

**PLUS:**  
HATS OFF TO  
DIZZEE RASCAL

# Now & Then

THE RIGHT KIND  
**OF PEOPLE**  
DAVID BAILEY  
SUSANNA HALONEN



**RESEARCH  
UNDERPINS  
EVERYTHING  
THAT WE DO.  
IT IS WHAT  
DEFINES  
US AS A  
UNIVERSITY.  
WWW.UEL.AC.UK/  
RESEARCH**

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John Amaechi OBE, an educator and broadcaster, UEL Honorary Award Holder and former NBA player.

**ABOUT**

*Now and Then* is a publication of the Alumni Network at the University of East London. It is a platform for graduates and friends across the globe to stay in touch with their university, and maintain relationships with former classmates and the wider UEL community. We aim to provide opportunities for communication, friendship and involvement.

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# WELCOME

Welcome to our bright, new-look *Now and Then* magazine. We hope that the new improved magazine better reflects the ambition, imagination and energy of our thriving alumni community. University life is about career aspirations, but it is also about lasting memories and enduring friendships. Our vision is to achieve recognition, both nationally and internationally, as a successful and inclusive university committed to inspired learning which helps our students get the most out of their time here, giving them the confidence to pursue and succeed in their chosen career.

Best wishes,

*J Joughin*



Introduced by  
Professor John Joughin,  
Vice-Chancellor

**FEATURES**

Our lively features are rich in diversity.

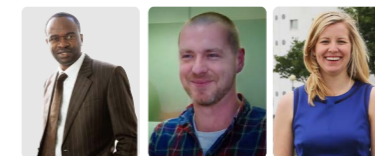


What is really apparent from the lively features in our magazine is the rich diversity among our alumni community. Our alumni are working in very different arenas, from television and happyology to law, fashion, engineering and international development. It is also clear that our alumni look back on their time here with great fondness.

**PERSONALITIES**

The alumni we love.

Our alumni are invaluable. You bring a wealth of knowledge and experience into the world of work, enterprise and further study.



**HONORARIES**

Hats off to our honoraries.



We also have some truly amazing honoraries who are enabling us to connect with the wider world. In recent months we have demonstrated that we are one of the most well-connected universities by working with David Bailey, Richard Wilson, Doreen Lawrence and John Amaechi to bring new opportunities for our students and alumni to engage with, learn from and listen to some of the most talented and inspirational figures in the UK.



**RESEARCH**

Research is what defines us.

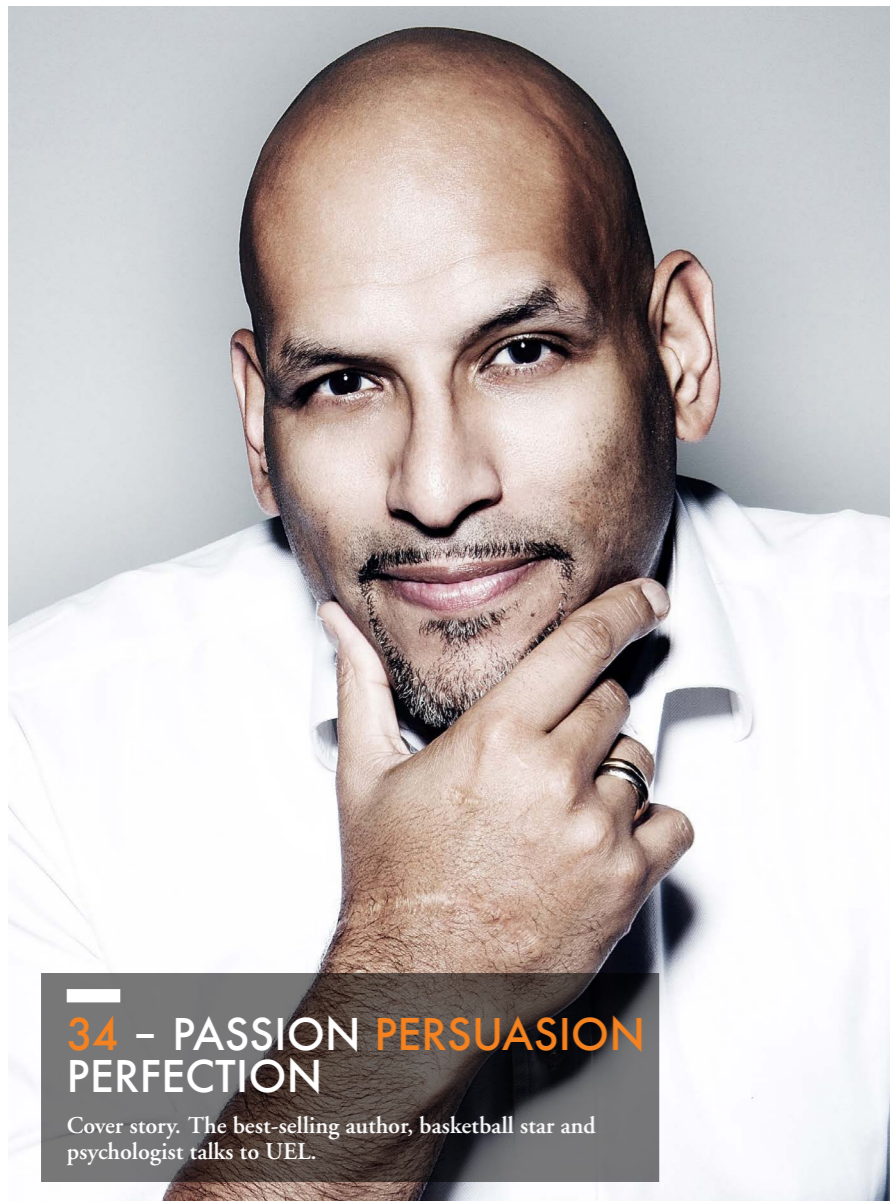
Today at UEL we are laying the foundations for an even brighter future which builds on the quality of academia and research, and enhances the experiences and opportunities for our students past and present.



**NEWS**

Keeping you up to date.

I would like to encourage you to stay connected with the university, whether through our remarkable events and lectures, through a visit or using our social media channels to talk to us about your experiences.



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Incomparable icon David Bailey on being awarded an honorary degree for his amazing achievements behind the camera.

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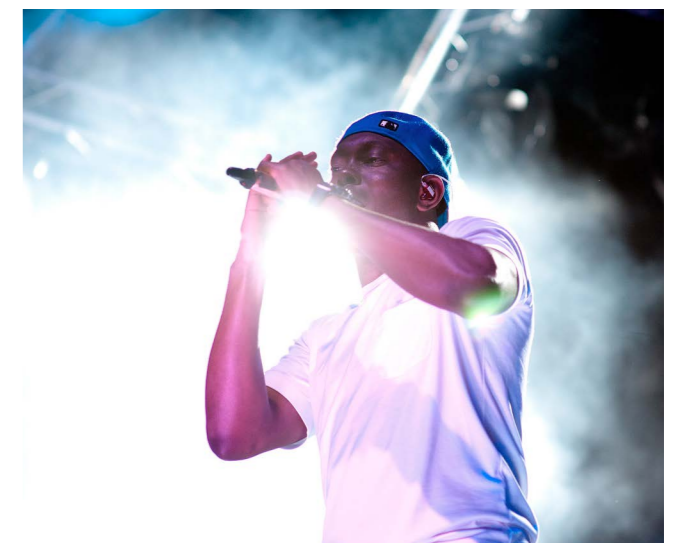
Explore the curves and contours of *Slipstream*, the largest creation of the remarkable Richard Wilson, our visiting professor and honorary graduate.

