



THE UNIVERSITY *of* EDINBURGH

# bulletin\*

AUTUMN 2018

STAFF MAGAZINE



## Teaching Awards

Students cast their vote

### Thinking global, acting local

The team tackling green issues

### Festival fever

Images of the University's highlights

### Mental health and wellbeing

Sharing a poignant experience

### Spot the difference

Win brunch for two at Lebowskis

# Welcome to the autumn edition of your staff magazine. The annual Students' Association Teaching Awards took place in April. We celebrate the winners on pages 8 and 9.

In this issue we also take a look at the Department for Social Responsibility and Sustainability and the projects they're working on to ensure the University cares for its impact on the local and global environment. Find this on pages 10 and 11.

November sees the return of Mental Health and Wellbeing Week. We show how you can get involved on page 17, plus, Professor Dave Reay from the School of GeoSciences shares his poignant experiences of depression as a PhD student at university.

On pages 14 and 15 we've got our highlights of this summer's festivals through some striking photos and on page 19 we give you an opportunity to win brunch for two at Edinburgh bar and restaurant Lebowskis.

🔓 If you would like to submit ideas or feedback to *bulletin*, please contact us at [bulletin@ed.ac.uk](mailto:bulletin@ed.ac.uk) or 0131 650 6508.

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## Estates restoration projects win awards

The Estates team has won prestigious awards this year for its renovation and restoration projects on some of the University's landmark buildings.

St Cecilia's Concert Hall has won the Conservation category in the Royal Institution of Chartered Surveyors (RICS) annual awards, the Regeneration and Conservation award at the Edinburgh Architectural Association Awards 2018 and received a Royal Incorporation of Architects in Scotland award at a ceremony in June.

St Cecilia's is the oldest purpose-built concert hall in Scotland and was designed for the Edinburgh Musical Society. Today it holds the University's collection of historic musical instruments, and is used as a teaching and performance space.

Also a winner in the RICS awards was Appleton Tower. After a project to modernise the building, it won the Design Through Innovation category.

*Right:* St Cecilia's Concert Hall holds the University's collection of historic musical instruments.



Neil Hanna, Chris Closer, Callum Bennetts, Paul Dodds

# Taking stock

by Professor Peter Mathieson, *Principal and Vice-Chancellor*

I have now completed eight months in Edinburgh, and this edition of *bulletin* gives me the opportunity to take stock. Everything in the last few months has been a first for me: my first time at the helm of a university during an industrial dispute, my first time (and indeed the University's) needing to close because of a red weather alert for snow, my first cycle of Edinburgh graduations, my first experience of the International Festival and the Fringe, and joyously this September, my first opportunity to welcome the next cohort of incoming students to Edinburgh. The summer months have seen the landmark signing of the City Region Deal and the posting of yet another year of superb levels of research income – a massive £389 million which beats all previous years.



Unfortunately, the end of the summer brought some bad news – another disappointing iteration of the National Student Survey despite the many efforts that people have made to address lessons from previous years' results. You might have seen other messages from me about the need for culture change to address comprehensively student (and staff) satisfaction and I have been heartened by the extent of buy-in to this assertion. Action must follow: it has started, and everyone can contribute.

Of course, we also have the continuing mystery of what Brexit will mean for us; uncertainty about what implications the post-18 review in England will have; and where the current dispute about pay and the lack so far of a definitive solution to the pensions issue will lead the sector in the next few months. One of my patients once described me as relentlessly

optimistic. I can't deny that some of my experiences in Hong Kong and in my first few months in Edinburgh have challenged that optimism but overall my glass is still half full – here's why. The staff and students of the University are superb. I have chaired a number of appointments panels, both for academic staff and for professional service staff, since February and the quality of the people seeking to join us has been truly remarkable. The city is a great place to live, work and study. Our place in that city is being reasserted, including but not limited to the City Region Deal. We are going back to our origin as a University founded by and for the city. The University has a fabulous international reputation – numerous delegations from overseas universities beat a path to our door and seek closer collaborations. We have all the ingredients to ensure continuing excellence, now let's work together to bake a cake!

## 3-Minute Thesis winner



Owen Gwydion James, a third-year PhD student, has emerged victorious in the recent UK 3-Minute Thesis competition. The contest, devised by Queensland University, encourages PhD students to sum up the entirety of their research in just three minutes for a non-specialist audience, using just one slide. Universities across the country hold the first round internally before contestants face competitors from other universities. Owen's presentation about his work explained how brain cells are wrapped in an insulating layer called myelin, and how this goes awry in people with Multiple Sclerosis. His research focuses specifically on how human stem cells can be used to help find new therapeutics for this disease. This presentation won him a place in the final in Birmingham.

One of only six finalists selected, from more than 60 universities in the UK, judges were so impressed with his presentation it was awarded the top prize of £3,000 to spend on public engagement.

## Rankings update



The newest international league tables from the QS World University Rankings 2019 and the *Times Higher Education* World University Rankings 2018 have placed the University firmly in the top tier once again. QS league tables placed the University 18th in the world, which puts us fifth in the UK and in the highest position of any Scottish university. In the *Times Higher Education* World Rankings the University was ranked 27th.

# New forum leads the way

The University launched its first Leaders Forum this August. The core purpose of the Leaders Forum is to establish a community of the most senior academic and professional services leaders across the University, to encourage collaboration, communication and commitment in addressing strategic challenges and opportunities.



Principal and Vice-Chancellor of the University, Professor Peter Mathieson, commented on the event: "I found the first Leaders Forum tremendously helpful in building a shared sense of the responsibilities of leadership; the identification of priorities and the actions we need to take to tackle the key issues. It was appropriate that the first session

was dominated by student satisfaction and it was heartening to see the collective responsibility in the room – it is a challenge for everyone and it will take all of us to achieve the culture change that is clearly needed.

"Given the likelihood that there are future leaders of this and other institutions in the room, the Forum serves as a great way to develop leadership skills and I hope that those present take the opportunity to pass on what they learn to others in their teams.

"Overall it was a very good start and I look forward to the next two sessions."

The next Forum meeting in November will focus on staff and student engagement.

The Forum events will be centred around the theme of One University with each meeting focusing on a specific area that supports this overarching subject.

