

SHOWCASE

NEWSLETTER • SUMMER 2011 • SCHOOL OF HEALTH, COMMUNITY AND EDUCATION STUDIES



ISOLATION WEEK

“WITHOUT A DOUBT THE LONGEST WEEK OF MY LIFE!”

Professor Mima Cattan, Professor in Public Health was approached by UK charity Friends of the Elderly to act as an independent expert to comment on the findings of a social experiment called ‘Isolation Week’.

Ten volunteers aged between 22 and 50 were to experience social isolation, as if they were themselves an isolated older person, by being confined to their own homes for a whole week. During the week, they were not allowed any human contact and were only allowed to watch programmes on TV and on the internet. The participants also used special equipment such as gloves and vision-impairing glasses to let them experience the effects of physical ageing.

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“...HOW EASY AND QUICK IT IS TO BECOME ISOLATED AND FEEL OUT OF SOCIETY.”

In less than a week, the majority of the participants started describing experiences and feelings similar to those described by housebound older people. They felt lethargic and tired, struggled to find motivation to do things or get out of bed, became 'uncharacteristically' emotional, weepy and lost concentration. The days seemed to drag on with nothing apart from the tasks to break up the monotony. Several participants mentioned feeling abandoned by friends and society. All mentioned boredom and some felt that this triggered further negative feelings, while others talked about the difficulties of combating boredom and the frustration and anger this often resulted in. They dealt with this giving themselves tasks, for example, housework, cooking and doing the laundry. They also read books, watched films, played computer games and wandered around their house/flat. One person even mentioned counting the tiles in their bathroom!

For one of the volunteers, Friday evening reminded them more than any other time of their isolation, as this was the evening they tended to socialise with their friends. The description was very similar to that of many housebound older people describing Sundays as the day they feel particularly lonely, despite all days being the same.

Two of the volunteers seemed to cope better with the isolation than the other eight. Although they also experienced boredom and problems with motivation, they focused on what they were able to do rather than on what they had no control over. One used yoga and meditation to combat negative feelings and the other planned and prepared elaborate meals and used the time to enjoy hobbies and other activities that external pressures would normally not allow. A third volunteer also mentioned 'getting on with an enjoyable task' that they had not had time to do previously.

All volunteers admitted that as this social experiment was time limited, they could, towards the end of the week, look forward to returning to their normal lives, which they realised was not the case for isolated housebound older people. As individuals, they had learnt a great deal from the experience, about themselves and perhaps to some degree about the lives of isolated older people.

It should be recognised that this social experiment could not mimic the true reality of socially isolated housebound older people with few resources and no 'normal life' to return to. However, the week did illustrate in the words of one of the volunteers "how easy and quick it is to become isolated and feel out of society". It also demonstrated that most of us are social beings and that having human contact is essential for our wellbeing.