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'Doctor' Dizzee Rascal is among UEL's latest list of talented stars now connected with the university.



# 04

# THE RIGHT KIND OF PEOPLE

FORMER UEL STUDENTS  
**FIROZ PATEL AND RACHEL NEIMAN**  
OF **CHILDREACH INTERNATIONAL**  
CAN OFTEN BE SEEN SCALING THE HEADY HEIGHTS OF KENYA'S  
IMPOSING MOUNT KILIMANJARO.

THE PROSPECT OF A 6,000 METRE ASCENT  
WOULD BE DAUNTING TO MOST, BUT THIS REMARKABLE  
CHARITY AND ITS INSPIRED LEADER  
ARE UP FOR A CHALLENGE.

“ We work with local communities  
across the globe. I suppose the thing that makes  
us different from other NGOs is that all the  
projects and programmes we work on are led  
and designed by local people.  
We take the lead from them. ”

Firoz Patel



## FORMER UEL STUDENTS FIROZ PATEL AND RACHEL NEIMAN CONTINUE THEIR INCREDIBLE WORK WITH CHILDREACH INTERNATIONAL KEEPING CHILDREN SAFE AND SECURING THEIR RIGHTS ACROSS THE GLOBE

It's hard to imagine that this journey began with the urbane CEO Firoz Patel coming up with the idea for the charity while peering out of the windows of UEL's Knowledge Dock building.

Firoz, a former London Underground train driver, worked in the private and public sectors for a number of years before studying at UEL. He said: "I decided to take a course in international development and NGO management. It was a course that really resonated with what my family had been doing for many years, and the course at UEL really attracted me."

Firoz describes life as a mature student and father as 'difficult'. It was a tough process reintegrating into education – but he says he had great support at the university and a network which helped him to excel during the three years.

Firoz reflects: "We had some amazing faculty staff at the time, including Dr Andrew Sumner, who's quite a celebrity now, and Dr Meera Tiwari." As a 'young idealistic student' Firoz set up the student-led charity Global Development Links with just three interns. Firoz was forced to adopt a very hands-on approach: "In the early days, I dabbled in IT systems, marketing, financing and fundraising." In Firoz's view the organisation "transforms every day". Rebranded as Childreach International, the charity has grown and grown, and now excels in the third sector, having won many national awards along the way. Today, explains Firoz, "We work around three themes: education, healthcare and child protection...working with local communities across the globe. I suppose the thing that makes us different from other NGOs is that all the projects and programmes

we work on are led and designed by local people. We take the lead from them."

Like Firoz, Rachel Neiman is also a UEL graduate. She has made an impressive rise from intern to Operations Director in just six years. Rachel said: "When I joined there was one other member of staff and we were based on the second floor of Knowledge Dock at UEL. Now we're a £3.7million charity, with three international offices, and have worked with over 700,000 beneficiaries to date. It's been an incredible journey."

Firoz describes how 'sharp' Rachel caught his attention at a recruitment evening. With a smile he adds that Rachel is 'incredible'. "She's from the same university as me so it's clear they're turning out the right kind of people." Rachel speaks with real passion as she describes Firoz as: "absolutely fantastic, an inspiring leader."



Firoz and Rachel (centre) empowering communities across the globe.

“We work around three themes: education, healthcare and child protection – working with local communities across the globe.”



The pair have continued their proud association with UEL, providing internships, for students and trying to give back as much as they can to the community. Indeed Dr Meera Tiwari, Firoz's former lecturer, is an active member of Childreach International's board of trustees. "It's a fantastic university", says Rachel. She adds, "You have so many opportunities and your lecturers really help you to get into the career you want to."

Following a panel discussion made up of esteemed international speakers and victims of child trafficking, Firoz and Rachel head out to Tanzania to continue their remarkable work. It's clear that Firoz, Rachel and Childreach International have been able to significantly help to empower children and communities across the globe.

They're showing that despite humble beginnings at UEL, the impact of their charity is now being felt across the world.

Childreach International has recently launched #TaughtNotTrafficked, a campaign to prevent child trafficking in Nepal where as many as 20,000 children are trafficked every year – forced into prostitution, domestic work and other forms of exploitation and abuse. The acclaimed film *Sold*, which tells the story of a thirteen-year-old girl who is trafficked from Nepal to an Indian brothel, is helping to shed further light on this important issue.

To find out more visit [www.childreach.org.uk/TaughtNotTrafficked](http://www.childreach.org.uk/TaughtNotTrafficked)



To watch our interview with Firoz Patel scan the QR code or visit <http://tinyurl.com/nsk6zcv>

# PHOTOGRAPHER ICON SUPERSTAR

The iconic **DAVID BAILEY** – one of the world’s most distinctive photographers – has been awarded an honorary doctorate from the University of East London.

# B

“Coming from the East End and receiving this honour means a lot. It sends out a message to the kids in east London that anyone can do it – if you just persevere.”



Vice-Chancellor Professor John Joughin said, “Bailey is truly an inspiration to all our students. He is an east Londoner, from humble origins, who reminded us that nothing should ever get in the way of our dreams. What struck me was his advice to UEL students: Be persistent. He has lived by those words and that’s why few will ever match this global superstar when it comes to photography.”

Chair of Governors Mark Stephens added: “He is simply a giant within his profession. It is an absolute delight that UEL was able to confer on him this honorary doctorate.”

Bailey also presented two talented UEL photography students, Sam Tahmassebi and Lala Cifuentes, with bursary awards to help support them through their studies.

Bailey was recognised for his outstanding contribution to the arts and his long-standing connection with the East End.

Speaking at a star-studded ceremony at the National Portrait Gallery (NPG), where Bailey’s landmark exhibition *Stardust* came to a close following a highly successful run, he said: “Coming from the East End and receiving this honour means a lot. It sends out a message to the kids in east London that anyone can do it – if you just persevere.”

Bailey was joined at the NPG by high-profile figures including fellow UEL honourees Bianca Jagger, Terence Stamp and award-winning film director Asif Kapadia.



To watch our interview with David Bailey scan the QR code or visit <http://tinyurl.com/lk7g3lz>



David Bailey has created incredible portraits of everybody from internationally recognised musicians, artists and actors to unknown headhunters in Nagaland, India and local tribes people in Papua New Guinea. He creates images using photography, film, painting and sculpture.

## HERE IS A **SNAPSHOT** OF HIS LIFE:

**A** .....  
Bailey, born in Leytonstone, has demonstrated his incredible creativity over the past five decades – it has made him a world-renowned artist.

.....  
In 2001 Bailey was awarded the CBE in the Queen’s Birthday Honours list

Bailey worked as an assistant to the photographer John French, then moved on to start his career shooting portraits for the *Daily Express*. Shortly after that, he made the move to *Vogue*.

.....  
Bailey was born just a stone’s throw from another legendary British image maker, Alfred Hitchcock.