The first event in August investigated the topic of Leading the University, with 80 staff members identifying the factors impacting on the University externally and internally and exploring what this meant to the delegates as leaders.

# Widening participation strategy set to launch



Last year's event was a huge success.

The new Widening Participation (WP) strategy will be formally announced at an event later this autumn. Last year's WP event was a huge success, with previous case studies showing the University's work in practice.

The event will showcase the University's ongoing WP activity, the achievements that have been made, and the goals that are being met to achieve the targets set by the Scottish Government.

This semester the WP team will be rolling out a programme of engagement with staff in Schools and Professional Services to raise awareness of the new strategy. Guidance for staff will be made available which will highlight the important role that we can all play in supporting WP students.

[www.ed.ac.uk/student-recruitment/widening-participation](http://www.ed.ac.uk/student-recruitment/widening-participation)

# A fresh approach to staff development

From September, the Learning and Development core courses and resources will be more user-friendly, transparent and efficient, to better enable all staff to get the development they want when they want it.

Staff will have access to more specific content through a range of toolkits. Initially there will be 15 toolkits on topics ranging from time management to coaching and influencing skills.

In addition, there will be regular workshops available that will allow you to practise skills. Workshop topics include communication, time management, effective management conversations, thinking and acting strategically, and influencing skills.

Usage and feedback will be monitored on both the toolkits and workshops to continually review the development available in the core offering.

[www.ed.ac.uk/human-resources/learning-development](http://www.ed.ac.uk/human-resources/learning-development)

Sam Stiles; Shawn Coulman; David Cheskin; Norrie Russell; eclipse images/Getty Images

# City Region Deal signed



Prime Minister Theresa May with Edinburgh City Council Leader Adam McVey, First Minister Nicola Sturgeon and partners marking the signing of the City Region Deal.

The Edinburgh and South East Scotland City Region Deal has been formally agreed by UK Prime Minister Theresa May and Scottish First Minister Nicola Sturgeon. The two visited the Bayes Centre in early August to sign the £1.3 billion investment deal, which placed the University in the spotlight for its data science expertise. Partnering with Heriot-Watt University, Edinburgh will deliver the data-driven component of the City Region Deal over the next 10 years. The Data-Driven Innovation Programme will include five data innovation hubs that will use high-speed data analytics to address contemporary societal and industry challenges and work towards inclusive economic growth for the region. These hubs include the Bayes Centre, Easter Bush, Edinburgh Futures Institute, Usher Institute and, with Heriot-Watt University, the National Robotarium.

The five key programmes the investment will be focusing on improving are housing, culture, research, development and

innovation, transport and employability and skills.

The investment comes from the UK and Scottish Governments, along with regional partners including local authorities, universities and colleges from Edinburgh, Midlothian, East Lothian, West Lothian, Fife and the Scottish Borders.

Professor Charlie Jeffery, Senior Vice-Principal, said: "The most important part of the Deal is our commitment to ensure people in the region can build the skills to flourish in the data-driven economy. So we are working not just in our universities but also with schools, colleges and businesses across the region, so people have the opportunities to develop data skills across the life course – from youngsters about to enter the workforce, to women returning after career breaks, to people looking to reskill in mid-career. We know that data-driven innovation will bring economic growth – we want that growth to be inclusive, open to all."

## Go Abroad fund

Backing is now available for the Go Abroad fund for staff. The first round of applications closed at the end of September but the fund is available all year round on a first come, first served basis. You can apply to spend a week undertaking training, career development activities or even teaching at one of our Erasmus+ partner institutions.

This could involve attending a workshop or staff training event, job shadowing counterparts or taking part in European staff training weeks hosted at one of our partners' sites.

The Go Abroad fund is open to both academic and professional service staff at a wide selection of European locations. There are also plenty of other worldwide sites for those who would rather explore further afield.

[www.ed.ac.uk/global/staff-mobility](http://www.ed.ac.uk/global/staff-mobility)

## News in brief

### Teaching excellence recognised

Dr Catriona Bell, a reader at the Royal (Dick) School of Veterinary Studies, has been awarded a prestigious National Teaching Fellowship by the organisation



Advance HE. The award acknowledges Dr Bell's significant contribution to the teaching profession in higher education. This is the first year that these fellowships have been open to Scottish institutions and Dr Bell is one of only five winners from universities north of the border.

### Times Higher Education subscriptions

Current staff and students now have access to a digital subscription of Times Higher Education (THE). You can access the THE website and app via a library subscription to read digital editions dating back to January 2013 as well as the latest weekly edition. You can also sign up to an email alert, to let you know the new publication is available. Make sure you use your University email address (ending @ed.ac.uk) to register for an account.



<http://edin.ac/THE-subscription>



### Upgrade to Windows 10

The University's PCs are currently being upgraded to the Windows 10 operating system. This is to make our devices faster, more secure and more compatible with modern applications and devices.

The programme is already underway and will continue into early 2019.

For information, training and support visit [www.ed.ac.uk/is/windows10](http://www.ed.ac.uk/is/windows10)

# research in focus



## DNA technologies

Through the Scottish Genomes Partnership, the University has been investing in new DNA technologies. These technologies can help to provide a personalised healthcare system whereby patients will have their entire genetic make-up decoded. Up to 1,000 NHS Scotland patients have been recruited to the scheme.

## Health Data Research UK

The University is now leading the Scotland site of Health Data Research UK (HDR UK), a £54 million initiative. Developed to harness and utilise the growing data footprint from the UK's health services, HDR UK hopes to reach meaningful insights that can be put into practice to vastly improve patient care. With secure access to more than five million patient records, HDR UK will address the most pressing health research challenges head on.

## Research excellence

Since NHS Scotland launched 70 years ago, the University has worked to establish strong links with the institution. Developing research projects powered by this successful partnership is key. In the most recent Research Excellence Framework 2014, 88 per cent of the College of Medicine & Veterinary Medicine's research in clinical medicine was rated 4\* world leading or 3\* internationally excellent on the overall quality profile.

## Stroke rehabilitation

Professor Gillian Mead, in the College of Medicine & Veterinary Medicine, and Dr David Saunders, in the College of Arts, Humanities & Social Sciences, have collaborated to improve the rehabilitation of stroke survivors through exercise training. Their research findings are now included in rehabilitation policy and practice, in the UK and internationally.