Sir Leonard Fenwick

HEALTHCARE CHIEF SIR LEONARD RECEIVES HONORARY DEGREE

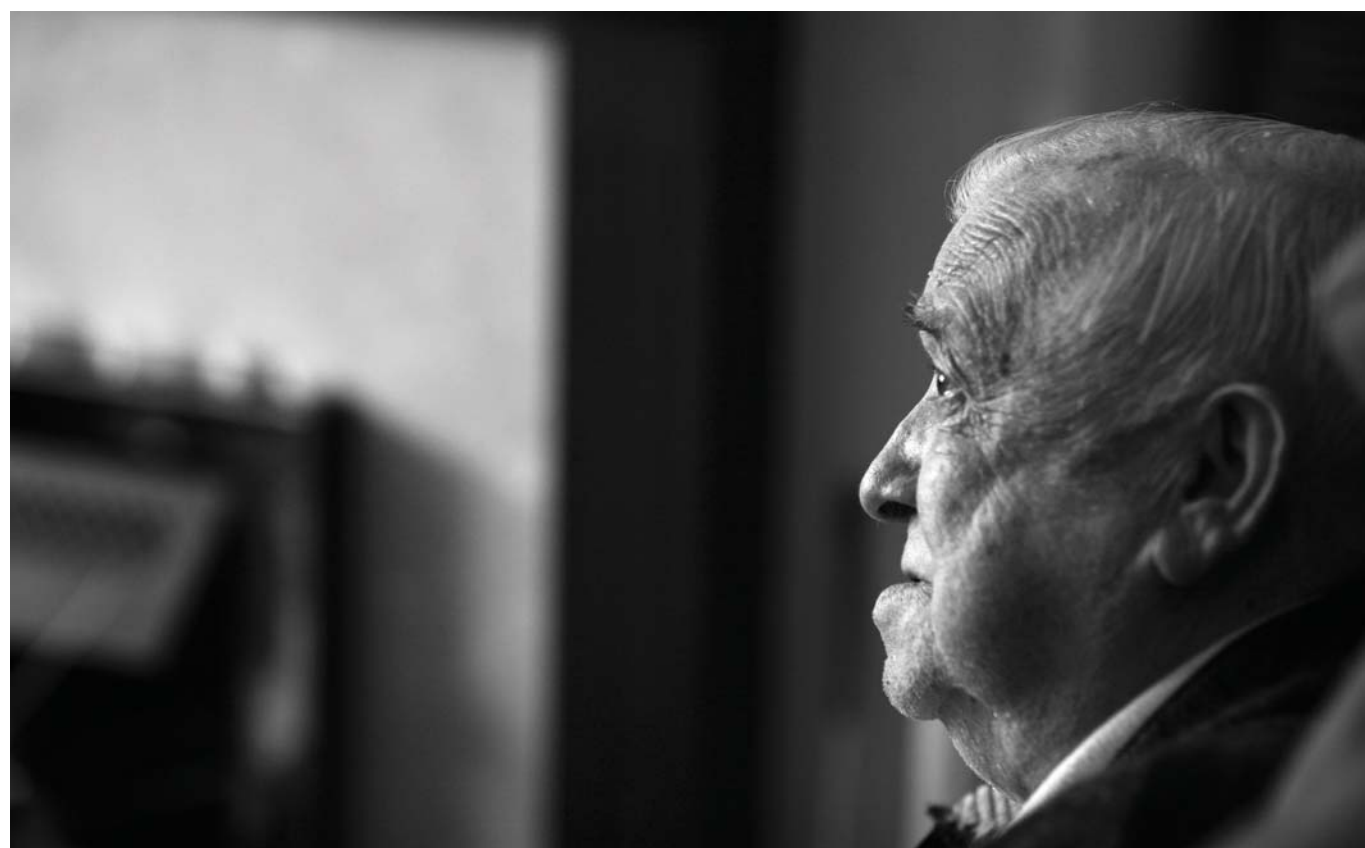
The Chief Executive of Newcastle upon Tyne Hospitals NHS Foundation Trust, Sir Leonard Fenwick, has been awarded an Honorary Degree by the University.

Sir Leonard received his Honorary Doctorate of Science, alongside students from the School. Sir Leonard was "absolutely delighted" to receive his Honorary Degree.

Sir Leonard stated that it was "a great honour and it's made all the more special by the long-standing partnership that I've had with Northumbria University over very many years... Northumbria is a pivotal part of the health picture in the North East and an essential ingredient in innovative and safe healthcare provision... There's a tremendous interaction between the Health Service and

Northumbria University, that's resulted in a virtual circle of training and continuing professional development."

Sir Leonard promotes the need for excellent healthcare for the people of the North East and manages over 13,000 staff whilst controlling an annual budget worth more than £84 million. He is also a charitable man, as Chairman of the Holy Jesus and Mary Magdalene Trust; he provides sheltered accommodation and support services to older people with limited finances.



Xirong He

SHINING SUCCESS FOR EDUCATION STUDENT

One of our PhD students has won a regional title and has been shortlisted for a national award after overcoming her own language and hearing obstacles in order to help others.

Xirong He, who is profoundly deaf, has been named as the North East's International Student of the Year 2011 in a prestigious competition recently organised by the British Council.

The 26-year-old won the regional title after sharing the inspirational story of how her confidence and language skills have been boosted during her time at Northumbria – so much so that she is a member of Volunteer Northumbria, leading the Sense Project, a series of film workshops with young deaf people from the North Tyneside Sensory Service.

The International Student Awards is a major initiative from the British Council that shines the spotlight on international students and their contributions to life in the UK. Now in its ninth year, the competition attracted entries from more than 1,200 students from 118 countries. Each entrant was asked to write a personal 'letter home' detailing their extra-curricular achievements, including volunteering and involvement in community projects, that illustrate how they are making the most of their time in the country.