He recently produced one of the most engaging black and white photographs of the Queen for the ‘GREAT’ Britain campaign to promote the UK.

Photography came into Bailey’s life through his enthusiasm for ornithology. He began photographing birds in his mum’s back yard, and developing the negatives in their coal cellar.

Bailey’s career has spanned more than half a century. He has created some of the most iconic photographic images of our time – some of famous faces, others of unknown subjects, but all of them engaging and memorable.

..... **Z**  
*Stardust* was the largest exhibition of photography by a single artist the National Portrait Gallery had ever presented.



**SLIPSTREAM IN NUMBERS**

**80**  
METRES LONG – MAKING IT ONE OF THE LONGEST PERMANENT SCULPTURES IN EUROPE

IT WEIGHS **77**  
TONNES – ABOUT THE SAME AS THE MAXIMUM TAKE-OFF WEIGHT OF A BOEING 737-800

£  
IT IS THE LARGEST PRIVATELY FUNDED SCULPTURE IN EUROPE

**RICHARD WILSON**

THE 80 METRE-LONG **SLIPSTREAM** SCULPTURE, ONE OF THE LONGEST IN EUROPE, WAS UNVEILED OUTSIDE HEATHROW AIRPORT'S TERMINAL 2 IN THE COVERED COURT AREA. IT IS EXPECTED TO BE VIEWED BY 20 MILLION PASSENGERS A YEAR, BECOMING ONE OF BRITAIN'S MOST-VIEWED PUBLIC WORKS OF ART.

The ambitious artwork is inspired by the exhilarating potential of flight, combined with the physical aesthetics of aircraft.

For Richard Wilson, who has an Honorary Doctorate of Arts from UEL, the work is a response to the artistic challenges of capturing movement and a metaphor for travel; it aims to capture velocity, acceleration and deceleration in its twists and turns. Richard said: "*Slipstream*

is my largest sculpture to date and I have enjoyed the challenge of working on such a monumental scale and also working alongside such inventive engineers to realise this work. *Slipstream* is a metaphor for travel; it is a time-based work that responds to its location and I feel honoured that *Slipstream* will go on to be seen by millions of visitors travelling to and from the UK each year."

**RICHARD WILSON PROFILE...**

RICHARD WILSON is one of Britain's most renowned sculptors. He is nationally and internationally celebrated for his interventions in architectural space which draw heavily for their inspiration from the worlds of engineering and construction.

Wilson has been nominated for the Turner Prize on two occasions and awarded the prestigious German Academic Exchange Service (DAAD) residency in Berlin. His seminal installation *20:50* is a sea of reflective sump oil, which is permanently installed in the Saatchi Collection.

**SLIPSTREAM: REACTIONS**



Richard Wilson, Mark Stephens and Professor John Joughin at the unveiling of Slipstream

UEL's Vice-Chancellor, John Joughin: "Everyone at UEL is tremendously proud of Professor Richard Wilson's achievement in completing Europe's largest sculpture at Britain's newest terminal."

Mark Stephens, Chair of UEL's Board of Governors: "It is truly wonderful to see such inspired and high-quality public sculpture commissioned."

Sir Peter Bazalgette, Arts Council chairman, described it as: "a really exciting and ambitious piece of work" which "lifts your spirits."

Travel writer, Claire Wrathall wrote in the Daily Telegraph: "It's fitting then that what stands to become his best known, most seen piece has been inspired by a plane in flight. It's an immense work, longer than an Airbus A380."

# FASHION WEEK

## GRADUATE FASHION WEEK REPRESENTS THE FUTURE OF CREATIVE DESIGN TALENT



PICKING OUT THE WEIRD, WICKED AND WONDERFUL FROM GFW 2014...

From chihuahua motifs to elaborate headdresses, here are some of the most interesting catwalk creations so far.



A series of imaginative, intriguing and inspired designs by students at the University of East London have dazzled visitors at Graduate Fashion Week. The university showcased the work of 20 of its students.

UEL fashion students displayed an array of collections, from Leanne Beckford's Sports Luxe with neon accents to Leanne Bell's minimalist 'cool girl' tribal look and Joel Boyd's cosmic print meets streetwear designs.

Veronica Peduzzi-Davies was highly commended for her urban-themed collection for youth featuring teddy bear motifs in *Vogue* and Kim Stevenson was featured in the *Evening Standard* for her stunning collection that examined different textures and weaves. UEL's catwalk show closed with a visually spectacular finale including Tianyi Li's gothic fantasy pieces. Inspired by Frida Kahlo, the collection explored pain, suffering and the idea of restriction, which was completed with stunning headpieces.

Simon Robertshaw, Dean of the School of Arts and Digital Industries (ADI), said: "Getting into *Vogue* is a dream come true for many a famous personality. To have your creations featured by this world-famous



fashion magazine when you are a student is simply outstanding. It shows the talent the University of East London produces year in and year out. We are really proud of them."

Dorota Watson, Head of Fashion and Textiles, said: "We were thrilled to be part of Graduate Fashion Week and this year the University of East London was particularly proud of its students and their experimental collections. Our students were inspired by a breadth of sources, from Native American hand craft, printed hair and intricate

pleating, through to urban streetwear creating a kaleidoscope of colour, texture and prints. Their textiles incorporated both digital and traditional processes, which were reflected in the vibrancy of the stand." The university took part in the four-day event which consisted of over 20 catwalk shows, extensive exhibitions and a prestigious Gala Award Ceremony. The competition is a fantastic platform for students nationally and produces some of the most interesting graduate work to be seen from the country's new talent.





When not scattering the catwalk with brightly coloured tassels, the collections were content to remain minimalist and monochromatic. Unfinished edges abounded with many a rough-hewn hem, there were plenty of tack stitches, torn strips and slices of fabric to be seen...

“UEL’s collection provided a dramatic look at the different stages of the design process; from the cutting and tacking of humble beginnings to the accessorising and styling of the final product.

Against a muted backdrop of colour, the mechanics of clothes manufacture and the character of the materials were given centre stage to have their voices heard.

Focusing on both fast and slow fashion, whilst uniting enterprise and technical expertise, the University of East London has an eye on all aspects of the industry, making the most of its creative community. UEL is very much on home turf at GFW with graphic design, photography and fine art students working together under one roof.” (Source: <http://modeconnect.com>)



## FEATURE

I’m still searching for definitive answers

# DOREEN LAWRENCE

Baroness Doreen Lawrence, OBE, a UEL honorary graduate, was joined by renowned human rights lawyer Imran Khan in the latest of our influential ‘Know the Law’ public lecture series. In a frank and passionate lecture the incomparable Doreen Lawrence highlighted her continuing concerns about undercover policing, spying and corruption allegations. Speaking about the murder of her son Stephen Lawrence in 1993, Baroness Lawrence recalled – with remarkable candour – the night she came to learn of Stephen’s murder and the personal ordeal that followed her and her family as she gallantly fought to bring Stephen’s killers to justice.

Baroness Lawrence said, “There has never been any definitive answer to what happened in 1993.”

Speaking to a packed audience of students, staff and legal professionals at the University Square Stratford campus she said:

“Talking to others about my experience will help them. Many people do not understand the difficulty and struggles we as a family have had to go through, the challenges that there were. The police, justice system... have had to make a lot of changes since 1993 and Stephen’s murder. Public lectures like this are important as the public have no idea how the law works until they are in it themselves.”