# Supporting our healthcare service

As 2018 marks 70 years of the National Health Service (NHS), we can see that the research undertaken by our academics has been vital to shaping both the past and future of our healthcare service.

Professor Moira Whyte, Vice-Principal and Head of the College of Medicine & Veterinary Medicine, said: "We are delighted to celebrate the 70th anniversary of the NHS and to highlight the importance of clinical research to individuals and to the future of the NHS. These important examples show how medical research in Scotland is changing people's lives and leading to improvements in the NHS."

## Reducing blood transfusions

Blood transfusions are costly and potentially harmful for those that do not need them. Tim Walsh, Professor of Anaesthesia, Critical Care and Pain Medicine, began a programme to reduce unnecessary transfusions and preserve existing supplies. His research has helped to save more than 40,000 red blood cell units a year in intensive care units alone, with an overall 22 per cent reduction in England and Scotland, saving around £100 million annually.



## Heart attack prevention

The Global Registry of Acute Coronary Events (GRACE) is the result of a 10-year research programme examining Acute Coronary Syndrome (ACS), a severe form of cardiovascular disease. Professor Keith Fox, Professor of Cardiology at the University, and Professor Joel Gore of the University of Massachusetts have made an instrumental contribution to ACS prevention and treatment through the GRACE risk score. It's now recommended in guidelines from the European Society of Cardiology (ESC), American Heart Association and American College of Cardiology, which are available in 55 countries.



Professor Keith Fox

## Fertility preservation

Cancer therapy in women may result in infertility or early menopause. Thanks to research by scientists at the University including Professors Richard Anderson, Elsie Inglis Professor of Clinical Reproductive Science, David Baird, Emeritus Professor at the Centre for Reproductive Health, and Hamish Wallace, Paediatric Oncologist at the Royal Hospital for Sick Kids, women and girls can successfully have their ovarian tissue frozen before receiving cancer treatment. Ovarian cryopreservation is now used in clinical practice worldwide with fertility preservation regarded as part of standard care, both in the UK and other countries.

# teaching in focus

## Flipping the classroom



More time can be spent on face-to-face teaching and assessment.

The effectiveness of lectures has long been a topic of discussion but Dr Simon Fokt, Learning Technologist from the School of Philosophy, Psychology & Language Sciences, suggests adopting a flipped classroom model may be an alternative option to create more effective teaching methods.

A traditional classroom has knowledge delivery happening in class, with critical thinking and practice exercises happening outside of this. A flipped classroom would turn this on its head instead, using practice exercises or discussions in class time and video lectures focusing on knowledge delivery undertaken outside of this.

As lectures are most often focused heavily on information transfer, adding prerecorded video lectures to the student workload outside of contact hours allows students more face time with their professors and more chance to promote independent thinking and discussion with members of staff.

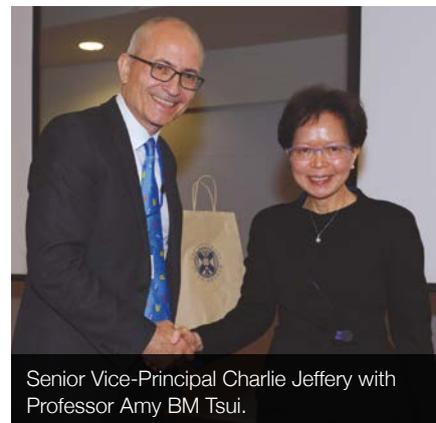
Although it seems as if adopting this model will be a lot more work, once a database of video lectures has been created, they can be shared and reused again and again, meaning more time to focus on face-to-face teaching and ongoing assessment.

# First Learning and Teaching conference

The University hosted its first Learning and Teaching conference in June. Organised by Dr Catherine Bovill, Senior Lecturer in Student Engagement, and her colleagues, it was attended by close to 300 staff and students. Hosted in the John McIntyre Conference centre, the forum was opened by Principal and Vice-Chancellor, Professor Peter Mathieson, and chaired by Senior Vice-Principal, Professor Charlie Jeffery.

Keynote speakers included Professor Amy BM Tsui, speaking on her involvement in the recent curriculum changes at the University of Hong Kong. Her talk *Transforming student learning: the journey of a university-wide curriculum reform* explained how she led the reorganisation from three-year to four-year degrees and shared her findings from the process, which took almost nine years.

Second keynote speakers were Dr Katarina Mårtensson and Dr Torgny Roxå from Lund University in Sweden, who



Senior Vice-Principal Charlie Jeffery with Professor Amy BM Tsui.

presented their research on *Strong and weak ties – changing teaching cultures in higher education*.

More than 80 presenters joined them from across the University to provide a huge array of talks and workshops focusing on all areas of learning and teaching. In light of the recent National Student Survey 2018 results, it's important to realise the vast benefits for both students and staff from discussing current topics and challenges faced by both groups.

## Emoji mad



Do you use smiley emojis in your correspondence? Research from Ben Marder, Senior Lecturer in Marketing at the Business School, shows you should consider it.

Although concerns that using these emoticons will make the sender seem less professional are not wholly unjustified, Ben's studies in collaboration with colleagues at Copenhagen Business School and the University of Birmingham show that the advantages of using them hugely outweigh this. As digital natives, current students respond much more warmly to the use of emojis and they lead to students giving much more positive teacher evaluations. As current students most often fall into the Generation Z category, emojis are second nature to them when interacting online.



## Innovative assessment

Rosie Stenhouse, Lecturer in Nursing Studies, has developed an innovative way of assessing students in her new option course, *Contemporary Issues in Mental Health: Engaging Through Arts, Humanities & Social Science*.

It encourages students to engage critically with mental health related experiences, for example homelessness and asylum seeking, through a range of media that may not originally have been seen as evidence to these stories. They were then encouraged to explore their reaction in order to produce something that represented their engagement with these different forms of evidence. This included films, digital stories, poems and a piece of musical composition.

The quality of these final projects was so high that they were later showcased in the School of Health in Social Science.

# The Students' Association Teaching Awards 2017/18

**C**elebrating the very best of the teaching and support staff at the University, the Students' Association Teaching Awards has become an important recognition of those who make an enormous positive impact to the student learning experience.

This year the Students' Association received more than 1,600 nominations for 780 staff members and the ceremony was held in April at Teviot Row House.

