little Way Association has provided a third. Our target is to raise around £50,000 over the next two years to provide further classrooms, a library and perhaps even dormitories. **If any alumni are in the area on safari, do pop in to meet the Parish Priest, Fr Peter Kway.**

As we near the end of our 47th year, SHOCC can reflect on another excellent period of helping the disadvantaged both in our local area and around the world. Almost every penny that is donated goes directly to our projects; our only costs are bank charges and Just Giving membership.

As of December 2018, we have provided £55,000 plus in support of 12 projects and a £10,000 bid to the Little Way Association for St Jude's School in Tanzania. It may be less than last year's exceptional £115,000, but it still represents an excellent achievement.

Kevin Cook, Chair of SHOCC Trustees
cook.k3@sky.com

As of
December
2018, we have
provided over
£55,000 in
support of
12 projects

Mechanical Workshop,
Orkili School



Sister Schola, Kisaki School

In Memoriam

We are sorry to announce that, since the last edition of the Simmorian, the following alumni have sadly died.

Name	Class Of
Harry D'Silva	1967
Stephen B Dorman	1973
Peter Wild	1950
Brian Mark	1948
Michael Mannion	1967
Vincent Regan	1995
Melanie J Fogg	1990
Carys E Edwards	1990
Fr Peter Flanagan	
Felicity Devine	1980
Melvyn Bowden	1956
Harry Chichon	1965
Diarmuid Kelleher	1973
Vincent Culhane	1998
Andrew T Milne	1952
James Heaney	1946
Rosaleen M McConnell	1970
Frank A McAleese	1942
Padraic J Naughton	1971
William V Dean	1953
Octavio L Victory	1954
Pr Christopher Harper-Bill	
Rosemary L Olivier	1970
Thomas Johnson	1948
Ted Pearce	1955

Many of us want to remember loved ones who have died, but may be worried about ruining joyful occasions for others. Can you enjoy times of celebration and still acknowledge the gap left by the loss of family members and friends? If so, what do you do?

These are the questions posed in a survey by The Art of Dying Well, run by Dr Maggie Docherty at St Mary's. The survey asked 2000 people across the UK what they do at Christmas or on special occasions to remember a loved one who has died.

The most popular option chosen by respondeants (32.2 per cent) is to share memories of the loved one with friends and family. Significantly more women do this than men (39 per cent women, 25 per cent men). The practice is particularly prevalent in Wales where it is singled out by close to half of respondents. Reminiscing is more popular with older people: 38 per cent of those aged over 55 do it as opposed to fewer than a quarter (22 per cent) of 18 to 24 year-olds.

Overall, the next most popular choices for remembering deceased loved ones are lighting a candle (20 per cent), visiting the grave and leaving a wreath (19.9 per cent), saying a prayer (16.15 per cent) and making a special toast (15.65 per cent).

Significantly more people in the North West – close to a quarter – like to say a prayer.

There are new trends in how people like to remember. Young people are more likely to plant a tree or release a balloon or are more interested in doing something for others in their loved one's name such as taking part in a run.

Lynn Bassett from Hertfordshire, who served as a Catholic chaplain for 14 years in hospitals and hospices, stresses that while everyone is different, it is usually helpful for people to remember their deceased loved ones.

"If we could allow ourselves to be more open to discussing death in general and sharing memories of people who've died even on special occasions it will probably be healing for everybody," says Lynn. "Healing comes through that pain. Suppressing it will mean it emerges in an unhealthy way somewhere else."

For more information on the survey and full article more information is available from www.artofdyingwell.org

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