Stephen Lawrence was murdered in a racist attack while waiting for a bus in south London, and this year marks the 20th anniversary of the

Macpherson Report into his killing. The report first introduced the term “institutional racism” to policing in the UK.

of what the state is capable of. The question we really need to ask is: Is this what we want as a society?”

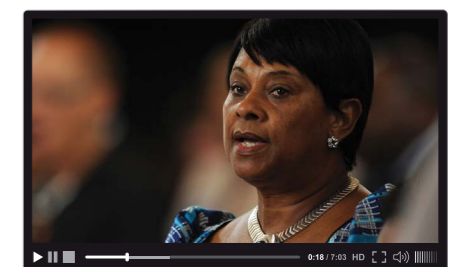
“Everyone who attended the lecture learnt something new about our criminal justice system, about the difficulties the Lawrence family experienced following the racist murder of their son and about how the members of the public could become victims of overzealous policing or simply corrupt policing tactics.”

The publication of the Ellison Review this year has disclosed further revelations that, during the investigation of Stephen’s murder, a police officer spied on the Lawrence family. The Home Secretary has now ordered a judicial public inquiry into undercover policing.

Lawyer Imran Khan a UEL alumnus, who worked on the Stephen Lawrence case from the beginning, spoke in depth about police corruption, inappropriate undercover policing and spying on victims’ families.

He said: “What I want to tell the people here is that (undercover police activity) has been going on since 1968. They have taken up the identities of deceased children, ended up in relationships, fathered children and spied on families who are grieving in circumstances which are horrendous.

Doreen Lawrence’s case is a prime example



To watch the full interview with Doreen Lawrence scan the QR code or visit <http://tinyurl.com/l2wz anx>

For more information please see [www.uel.ac.uk/lawclinic](http://www.uel.ac.uk/lawclinic)

## MALAYSIA FOOTBALL TOUR

# A SPORTING JOURNEY... AND A LIFE-CHANGING EXPERIENCE

ELEVEN SPECIALLY SELECTED STUDENTS FROM UEL FOOTBALL CLUB'S FIRST, SECOND AND THIRD TEAMS WENT ON A TEN-DAY AMBASSADORIAL FOOTBALL TOUR OF MALAYSIA. THEY WERE CAREFULLY SELECTED FOR THEIR FOOTBALL SKILLS, ACADEMIC RESULTS AND ABILITY TO DEMONSTRATE THEY WOULD BE EXCELLENT AMBASSADORS FOR OUR UNIVERSITY.

By Sam Redhead, International Student Advisor

The first full day was said by many to be the best of the trip. We went to FTMS College and were greeted by four photographers recording our arrival on campus.

We walked through an archway made out of balloons into a sports hall full of cheering and clapping students and after then a whistlestop tour of the impressive campus – including the swimming pool surrounded by palm trees.

Next stop was a visit to charity KL Krash Pad, which provides a safe space for teenagers in a deprived area of the city to escape from the daily reality of drugs, gangs and prostitution surrounding their lives. It's successful and gets 100% of the participants into education.

We were greeted by kids who had been eagerly anticipating our arrival. Their enthusiasm, positivity and fantastic sense of humour were infectious and made it hard to believe the daily reality. The day was summed up by business management student Dan Robinson's tweet that night – "Surreal day, unreal welcoming by @FTMSCollegeKL followed by a night on the futsal pitch with a charity for kids... Humbled?"

We visited INCEIF (International Centre for Education in Islamic Finance) with whom we have recently signed a Memorandum of Understanding to develop and deliver an executive programme on Islamic finance at UEL. The footballers were impressed by their genuine commitment to their chosen area of study, which was mirrored at our visit to University Putra Malaysia (UPM).

At our visit to the British High Commission we were introduced to their work in promoting British interests in Malaysia. They also pushed for the lads to consider the Foreign and Commonwealth Office as a future career, which none of them had previously considered.

Oh, and what about the football? Well, this is a real reflection of how incidental the football became in the purpose of the trip – the sport served as a tool, a way to meet people and go beyond just being tourists.

**"It is clear to see that the trip has made a lasting impression on all the students and they have all grown."**

As one of our players, Henry Hayden, put it: "We did many amazing activities which I will never forget. Playing futsal with the kids at KL Krash Pad was very humbling and helped me understand the lack of importance of material possessions as the kids there

had relatively little compared to us yet were still astonishingly happy. The educational institutions we visited were also phenomenal and the reception we received from each of them was hugely welcoming. The trip to Malaysia was an unbelievable life-changing experience."

Funds to enable the students to go overseas came from UEL's Going Global scheme, which helps them participate in study-related visits overseas, adding a global dimension to their university experience.

Niru Williams, Deputy Academic Registrar, who runs Going Global, said:

"I was quite unprepared for the massive transformation I witnessed and the mature manner which they conducted themselves. It is clear to see that the trip has made a lasting impression on all the students and they have all grown."



**i** To find out more about Going Global scan the QR code or visit [www.uel.ac.uk/international/study-abroad-home/going-global](http://www.uel.ac.uk/international/study-abroad-home/going-global)



Tony Rochford graduated from UEL in 2002 after studying media studies and has rapidly risen up the media ranks to become Director of Programming at MTV UK.

I was [part of] the first intake of students at the Docklands campus and lived in Felix House. My course was really good and in my third year I focused on the academic side, working independently.

My favourite lecturer, who taught television studies, was Marianne Wells – she really cared about the work we were doing. She guided me through my dissertation and overall I received a really good grade.

I was very social and worked closely with the union where a colleague and I set up 'Abomination' – a themed night where we'd DJ every week.

During my studies, I worked at the arts shop and the bar. Over the summer I [also] joined the events team. I really threw myself into all aspects of the experience.

When I graduated, my first job out of university was working for the BBC's CBeebies channel, doing presentation scheduling. This involved taking a television schedule and making sure it's available to air to the general public.

I also had a second job working as a studio usher in the evenings for a lot of shows, including *Little Britain*, *Catherine Tate*, *Jonathan Ross* and *Graham Norton*. Eventually, I found myself working around a lot of celebrities on the programmes.

After CBeebies, I moved to BBC Three and Four and in my first year I did the presentation scheduling for Christmas Day on BBC1 – it was really exciting working on

## Tony Rochford

From CBeebies to MTV, Tony Rochford has worked with some of the biggest channels and most popular programmes in broadcasting. He told us how his time at UEL set him on the right path, how TV isn't just celebrities and presenting, and how, no matter what, there's always room for friendship.

content such as the Queen's speech.

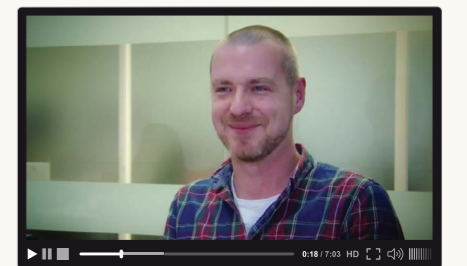
I then moved to UKTV, working on UK Gold, and it was at this point I decided I wanted to work on programme scheduling: devising the programme strategy, deciding where the shows go and having an input into the channel's output.