Student feedback on teaching and assessment can provide helpful, perceptive ideas and can ensure academics keep courses up to date, making them as relevant as possible.

The winners are shared here, accompanied by the insightful and positive comments from the students that nominated them.

Nominations for next year's awards open in November.



## Best Implementer of Student Feedback Award

**Sakie Chiba-Mooney**  
School of Literatures, Languages & Cultures

*"Not only did Chiba take our feedback into consideration but she completely reconstructed our class and handouts... so that the very next lesson after discussing the feedback we would be able to have a lesson more tailored to our needs."*

## Best Course Award

**Dr Zubin Mistry**  
School of History, Classics & Archaeology

*"His enthusiasm for the topic and his passion for allowing us this opportunity to examine evidence in new lights from such relevant positions is extremely stimulating and challenging."*



## Best Personal Tutor Award

**Dr Jamie Cole**  
School of Physics & Astronomy

*"Throughout my university work, Jamie has consistently had belief in my abilities, even when I have doubted them myself. At times when I have failed exams and felt stupid, he has always focused on the strengths that I have demonstrated and I have left feeling far more positive."*



## Best Practice in Inclusive Learning and Teaching Award



**Dr Katherine Inglis**  
School of Literatures, Languages & Cultures

*"Katherine represents what is truly wonderful about learning: being taught by someone who is truly energised by the materials, compassionate, and... imparts information not for the sake of later exam regurgitation but to engage her students in a meaningful dialogue with the text."*



## Best Supervisor Award

**Professor Robert Mason**  
School of History, Classics & Archaeology

*"Robert is a perfectionist, and he invests himself in my work – offering feedback to make sure my argument's as sharp as it could be. However, when the work's good, he also recognises that. He's not of the kind that offers feedback for the sake of it."*



### The Award for Teaching in Veterinary Medicine

**Alessandro Seguíno**

The Royal (Dick) School of Veterinary Studies

*"I have never been taught by a lecturer that so obviously has their students' learning as their utmost priority, and this shines through with his fantastic teaching style, resulting in extremely effective, high quality and enjoyable teaching."*



### Best Assessment Feedback Award

**Dr Eleoma Bodammer**

School of Literatures, Languages & Cultures

*"Normally, I find essay feedback an incredibly mixed bag, but Eleoma's feedback on essays is direct and to the point, but is never overly critical to the point where you feel beaten down by what you're reading."*

### The Van Heyningen Award for Teaching in Science and Engineering

**Dr Richard Gratwick**

School of Mathematics

*"If someone would have told me in week one that I would give a five minute presentation in week 10 to a group of other students and two tutors I would not have believed them. But I did and the confidence to get up and do that was mainly down to Richard and the way he organised his skills section of the course."*



### Best Student Who Tutors Award

**Alex Gapud**

School of Social & Political Science

*"The most passionate, supportive and thorough tutor I have ever had. He ensures every student is aiming for their best, and inspires through being an exceptional role model."*



### Best Support Staff Award

**Sue Renton**

School of Social & Political Science

*"As a student who has struggled a bit at university, Sue has always been there to support me. She always asks how I am doing or if there is anything she needs to do for me. This person is absolutely one of a kind and she really deserves an award."*



### The Ian Campbell Award for Teaching in the Arts, Humanities and Social Sciences

**Dr Sean Brocklebank**

School of Economics

*"The best lecturer I've had. He engages everyone in the room by breaking down complex theories and ideas. He makes the lecture slides entertaining and funny."*

### The Kendell Award for Teaching in Medicine

**Dr Kim Picozzi**

Edinburgh Medical School

*"She is fantastic at organising intellectually stimulating courses and her lecture style is fun and engaging. Her lectures are by far the best I have received at the University and I always actively looked forward to her lectures as a highlight of my working week."*



For more information about the Teaching Awards, visit [www.eusa.ed.ac.uk/teachingawards](http://www.eusa.ed.ac.uk/teachingawards)



# Thinking global, acting local

**The Department for Social Responsibility and Sustainability was created in 2014 to enable the University to become more environmentally and socially proactive. Here, *bulletin* reports on their latest work and how you can get involved.**

A recent report for the UK government once again highlighted the dangerous levels of plastic in our oceans. The Foresight *Future of the Sea* report predicts that the plastic litter in the oceans will treble between 2015 and 2025. But it's not just plastic problems that we need to be concerned about. Pollution, waste, climate change and social inequalities are other topics that are regularly addressed in the news. This emphasises the need for more social and environmental responsibility from individuals and institutions as a whole.

The Department for Social Responsibility and Sustainability has ensured that the University tackles these concerns. Communication Manager Sarah Ford-Hutchinson said: "Our department is the first of its kind in the UK and one

of the largest sustainability teams of any university worldwide. We exist to help the University to become more socially responsible and sustainable, working collaboratively with schools and departments as well as individual staff and students to identify opportunities for improvement and make positive changes."

From running projects that make large energy, carbon and waste savings to managing the annual Sustainability Awards for staff and students, and delivering the University's Community Engagement Strategy through Edinburgh Local, the Department for Social Responsibility and Sustainability is making sure that the University continues to make a significant, sustainable and socially responsible contribution to Scotland, and the world.



## Sustainable Development Goals pledge

Last January the University reaffirmed its global pledge to carry out initiatives that work towards ending all forms of poverty, fighting inequality and tackling climate change. This accord, a commitment also shared by other learning institutions, will hold Edinburgh to a high standard, ensuring that the University is doing all it can to align with the 17 Sustainable Development Goals set out by the United Nations in 2015. Social Responsibility and Sustainability helps the University to report on this annually. The 2016/17 report, which is available online, shows a wealth of responsible investment changes, sustainable estates updates, climate change mitigation and research that has already been implemented.

## The war on waste

The University will soon be announcing a new Waste Strategy. By thinking of refuse as a resource, otherwise known as circular economy thinking, the University can manage its output more effectively. The aim is to reduce the unnecessary use of raw materials, encourage reuse of products, and reduce waste sent to landfill through recycling, composting or energy recovery. Already in place is Warp It – the University's internal reuse network where teams can pass on equipment they no longer need or source items being given away. Staff wanting to get more involved can join a waste coordinator network that allows members to be a point of contact whilst monitoring the waste in their area. Another recent development saw University-owned and Students' Association cafes accept any reusable cup, and charge an additional 25p to use disposable cups. Plus, the number of drinking fountains across the campuses has increased to make it easier to fill up reusable water bottles for free.