Xirong, originally from China, is currently working towards a PhD in Education Studies. Her research looks at parental support for children with hearing impairments in Beijing's mainstream schools.

In her competition entry she impressed the judges, scooping the regional title, with her account of how working for the Students' Union volunteering arm, Volunteer Northumbria, had boosted her confidence and helped her gain valuable skills.

"I feel completely overwhelmed and I don't know how to express my feelings," Xirong said. "Northumbria University is helping me to achieve my childhood dream of becoming a Doctor of Philosophy and the Students' Union has helped me to achieve my dream of volunteering with deaf people.

"My School provided me with many opportunities to improve my communication skills, including tutoring work, leading a journal club, and presenting my research work at conferences. Through these experiences I have become more confident and got used to a different culture and language.

"I really appreciate the love and support I've received from teachers, staff, colleagues and friends from the University."

Karen Newton, Disability Support Team Manager for the University said: "As a deaf student, Xirong first registered with the Disability Support Team when she arrived here to study in 2007. She seemed anxious and unsure of herself and needed significant levels of support.

"Since then she has developed into a confident and outgoing student, requiring less and less support as she has progressed. She is doing well in her studies and taking every opportunity to be involved in other activities. She is contributing to University society, helping deaf people in the local community and in her home country. We congratulate her on this very well deserved award and wish her well for the future."



SPOTLIGHT ON...

In each edition of Showcase, we like to introduce to you some of our students. This edition, we meet Gareth Mann from Society Joint Honours who is studying BA(Hons) Guidance and Counselling and Disability Studies.

What appealed to you about Northumbria University?

I applied to study at Northumbria due to the course. There seemed to be a limited number of universities offering this type of course, and of the ones that did, Northumbria seemed to be the most appealing due to location, social aspect and future job prospects.

Why did you choose this course?

I was particularly interested in the Disability Studies aspect of the course, as this is the field in which I intend to seek employment. However, the Guidance and Counselling part of the Joint Honours ties in well with Disability Studies, and widens the range of job prospects.

What do you like most about the course?

The course never fails to interest me, as we are constantly learning new aspects and areas of each module, though this is delivered in such a way it never seems too overpowering or intense. The lecturers also create a friendly atmosphere, which helps create a relaxed learning environment.

Have you used Student Support and Wellbeing during your course? How did they help you?

I am in regular contact with Student Support and Wellbeing, as I occasionally require extra support due to my disability. On occasion, when problems can't be initially resolved, they always know who to liaise with, and always find a solution.

What would you like to do when you graduate?

I hope to secure employment in an area in which I'm helping and making a difference to disabled people and their lives. A postgraduate course is another option I am considering.

CAREER CHANGE PROVED THE RIGHT CALCULATION

Graduate Juliana Thompson, who received a First Class BSc (Hons) degree in Adult Nursing, was recently presented with a Heath Award accolade for her academic and clinical work.

The Heath Awards are a bequest of George Yeoman Heath MC, DCL, FRCS – a surgeon, teacher, and president of the College of Medicine in Newcastle. He was the first Professor of Surgery at the University of Durham College of Medicine, in Newcastle. He died in 1892 leaving a legacy to award annual prizes for outstanding nurses in the Newcastle hospitals.

Juliana worked as an accountant for 18 years before deciding to fulfil a childhood ambition of becoming a nurse and applying to the University. She said: "I wanted to be a nurse when I was younger but my parents wanted me to go to University and, in those days, nursing wasn't seen as a profession. That's how I ended up becoming an accountant, but nursing was always at the back of my mind...when I turned 40 I decided to apply to study nursing at Northumbria University."

Juliana received the award during a special ceremony at the Royal Victoria Infirmary hospital, along with fellow graduates, Michelle Jewers, Jennifer Hassnip, Claire Young, Gayle Wilkinson, and Emma Feeley. The nurses, who all studied at the School were selected by trustees, who considered the nurses' academic grades and supporting letters from

course tutors, hospital placement staff and patients.

Juliana now works as a nurse in a care centre. "Changing tack at middle age was frightening but it has really worked for me... when you are supporting patients and their families through difficulties you feel that what you do has a real positive impact."