I got a job at MTV as a Scheduling Assistant and was then promoted to Scheduler and worked on re-launching TMF, an old music channel, into VIVA. I was responsible for advising on content for the channel, devising the programming strategy and working with marketing to re-launch the channel.

From there I was promoted to Schedule Manager and last year I was promoted to Head of Scheduling. I am now the Director of Programming. Viacom (who also own MTV) have just bought Channel 5 – a project that I worked on and this is very big for the company. I'm very proud to have worked on it too.

All of my best friends are from UEL and

meeting them is one of my most memorable experiences. Everyone who went to UEL has done really well and we are all really proud of that. I've learnt that there's more to television than just being behind the camera or in front of it – there's a huge amount of work in the television industry and I don't think people are aware of that.



To watch the full interview with Tony Rochford scan the QR code or visit <http://tinyurl.com/mh7akeg>

## WITH OHIS ILALOKHOIN MSc CIVIL ENGINEERING

If you've ever travelled on Network Rail and wondered **who's behind the constant developments and improvements**, then look no further than UEL graduate Ohis Ilalokhoin.

"With four years' experience working in civil engineering in Nigeria, I joined UEL in 2006 to study a Master's in the subject.

"I work for some of the biggest engineering companies in the world, including Atkins Global, a job I acquired eight weeks into my studies at UEL, and the Halcrow Group."

Now Ohis works for Network Rail as a Project Engineer, improving the experience for passengers travelling across Kent. Not satisfied with managing at any one time 50-60 challenging projects worth over £200m, in September 2014 Ohis will be starting at Oxford University to study a Master's in Major Programme Management: "I'd like to take responsibility for delivering major programmes that are worth at least £1 billion, so I'm looking forward to the challenges of the course, which should help me kick start the next stage of my career."

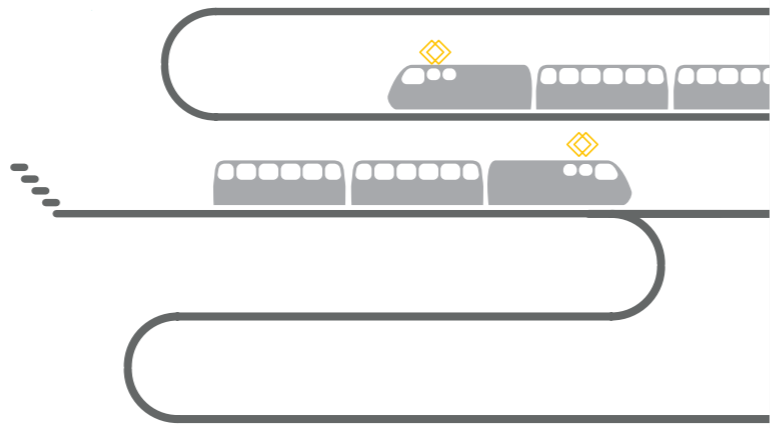
Ohis, one of the faces of UEL's award-winning Stay on Track campaign, credits his ongoing success to the support he received at with his studies: "I benefitted a lot from the support I got at UEL. Dr Martin Marriott, who I'm still in contact with, was a lecturer who challenged my thinking on engineering and helped me think outside of the box. I owe a lot to him and he's helped me throughout my career."

The next time you're travelling on the train from London to Kent and you realise a couple of minutes have been shaved off your journey, **you'll know who to thank.**

"I've worked for some of the biggest engineering companies in the world, including Atkins Global, a job I acquired eight weeks into my studies at UEL."



To watch our interview with Ohis Ilalokhoin scan the QR code or visit <http://tinyurl.com/mbmkmds>



## HAPPY DAYS WITH SUSANNA HALONEN, APPLIED POSITIVE PSYCHOLOGY

"When I began my MSc Applied Positive Psychology studies at UEL I was excited about the year ahead and focused on building my Happyologist business alongside it. Little did I know the adventure I was about to have!

"It was an incredibly intense year in which I learned more about the topic than I ever thought possible, made lifelong friends, and even embarked on my own journey of self-discovery.

"It was an inspirational environment to be a part of, and I've put everything I learned in that year into practice into my own life as well as into my business.

"Today, Happyologist is a fully fledged business offering one-to-one coaching, workshops and talks to individuals, teams and organisations to help them discover their happiest, most passionate, best-performing selves.

"Having my own business has also given me the flexibility to pursue my other passion, competing at a high level in equestrian dressage.

"So what are my top tips for you? Live life according to your values, know what positive impact you're looking to create, forever continue learning and growing, and connect with likeminded people - these are the things which will bring out your passion for life!"

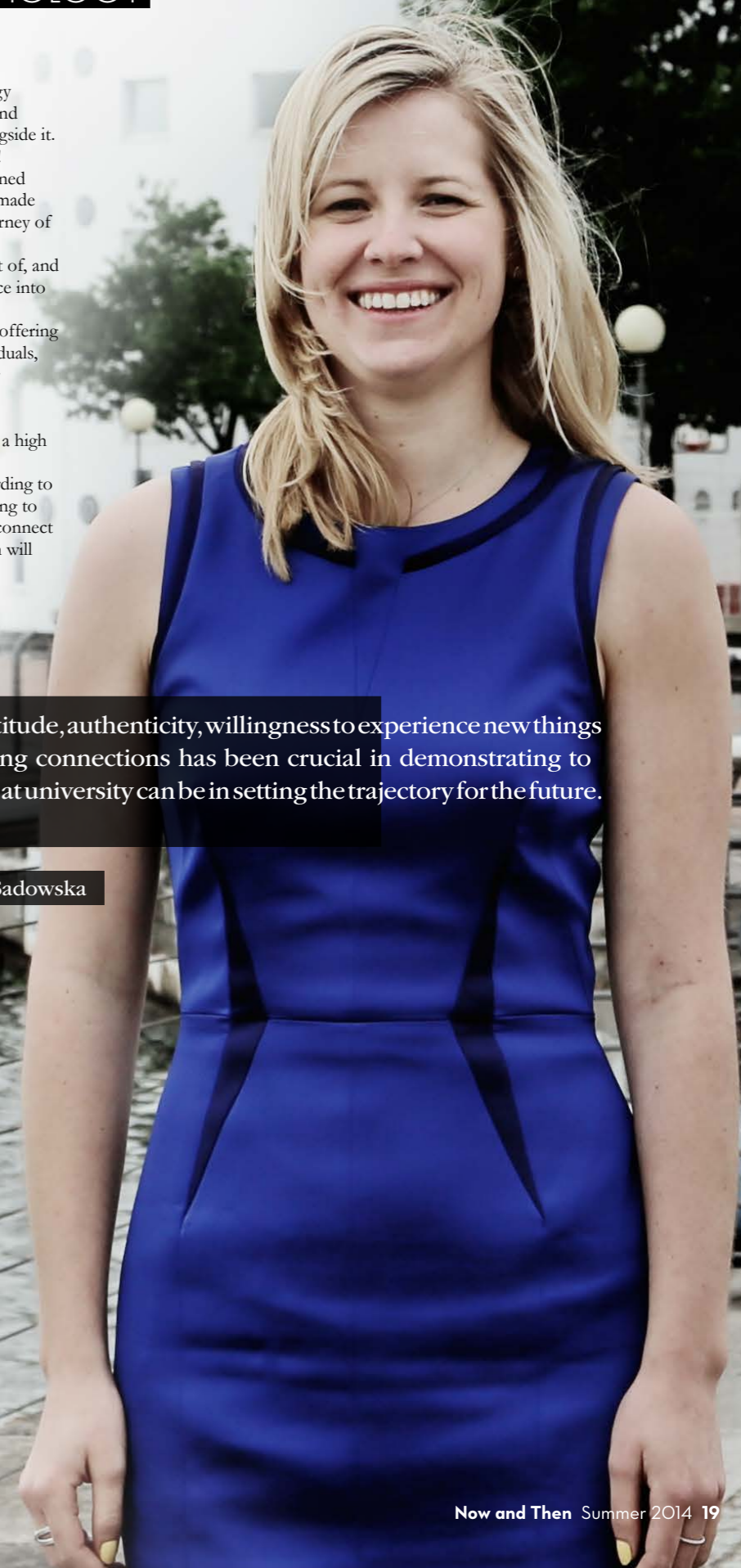
"Susanna's stress on wellbeing, attitude, authenticity, willingness to experience new things and openness to learning making connections has been crucial in demonstrating to students how important the time at university can be in setting the trajectory for the future."