## Edinburgh Local

Since 2017, the University has been working hard to forge strong bonds with the Edinburgh community and residents.



Edinburgh Local allows members of the public to benefit from services provided by the University, such as research, teaching, buildings and facilities that are all open to them. The University's Edinburgh Local Community Grants Scheme has already awarded more than £90,000 to community projects. Examples of successful applications include Voice of Carers Across Lothian (VOCAL), where funding will provide peer support, group training and supportive therapies to 50 Midlothian carers. North Edinburgh Arts will use its grant to expand the Pop-In Community Café and support local people who are struggling to access mainstream employment and develop their skillset.

## Take part in the Sustainability Awards

Staff and students are encouraged to take part in real-life action to improve the sustainability of their own teams and services. The annual Sustainability Awards began in 2010 and have grown to involve teams from all three of the University's colleges and the three professional services groups. Each one is finding new ways to preserve energy, save resources and update scientific and research processes to be as sustainable as possible. The Sport & Exercise team is working towards a gold award, having already achieved its first round of goals. This included installing only energy-saving lightbulbs, an energy-saving shutdown of the gym over Christmas and a popular pedometer challenge.

## Get involved with new staff training

In August Social Responsibility and Sustainability updated and developed a suite of online courses to allow individual staff members to become more involved and proactive about living and working in a sustainable way. An update to the popular Be Sustainable course provides a 30-minute interactive training programme focusing on a tailored plan staff can undertake themselves. Available in October the Be Sustainable



Advanced course is for staff who want a more in-depth understanding of social responsibility and sustainability, with practical solutions for both the workplace and home. The course is a mixture of online and classroom-based learning and is an excellent opportunity for anyone who wants to make sustainability part of their professional development. Also available online is modern slavery awareness training that will improve understanding of what modern slavery is and how to ensure the services you purchase are slavery-free.

## The Technicians' Network

The Principal will address a meeting for technical staff in McEwan Hall on 5 December that will officially mark the University signing the Technician Commitment. This sector-wide initiative ensures that all technicians working in higher education and research get access to vital career development opportunities along with support and recognition. The event will also present how the University's Technical Staff Support Group will guide the University's delivery of these commitments. A key speaker will be Kelly Vere, Higher Education Engagement Manager at the Science Council, the leading body behind the Technician Commitment. The event will also include speakers from Human Resources and the Department for Social Responsibility and Sustainability, and Technical Services Manager, Fiona Alderson, along with breakout sessions for deeper discussions. The event will also serve as the inaugural TechNet meeting which aims to establish a network for technical staff across the University. 🇨🇭

🔗 For more information on the Department for Social Responsibility and Sustainability and to keep up to date with their projects and events, visit [www.ed.ac.uk/about/sustainability](http://www.ed.ac.uk/about/sustainability) or follow them on Twitter at @edsust and Facebook at @EdinburghSustainability

# people news

## The Queen's Birthday Honours

Several staff and former staff members have been recognised in the Queen's Birthday Honours List 2018 as part of the celebrations for Her Majesty's 92nd birthday.

**Dr Alison Elliott**, former Associate Director of the Centre for Theology and Public Issues, was appointed CBE for public service.

**Professor Carole Hillenbrand**, Emerita Professor of Islamic History, was appointed CBE for services to the understanding of her subject area.

**Dr Ethel Quayle**, Reader in Clinical Psychology, was appointed CBE for her work on the online welfare of children and young people.

**Professor Andrew Calder**, retired Professor in the Centre for Reproductive Health, was appointed MBE for services to obstetrics and gynaecology.

**Andy Chadwick**, Honorary Professor in the College of Science & Engineering, was appointed MBE for services to the science of carbon capture and sequestration.

## New Director of EFI

Professor Lesley McAra has been appointed the new Director of the Edinburgh Futures Institute (EFI). She succeeds Professor Paolo Quattrone, whom she thanked for making great strides in developing EFI's vision. In taking forward his legacy, Professor McAra says she is delighted to be working with so many inspirational colleagues to translate the Institute's vision into practice.



# Principal's Medal winners

Dr Vicky MacRae,  
Ms Catherine Eastwood  
and Professor Helen Sang.



This year the Principal's Medal for Exceptional Service has been awarded to Professor Helen Sang, Dr Vicky MacRae and Ms Catherine Eastwood for their work on advancing gender equality, that resulted in the Roslin Institute's gold Athena SWAN award in April 2017. The team's hard work towards the Athena SWAN objectives over the past decade, have spread out, not only to other Schools within the University, but to other institutions too. These included talks that shared their knowledge, highlighting their guiding principles for gender equality alongside career development.

## Tam Dalyell Prize: Curious Edinburgh app wins



Dr Niki Vermeulen and Dr Bill Jenkins

The annual Tam Dalyell Prize for Excellence in Engaging the Public with Science has been awarded to Dr Niki Vermeulen, Senior Lecturer in the History & Sociology of Science, and Dr Bill Jenkins, Cultural Engagement Research Fellow, for their work on the Curious Edinburgh app. It was designed to exhibit the city's rich scientific history through various walking tours, including a History of Science, Technology and Medicine Tour and a History of Geology

Tour. Interest soon grew from multiple Schools across the University, and external companies too. Now more tours have been added, such as the Scottish Enlightenment Tour and even a Brewing History Tour with more in development. The app is free to download from the App Store and Google Play.

For more information, read our *Edit* digital supplement interview with Dr Vermeulen and Dr Jenkins: <https://edin.ac/curious-edinburgh>

# Communications and Marketing welcome new Director

**T**heresa Merrick has been appointed as the new Director of Communications and Marketing and began her position in the University Secretary's Group in June.

Working closely with the Principal and Senior Vice-Principal she'll be ensuring the continued high quality of communications and marketing activity, further strengthening the University's local and global reputation and impact.