Ann Mott, Academic Head for Post Qualifying and Postgraduate Studies said: "The Heath Awards are presented to students who have produced exceptional results in both clinical practice and academic studies during their time at Northumbria University. We, at the School of Health, Community and Education Studies, hope that this year's recipients will make considerable impacts in their chosen areas of nursing."

Pictured: Heath Award winners, Juliana Thompson (front) with (l-r) Jennifer Hassnip, Emma Feeley, Gayle Wilkinson, Claire Young, Michelle Jewers



Dorothy Matthews



FIRST CLASS NURSE

One of the School's graduates who is the UK's only Macmillan Nurse for people with learning disabilities, has earned a special award for her achievements.

Dorothy Matthews, 51, has received the University's Jenifer Cole Scholarship and commemorative medal which was set up by former governor Ray Cole, in memory of his wife Jenifer who died of cancer.

Dorothy, of North Seaton, Ashington, studied part-time and graduated last year with a First Class Honours Degree in Palliative Care.

Her work sees her giving support to people across Northumberland with learning disabilities that have a cancer diagnosis or another life-threatening or life-limiting condition.

Dorothy said: "People with learning disabilities, their families and carers often need more support at diagnosis and throughout their illness. The work often involves using alternative strategies to enable appropriate investigations and treatment for this client group, therefore working collaboratively within both mainstream healthcare and learning disability services is an integral part of the role, ensuring equitable access to appropriate services."

She added: "I feel very humbled to receive this award. I absolutely love my job. Developing the service has been often challenging, sometimes difficult but it has

always been immensely rewarding. It is a great feeling to know that I'm helping people and have been able to make a difference.

"It is also a tribute to the support I have received from Northumberland Tyne and Wear NHS Foundation Trust, St Oswald's Hospice and the Northumberland Macmillan Team, in the development of the Macmillan Nursing service for people with learning disabilities."

Her achievement in winning this award is more remarkable because Dorothy cared for her mother who died in the final year of her studies.

Joanne Atkinson, Principal Lecturer, said: "Dorothy was a very special, modest student who has been outstanding throughout her academic career. Her achievements are absolutely fantastic, especially considering the vulnerability of the client group she works with."

"Last year Dorothy also won the prestigious *International Journal of Palliative Nursing* Palliative Nurse of the Year 2010 Award and is a national figurehead in developing palliative care services for people with learning disabilities."

The Jenifer Cole Scholarships, which are each worth £1,500, are awarded annually over a ten year scholarship programme. Each year one is awarded to a cancer and palliative care nursing student and the other is given to a conservation of fine art student. Both areas have particular relevance and significance to Jenifer's memory.

EMPOWERING AND ENGAGING COMMUNITIES IN PUBLIC HEALTH

Dr Martha Chinouya recently won an award for the impact of her work in HIV and sexual health on UK health practices and policies.

Dr Chinouya won the Academic category of the Zimbabwe Achievers Awards 2011, an annual celebration of talent and achievement of the UK's Zimbabwean community. The award recognised her leadership and enthusiasm in researching Public Health issues amongst ethnic minorities, including Zimbabweans, in the UK.

Dr Chinouya, who joined the School as a senior lecturer last year, coordinated the Mayisha Study, one of the earliest UK studies on sexual behaviours amongst Africans outside the African continent.

She developed a range of 'peer-training' models that developed ideas already in existence within the Zimbabwean community, to empower and engage them in HIV prevention.

Dr Chinouya said: "I became involved in designing these interventions into the African communities within the UK because some people in the social and health services felt that Africans were hard to reach when it came to HIV prevention.



Dr Martha Chinouya

"Through our interventions we empowered leaders within the Zimbabwean communities and gave them the tools to share the messages of taking sexual health precautions, in order to avoid spreading the virus and encouraging community support in removing the stigma from those living with the virus. We also educated people about the availability of sexual health clinics."

Dr Chinouya is a co-chair of the African HIV Research Forum (AHRF), a network of

researchers from a wide range of disciplines and organisations, who have a shared interest in the impact of HIV within UK African communities. She is currently working with the North East Sexual Health Strategy Group, coordinated by the Health Protection Agency in the NE, and is also involved in a Gateshead project focusing on 'reablement', promoting wellbeing in mental health, ageing, children, families and education.