Noemi Sadowska



To watch the full interview with Susanna Halonen scan the QR code or visit <http://tinyurl.com/qyb5hc2>

For more visit: [www.happyologist.co.uk](http://www.happyologist.co.uk)



# UEL NEWS



## BOWLED OVER IN JAMAICA

Cricketing legends Michael Holding and Courtney Walsh endorsed, supported and helped organise the University of East London's promotional tour of Jamaica.

West Indies cricket superstar, and arguably the greatest fast bowler of all time, Michael Holding, who received an honorary degree and lifetime achievement award from UEL last year for his services to cricket, helped organise the tour. The event is also backed by Michael's fellow West Indies cricketing great, bowler Courtney Walsh, who until 2004 held the record for taking the most Test wickets.

*Photo: 5th Test England v West Indies at The Oval 1976, Michael Holding celebrates the dismissal of Tony Greig. From Fire in Babylon (Tribeca Films).*



*© Patrick Eagar*

## ACTIVE STUDENTS LOTTERY AWARD

Our reputation for sport has been further enhanced with the announcement of a £226,509 award from the National Lottery Sport England's University Sport Activation Fund.

The 'My UEL Sports' initiative will see us revamp our sporting activities after consulting with more than 1,000 students on what would make them play more sport on a regular basis. Sessions will encourage students, such as societies and year groups, to participate in sport through casual, coached and competitive options.

“There are so many different sports you can get involved at UEL. You might be sitting watching people doing something, thinking ‘I can’t do that’, but if you don’t try you’ll never know – just sitting on your backside isn’t going to get you anywhere.”

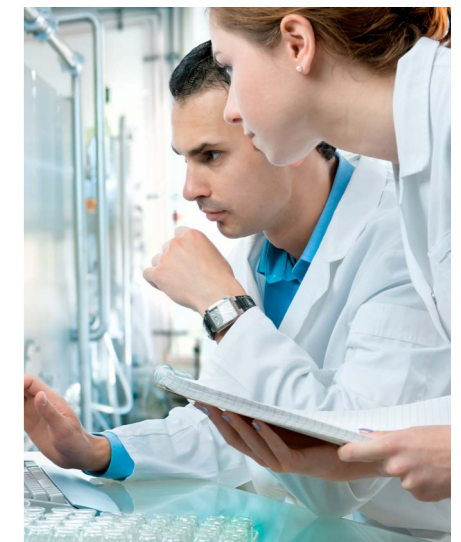
Michael Holding



## ADAM GEMILI SCOOPS SILVER MEDAL AT COMMONWEALTH GAMES

Three outstanding UEL sports scholars, 100m sprinter Adam Gemili, 100m (who won a remarkable silver medal) and 200m runner Bianca Williams and judo star Szandra Szogedi, are among many UEL athletes and academics involved in

the Commonwealth Games in Glasgow. Matt Tansley, UEL's Head of High Performance, said: "These UEL sports scholars have put in an incredible amount of work to ensure their place in the Commonwealth Games in Glasgow."



## UEL CELEBRATES ITS INNOVATIVE RESEARCH

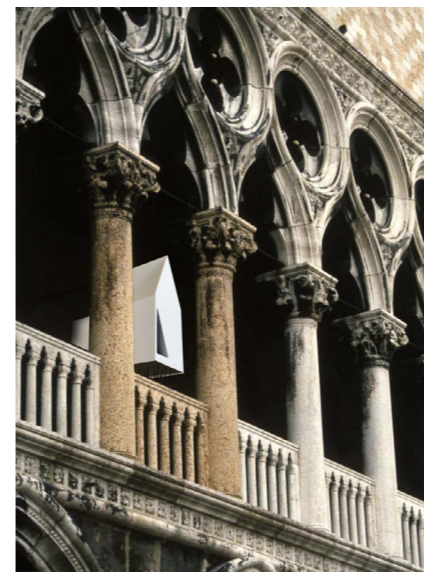
The diversity, innovation and impact of UEL's research was officially celebrated at its sixth annual Research Conference where the university also launched its Research Strategy.

The one-day event, which was held in the SportsDock building, featured presentations based on the latest work being carried out by UEL academics at all stages of their careers from PhD students to renowned professors.

The Research Strategy outlines an increased investment in research support including new fully funded studentships and funding for international collaboration.

UEL IS AMONG THE TOP SIX MODERN UNIVERSITIES NATIONALLY FOR RESEARCH, BASED ON THE RESEARCH ASSESSMENT EXERCISE (RAE) 2008.

As part of our commitment to strengthening our already impressive research base, we have launched a research development fund and invested in a research sabbatical scheme. We will continue to support our research community, from established researchers to early-career researchers and doctoral students.



## STYLISH STUDENT STRUCTURES GRACE VENICE

Twenty-six UEL students designed, planned and built the first-ever architectural piece to be allowed in one of the most renowned and historical landmarks in Venice – the Ducal Palace, St Mark's Square.

The 2.5metre-high geometric structure will be on display until 23 November and seen by the millions of people who visit one of the most famous squares in the world.

Fourth-year architecture student and project leader Wilson Lam said: "We are still amazed at the opportunity of being able to build at the Loggia of Ducal Palace – you can't place anything in there unless you're Michelangelo!"

“We are still amazed at the opportunity of being able to build at the Loggia of Ducal Palace – you can't place anything in there unless you're Michelangelo!”



For the updates on our featured research projects scan the QR code or visit [www.youtube.com/user/vidouel](http://www.youtube.com/user/vidouel)

For more news please see [www.uel.ac.uk/news](http://www.uel.ac.uk/news)

# UEL NEWS

## LAW FIRM WORK PLACEMENTS



Duncan Lewis, the largest legal aid practice in the UK, has announced it is funding UEL's Law Clinic for the next three years. The clinic provides free legal advice to the east London community.

The solicitors, one of the country's fastest-

growing law firms, is also the first legal practice to award three outstanding UEL students work placements to. The awards include one prize of £100 plus a two-week work placement and two prizes of £75 plus two-week work placements.