With 15 years' experience in three Scottish universities, Theresa is a highly experienced senior leader in communications and marketing. She joins us after spending four years as Director of External Relations at the University of Aberdeen. Previously she spent seven years at Heriot-Watt University, firstly as Director of Corporate Communications and then as Director of External Affairs. Before that she was Director of Marketing and Public Relations at Glasgow Caledonian University.



"I'm really delighted to be joining the University of Edinburgh, and look forward very much to leading the Communications and Marketing team in such a great institution. I believe strongly in the role that universities embody for developing society, and I am enthusiastic about having impact and making a significant contribution at Edinburgh."

**Theresa Merrick**

## European languages receive collaborative grant

Dr Fabien Arribert-Narce, Lecturer in French, and colleagues have created a hugely successful European languages project. BABBLE is a creative writing magazine, formed thanks to an alumni-funded Innovation Initiative Grant (IIG).

Dr Arribert-Narce said: "Students played an instrumental role since the beginning of the project. They were involved in all decisions concerning the structure and identity of the magazine, including its name! They not only wrote the texts that were eventually published but also contributed to the proofreading and editing process."

The new Student Experience Grants replaced the IIGs this summer. Staff members can apply for the one-off contributions of up to £5,000, but must have a student co-applicant. The current submission round closes at noon on 25 October.

 [www.ed.ac.uk/student-experience-grants](http://www.ed.ac.uk/student-experience-grants)



## In memoriam: Sir David Smith (1930–2018)



Sir David Smith, former Principal and Vice-Chancellor of the University, has died aged 88.

A man of multiple academic accolades,

Sir David Smith was knighted in 1986 and came to the University of Edinburgh as Principal in 1987, succeeding Sir John Harrison Burnett. He held the position until 1994 when he moved to be President of Wolfson College at the University of Oxford. An eminent botanist, his work centred on the biology of symbiosis and distinguished him as a leader in his field. He was awarded the Gold Medal for Botany of the Linnean Society, and was its President from 2000 to 2003.

He joined the University at a time of upheaval but he proceeded with integrity, grace and, most commonly noted, kindness and consideration. Indeed, despite his impressive honours, he is described by former colleagues as generous, modest and extremely dedicated to helping others. He was a truly remarkable man and will be missed.

He is survived by his wife, Lesley, and by their children Bryony, Adam and Cameron.

## New Students' Association Sabbatical Officers

The Students' Association has elected its new Sabbatical Officers. They started their new posts this summer:

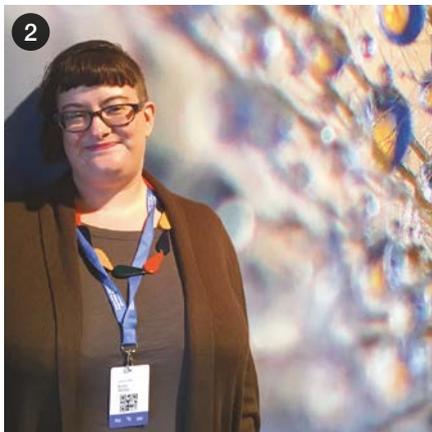
President, Eleri Connick  
Vice-President Community, Georgie Harris  
Vice-President Education, Diva Mukherji  
Vice-President Welfare, Kai O'Doherty  
Vice-President Activities and Services, Shenan Davis-Williams.

# Festival fever

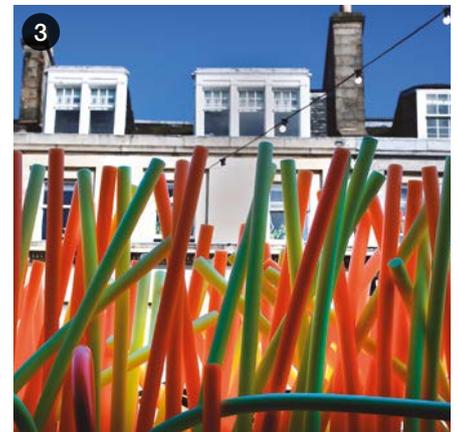


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The University has a special relationship with the city's many festivals, offering its buildings as venues and sharing the expertise of staff and students. Here *bulletin* shares the University's highlights from 2018.



2



3



4

Justin Sutcliffe; The University of Edinburgh; Paul Doods; Neil Hanna



**1.** It was the fourth year that the University was an official partner of the Edinburgh International Festival's opening ceremony, this year named Five Telegrams. Performance costume students from the University's Edinburgh College of Art (ECA) created capes for the Five Telegrams choir.

**2.** Alumna author, journalist and critic Kaitie Welsh appeared on the panel of a special live recording of BBC Radio 4's Open Book programme hosted by Mariella Frostrup at the Edinburgh Book Festival in Charlotte Square.

**3.** A pop-up pavilion showcasing installations from the University's Centre for Design Informatics was installed on George Street. Data Pipe Dreams: Glimpse of a Near Future was the outcome of work from researchers, Masters students and a partnership with Tesco Bank.

**4.** Researchers from the University took part in this year's Cabaret of Dangerous Ideas at the Festival Fringe. Academics explored a range of topics, blending research with comedy to engage audiences in discussions about important issues.

**5.** The University once again took part in the Edinburgh Book Festival with its prestigious James Tait Black Prizes. Tanika Gupta won the prize for drama with *Lions and Tigers*, pictured centre with the Principal and Vice-Chancellor of the University, Professor

Peter Mathieson and television and radio presenter Shereen Nanjiani, who hosted the event. Craig Brown won the biography prize and Eley Williams won the fiction prize. The James Tait Black Prizes are the UK's longest-running literary awards.

**6.** The University's Centre for Research Collections partnered up with Edinburgh's Ingleby Gallery to put on two festival shows: *Astronomy Victorious* at the University Main Library and *Jacob's Ladder* at Ingleby Gallery. Running until 27 October, special pieces from the University's collections feature alongside contemporary artists including alumna Katie Paterson.

**7.** Masters students showcased their artwork at the ECA's annual Festival Exhibition. Pictured are students Huai Ya Lin and Stephanie McGowan with a piece they worked on together.

**8.** A number of ECA's studios and spaces also featured work as part of the Edinburgh Art Festival. Graduate and Artist-in-Residence Siobhan Healy's *Biodiversity* exhibition of more than 30 intricate glass artworks is the result of research into endangered plants and animals in collaboration with artist and writer Alisdair Gray.