NORTHUMBERLAND EARLY YEARS WORKFORCE TRAINING AWARDS

Earlier in the year, the Northumberland Early Years Workforce Training Awards took place where a substantial number of HCES current students and graduates were nominated. The awards celebrate the success of the Early Years Workforce and a number of our students, past and present, were finalists or winners in a number of different awards at the event.

Congratulations to Zoe Robinson, Gayle Hodgson, Michelle Brown, Elaine Punton, Nicola Brunton and Audrey Jamieson who all won awards on the evening. Runners-up included Mandy Wilson, Helen Revels, Jacinta Wake, Julie Scott, Janet Peck, Louise Davidson, Patricia Hatherley, Hollie Walker, Siobhan Stephenson, Paula Jobson and Kim Black. A great achievement for them all.



Information evening for Teachers and Careers Advisers
Thursday 15 September,
4pm – 7pm
Coach Lane Campus West

Innovation in Neurorehabilitation Conference
A showcase for innovation in a range of neurorehabilitation services and intervention areas linked to personalisation, choice and decision-making
Friday 9 September
Coach Lane Campus West

University-wide Undergraduate Open Day
Saturday 8 October,
10am – 3pm
Coach Lane Campus West

For any more information regarding events, contact jane.dowson@northumbria.ac.uk

NEW FACES

The School has seen a number of new Academic and Administrative appointments being made over the past few months.

Dr Linda Prescott-Clements has been appointed to the Senior Management Group as Associate Dean for Learning and Teaching.

Sandie Faircloth joins in Post-qualifying and Postgraduate Health as a Senior Lecturer in Continuing Professional Development in Health, along with Daniel Monk, Senior Lecturer in Urgent and Unplanned Care, and Isabel Quinn, Senior Lecturer in Cancer/Palliative Care and CPD.

We welcome Craig Thompson, Senior Lecturer in Mental Health Nursing, and Sue Tiplady, Senior Lecturer in Pre-Registration Nursing to our Pre-Registration Nursing team, and also Heather Lamb as Secretary to Margaret Rowe, Associate Dean of Pre-registration Health.

New members of staff in Community, Health and Education Studies Research Centre (CHESs) are Dr Donna Brown and Dr Robert White, both Senior Lecturers in Youth Studies and Professor Susan Rodrigues, Professor and Reader in Education.

Senior lecturer Sara Rutherford is the latest addition to the work-based learning team and Chris Warnock has taken up the position of Senior Lecturer in Education.

Finally, Mark Gatto and Liane Dickson join us as Post-qualifying and Postgraduate Support Staff, and we welcome Stephanie Wright as our new Marketing Assistant, who is on a years' placement from Newcastle Business School.



Dr Linda Prescott-Clements

LONG SERVICE COMMENDATIONS

We would like to send congratulations to a number of staff at HCES who are reaching remarkable years of service at the school.

Name	University Start Date	Anniversary Month	Total years Service
Chris Leedham, Senior Lecturer	2 January 1991	January	20 years
Hilary Abbott-Brailey, Senior Lecturer	9 February 1981	February	30 years
Angela King, Senior Lecturer	1 March 1981	March	30 years
Elizabeth Purcell, Senior Lecturer	7 May 1991	May	20 years
Sian O'Dea, Senior Lecturer	13 May 1991	May	20 years
Ann Lyons, Senior Lecturer	1 June 1991	June	20 years
Helen Swinburn, Senior Administrator	3 June 1991	June	20 years
Jackie Boldon, Senior Lecturer	24 June 1991	June	20 years
Barbara Cowie, Senior Lecturer	1 July 1991	July	20 years
Mike Jarvis, Senior Lecturer	1 September 1991	September	20 years
Steve Rawlinson, Principal Lecturer	1 September 1991	September	20 years
Chris Dawson, Senior Administrator	25 November 1991	November	20 years
Dawn Atkinson, Administrator	9 December 1991	December	20 years

Staff will receive a letter from Professor Andrew Wathey, Vice-Chancellor, in the month that their long service is reached thanking them for their service, and those reaching 20 years service will also receive a £200 Eldon Square gift card.

To celebrate the long service, Professor Wathey will be hosting a lunch in December, to celebrate their effort and commitment through several decades. An invitation and further details will be sent out nearer the event.



If you have any comments or would like to submit an article, please contact **Alice Andreasen** on alice.andreasen@northumbria.ac.uk.



School of Health, Community & Education Studies