## BEACH VOLLEYBALL SUCCESS

UEL's men's and women's beach volleyball teams won their respective Volleyball England Beach Student Cups, the largest student beach volleyball event in the country.

More than 200 students, involving 29 men's teams and 26 women's teams, took part in the competition, hosted by the Academy of Beach Sports and Parkdean Holidays, which was held in Croyde, North Devon – venue for the first ever Student Cup in 2004.



## ROWING HENLEY WIN

UEL's remarkable rowing team triumphed at the most prestigious rowing competition for women in the country – the Women's Henley Regatta – after competing in it for the first time. The sports scholars, who are all studying Master's degrees at UEL, won the senior coxed-four title on 22 June. The rowers, Laurel McCaig and Jennifer Vandermaarel, studying human resource management, international business management student Felicia Werner, and Meg George who is studying international human resource management, competed against rowing clubs and universities from across the world.



**Imran Khan**, an alumnus of UEL, is the Patron of the University's Law Clinic

Imran, who studied law at UEL over 20 years ago, had only been a solicitor for 18 months when he took on one of the biggest landmark cases in history – the Stephen Lawrence case – which propelled him onto a national and international stage.

The Law Clinic, based in University Square Stratford, provides free written legal advice and is equipped to deal with legal areas such as consumer and contract disputes, employment, landlord and tenant and social welfare benefits. Qualified solicitors and students advise and assist clients and talk them through the correct procedures when representing themselves in a civil matter.

The clinic is open by appointment on weekdays during term time, although it has also introduced a drop-in service from 6.30–8.30pm on Wednesday evenings. No appointment is needed for drop-in sessions.



## UEL STUDENTS VISIT MP STEPHEN TIMMS AT THE HOUSE OF COMMONS

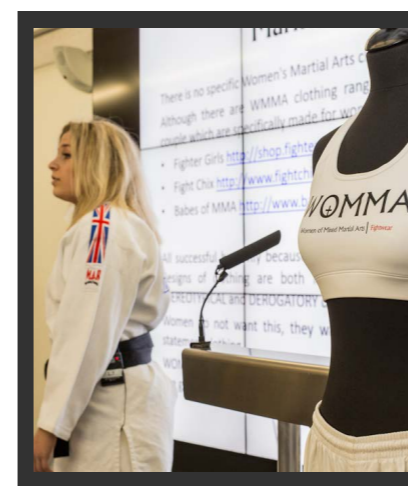
Students from the University of East London and Vanderbilt University, Nashville, Tennessee, have met up with local East Ham MP Stephen Timms at the House of Commons, as part of an inspiring collaboration between the two universities.

The meeting saw Stephen welcome the students and give a talk on the workings of Parliament. A lively discussion was held in which students asked questions about health, community and the local economy. The students, particularly those from Vanderbilt University, learnt about Stephen's work as an MP and his influence on east London and the borough of Newham.

He said, "Two years ago, Newham welcomed the world when we held the Olympic Games. Now we are building – in some cases quite literally – on the successes forged in the summer of 2012. Newham is now one of the best-connected boroughs in the capital. This has brought investment to the area and we are seeing more business and universities deciding to base themselves in our area of east London."

During the educational visit the 25 students were also given a private tour around the Houses of Parliament.

“Two years ago, Newham welcomed the world when we held the Olympic Games. Now we are building on the successes forged in the summer of 2012. This has brought investment to the area and we are seeing more business and universities deciding to base themselves in our area of east London.”



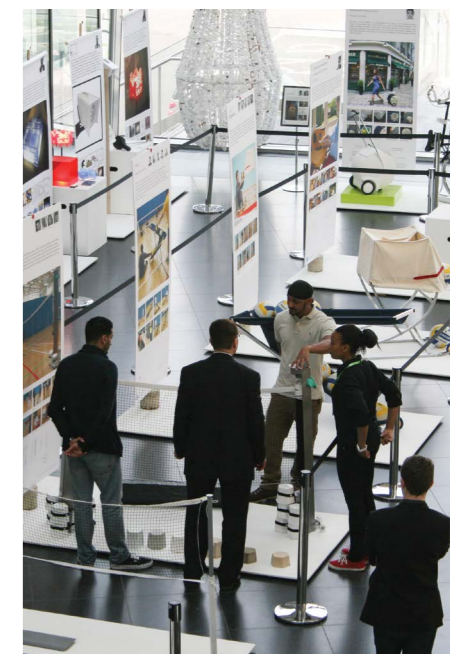
## ENTERPRISING ENTREPRENEUR WINS E-FACTOR

WOMMA (Women of Mixed Martial Arts) – a dynamic female martial arts clothing company, won the ninth annual E-Factor Business Ideas Competition, walking away with a cheque for £6,000 towards business start-up costs. The competition, which was organised by UEL's Enterprise Team, was held on Level 39 in Canary Wharf in front of an elite panel of judges from businesses HSBC, Marks and Spencer, Adecco Group, Canary Wharf Group and Sukha Consulting, alongside an invited audience.