Read more at <https://edin.ac/festival-fever>

# health & wellbeing

## Edinburgh welcomes new cycle hire scheme

### Walking on the wild side at Easter Bush

Jocelyn Moar, the Support for Physical Activity (SPA) Programme Officer, has been getting to grips with life at Easter Bush. She offers free sessions for staff and students on how to be a bit more active a bit more often and has expanded the programme from the Pleasance to the veterinary campus and the King's Buildings.

✉ Email [spa.programme@ed.ac.uk](mailto:spa.programme@ed.ac.uk) to arrange an appointment at one of these three locations.

### New year, new gym membership

As we delve into Semester one, many of us might be looking for a new gym membership or renewing a current one. Rates for 18/19 are now live at Sport & Exercise and special staff prices mean you can enjoy access to world-class facilities from £18 a month.

✉ Visit [sport.ed.ac.uk](http://sport.ed.ac.uk) to buy your membership today.



### Peffermill is pitch perfect

In Spring 2018, six new state-of-the-art 5-a-side multi-use games area pitches were installed to complement three existing 5-a-side pitches. These pitches offer an affordable, all-weather and floodlight option for the 5-a-side community in Edinburgh and the Lothians. The new pitches benefit from in-built goals and netted roofs for an improved user experience and all pitches offer access to changing rooms and free parking.

✉ Phone 0131 667 7541 or email [peffermill@ed.ac.uk](mailto:peffermill@ed.ac.uk) to book.



Members of the Estates team have been trialing the bikes.

After the success of the UniCycles bike hire scheme, and the staff eCycle system, Emma Crowther, Travel and Transport Manager has been working on a partnership with Transport for Edinburgh for the past 18 months to create a bike hire scheme for the whole of Edinburgh.

She said: "We know there is a strong appetite among our students and staff for a larger scale, affordable and easy to access on-street bike hire scheme."

Through collaboration with the Students' Association and the Department for Social Responsibility and Sustainability, University campuses and accommodation sites have been incorporated into the city-wide network. Docking stations are located at King's Buildings, Pollock Hall and throughout the Central Area, and

hold a total of 200 bikes. This number is due to grow to around 1,000 bikes by the end of the year and will see electric bikes added to the collection too. A simple app will allow you to hire a bike for a single trip (£1.50 for a one-hour trip), a day subscription (£3, allowing multiple hires in a 24-hour period) or an annual membership (a one-off payment of £90 secures an hour's trip available each day of the year).

In August Mark Beaumont was announced as the face of the scheme. The 35-year-old broke the world record in 2017 for cycling around the world in just 79 days and says he is looking forward to seeing more people encouraged to get on a bike. The new initiative, sponsored by the food delivery service Just Eat, launched on 17 September.

# Mental Health and Wellbeing Week

This year, Mental Health and Wellbeing Week will take place across the University from 12 to 16 November. As always, the programme of events and activities aims to open up a conversation about mental health on campus, build a supportive community, and signpost resources within the University and beyond.

Director of Student Wellbeing, Andy Shanks, said: "The mental health of students and staff at the University continues to be a top priority for us, and Mental Health and Wellbeing Week provides a fantastic opportunity to showcase all of the amazing projects and initiatives which we have here at the University, as well as giving schools

and societies a platform to focus on key issues for the wellbeing of the University community.

"I would love you to join me and the team in engaging with Mental Health and Wellbeing Week 2018 and making it a wonderful celebration of how we can work together to support each other."

The organisers are currently looking for champions across the University to help spread the word about the week, share their own experiences of mental health and organise events. If you would like to know more, email the Students' Association's Welfare and Equality Officer at [sarah.moffat@eusa.ed.ac.uk](mailto:sarah.moffat@eusa.ed.ac.uk) and look out for the programme which will be released in late October.

## Free resources

Already available to staff and students is Big White Wall, an anonymous 24/7 online support network that can be accessed whenever you need. Share your feelings and help others with theirs through a community of members. Also free to download is the Feeling Good app, which helps deal with mental stresses and strains on a daily basis.

 <https://edin.ac/feeling-good-app>

<https://edin.ac/big-white-wall>

*Looking after your mental health is vital to your wellbeing, especially in a university environment. Whether student or staff, the pressures can be immense so it's important to ensure you have the support that you need to thrive. Professor Dave Reay from the School of GeoSciences writes of his moving struggle with mental health at university, how it almost destroyed his PhD, and what it was that saved him.*

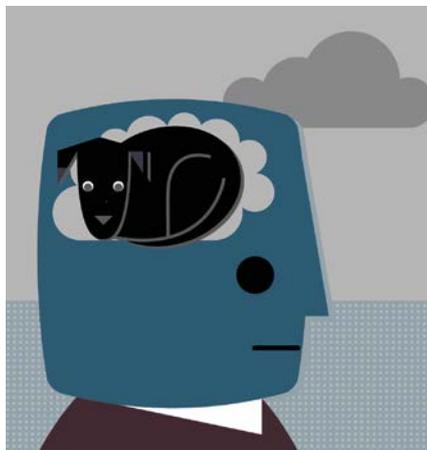


"A black dog. That's how Winston Churchill described depression. A dark companion that lies quiet in the good times and is your master in the bad. It's been 20 years since debilitating depression saturated my every thought and act.

"In the mid-1990s I was a doctoral student 500 kilometres away from family and the love of my life. On the tall stool at my carefully demarcated square of lab bench I sat each day, trying to fathom the instructions of my supervisor. He must have assumed I had some idea of what to do. I hadn't. Not a clue.

"Batch after batch of my growing medium went bad. Hours of weighing, mixing and sterilization would follow as I flushed with embarrassment and tried to suppress a mounting fear.

"The days merged into weeks; the failures continued. Walking to my bench one day, a black dog walked with me. When exactly it had arrived I can't say. I was 21. Depression was my new master.



"The months that followed were a fluctuating grey-scale of near-normality and despair. Depression is exhausting. I didn't seek help, therapy, or prescription drugs, nor did I quit my PhD. I survived long enough for help to find me, eventually.

"By the summer, life settled. I laid plans for work on an icebreaker in the South Atlantic that coming winter. It was exciting, an opportunity I had dreamed of, and yet still one in which I pictured my own destruction: deep inside, thoughts of suicide lingered, a secret obsession.

"It was people who saved me. They still do. Day by day, piece by piece, the people around me unknowingly brought my mind back to health. One man in particular — a beautiful human and can-do lab technician named Paul Beckwith — helped me to trust in others, to share and to belong. A month after joining the ship and at the end of a long night shift, I stood alone on its rolling deck. Dawn broke, and tears streamed down my face. Tears of joy and release. The black dog was gone.

"As the supervisor of dozens of students and staff, empathy is useful, listening is vital. Just a chat, making time for people; it can mean the world. We are mentors, not therapists, but our university communities are under enormous stress.

"Awareness is growing, with supervisor training, peer-support networks and counselling services now commonplace. More importantly, the stigma of mental health issues is fading. Whether it's to a friend or loved one, a therapist or colleague, those afflicted by mental illness must feel secure in speaking out. Silence was for too long the enemy of my own healing. Next time that black dog comes close, it will be met with a roar."

 Read the full article at <https://edin.ac/nature-journal>

# lunch mates

**En-Chi Liu, Communications Officer in Development and Alumni, met Christopher Carr, Professor of Corporate Strategy in the Business School, at the Edinburgh International Book Festival Café in Charlotte Square to discuss careers, commuting and Ceroc.**



## What were your expectations before meeting your lunch mate?

**E-CL:** I mostly interact with alumni and other professional services staff in my role so I was simply excited to sit down with an academic and find out more about their work.

**CC:** I wasn't quite sure of prospective similarities between En-Chi's Communications role in Development and Alumni and mine as a Corporate Strategy Professor at the Business School where we have our own Communications and Alumni teams.

## What did you talk about?

**E-CL:** We spoke about our career paths – Chris previously worked in the automotive industry and has taught at many international universities, while I've held two previous roles within Development and Alumni. We also chatted about our family backgrounds, languages, literature and dance.

**CC:** We both think Edinburgh is a wonderful city full of plenty of social activities.

## Can you tell us a little about your lunch mate's role?

**E-CL:** Chris researches and teaches global strategy in the context of globalisation, which involves undertaking fieldwork and speaking to businesses in his countries of interest.

**CC:** En-Chi's background was languages, so her interests tend to be quite international. Her focus now has been communications, helping the University

previously on fundraising, though mainly now on media publications and communications in respect to alumni.

## Are there any synergies between your roles?

**E-CL:** I think so! Development and Alumni and the Careers Service have recently launched Platform One. It's an online space for the whole University community – students, staff, alumni and volunteers – to connect, share ideas and support each other. It could be a way for Chris and other academics to look for alumni working in particular industries or offer support through mentoring.

**CC:** The Business School is approaching its centenary so we have a rich body of alumni who've held interesting careers which we'd like to draw on. We might even be looking for extra input as alumni start planning for new roles or as they consider retirement for example.

## Can you think of how you might work together in future?

**E-CL:** I'm in touch regularly with the Business School's own alumni communications staff and there will no doubt be more opportunities for us to identify and share stories of interest.

**CC:** I've a particular interest in doing something for our older alumni, for example. En-Chi is involved with an exciting new online project, Platform One, aimed at facilitating interchanges among alumni, students and staff. This could be extremely pertinent, so hopefully we'll keep in touch on this.

## What's the best thing about your lunch mate's role?

**E-CL:** The global emphasis in Chris's research means he's visited many different places for work. He's spent time at universities in Spain, Germany, France, Italy and even South America and Russia.

**CC:** En-Chi loves learning about the varied achievements of Edinburgh alumni and hearing how the University has played a role in their subsequent lives. As an Edinburgh graduate herself, she also enjoys bumping into her former lecturers on campus.

## How does your lunch mate commute into work?

**E-CL:** It's just a short walk across the Meadows for both of us. Especially lovely in spring!

**CC:** We both find living and working in Edinburgh brilliant. It really is one of the best cities to work in worldwide. Both of us walk into work – just 10 minutes away.

## What's your lunch mate's favourite lunch place?

**E-CL:** I'm not sure, but he did suggest our meeting place – the Edinburgh International Book Festival at Charlotte Square – and it was nice to go somewhere different from the University Central Area.

**CC:** We had so much to talk about that we failed to get onto this. But meeting at the Edinburgh Book Festival for a snack lunch was pretty stimulating as a venue.

## Did you find you had any hobbies or outside-of-work ventures in common?

**E-CL:** Chris spoke enthusiastically about his various dance classes and it's definitely piqued my interest.

**CC:** I go dancing twice a week, where again Edinburgh is amazingly well supported at Dance Base but also in Ceroc, a type of South American dancing. I think En-Chi is pretty motivated to check these out now too.

 If you'd like to take part in lunch mates, please email your details to [bulletin@ed.ac.uk](mailto:bulletin@ed.ac.uk)

# spot the difference

## Win brunch for two at Lebowskis

Spot the difference and win brunch for two at Lebowskis Edinburgh. Choose from a list of mouth-watering dishes from the classic Lebowski Brunch to the spicy Mexican Eggs. Make sure you turn up hungry! For your chance to win, circle the five differences in the two images below and send your entry to us by **Friday 9 November**.

You can post your entry to Bulletin Competition, Communications and Marketing, 5 Forrest Hill, EH1 2QL or email it to [bulletin@ed.ac.uk](mailto:bulletin@ed.ac.uk). The draw will be made and the winner notified on Monday 12 November.

Last issue's competition was won by Marshall Dozier, Academic Support Librarian.



Lebowskis can be found at 18 Morrison Street, EH3 8BJ and [www.lebowskis.co.uk](http://www.lebowskis.co.uk)

Name \_\_\_\_\_

Position \_\_\_\_\_

Email \_\_\_\_\_

Tel \_\_\_\_\_



# Tremble Tremble / At the Gates

26 October 2018 – 26 January 2019

Maja Bajevic

Georgia Horgan

Navine G Khan-Dossos

Teresa Margolles

Olivia Plender

Suzanne Treister

Artists' Campaign to  
Repeal the 8th Amendment

alongside

Jesse Jones

'Tremble Tremble'



Jesse Jones, 'Tremble Tremble', 2017, production image, courtesy the Artist.

**Talbot Rice Gallery**

Old College

South Bridge

#talbotrice

Admission free