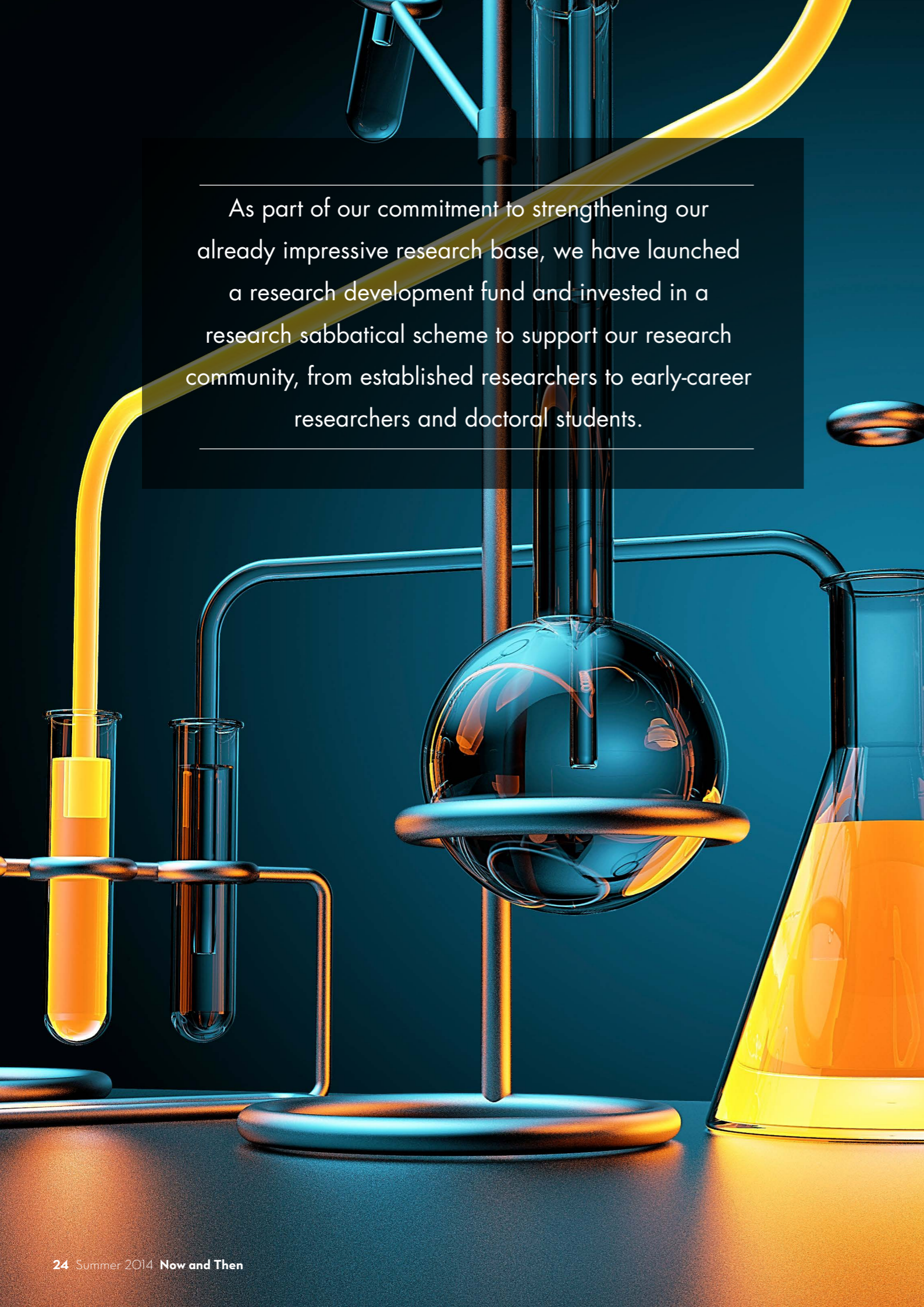
## THE SCHOOL OF ARCHITECTURE, COMPUTING AND ENGINEERING (ACE) SHOWCASE

Hundreds of schoolchildren, students, teachers, lecturers and businesspeople, together with some of the world's biggest companies, attended the University of East London's innovative Student Showcase and Employment Fair. More than 20 employers, including Siemens, Fujitsu, Canary Wharf Group and Willmott Dixon, were joined by UEL Vice-Chancellor Professor John Joughin and Newham Council's head of economic regeneration Jane Sherwood at the 'Nurturing Tomorrow's Innovators' event. On show were the most imaginative and creative projects from ACE.



For the updates on our featured research projects scan the QR code or visit [www.youtube.com/user/vidoeuel](http://www.youtube.com/user/vidoeuel)

For more news please see [www.uel.ac.uk/news](http://www.uel.ac.uk/news)



As part of our commitment to strengthening our already impressive research base, we have launched a research development fund and invested in a research sabbatical scheme to support our research community, from established researchers to early-career researchers and doctoral students.

## RESEARCH UPDATE

UEL is London's top modern university for research and continues to be at the forefront of leading and imaginative research initiatives.



## TWITTER DATA AWARD

The University of East London is one of only six universities in the world, and the only one in the UK, to be granted access by Twitter to its public and historical Twitter data.

UEL's researchers will investigate if there is a connection between tweets and how sports teams and players perform.

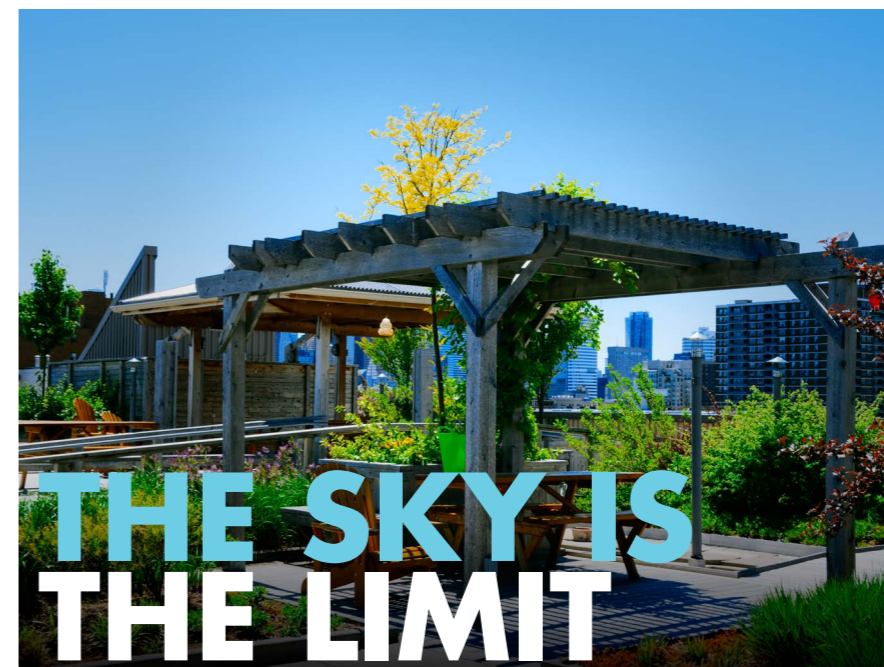
They will examine how public perception and opinions, captured by twitter quotes, can affect players' performance, remuneration, status and club performance.

“The University of East London is one of only six universities in the world, and the only one in the UK, to be granted access by Twitter to its public and historical Twitter data.”

The researchers will look at players' achievements from one game to a series of games, their probability of being picked for a match, their salaries, their likelihood of being transferred over the season and teams' performances. The researchers will also explore how tweets can influence results in a game.

Twitter announced the Twitter #DataGrants pilot programme in February to give a handful of research institutions access to its data.

UEL beat off competition to the social networking and microblogging service's data from more than 1,300 proposals Twitter received from over 60 countries.



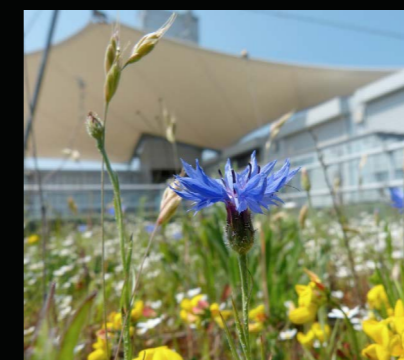
## THE SKY IS THE LIMIT

Researchers at UEL's Sustainability Research Institute are helping to enhance biodiversity within urban areas by developing innovative alternative green roof designs.


The researchers have been investigating alternative green roof designs for London's new Barking Riverside development which replicate the natural habitat of the brownfield site on which the new community is being developed. The designs mimic local conservation habitats. The work is being carried out in partnership with the London Borough of Barking and Dagenham, the Institute for Sustainability, Barking Riverside Ltd and Livingroofs.org.

UEL's Dr Stuart Connop, one of the lead researchers on the project, said the majority of green roof installations are 'off-the-shelf' industry standard systems and offer restricted biodiversity meaning opportunities are missed for supporting urban biodiversity. He said: "It is necessary to take a local view of key ecosystems and habitats and incorporate these into urban green infrastructure design."

Results from the investigation are being fed into the design of green roofs throughout the Barking Riverside development and will also be embedded into the London Borough of Barking and Dagenham's planning process.



“It is necessary to take a local view of key ecosystems and habitats and incorporate these into urban green infrastructure design.”

 To find out more about UEL research visit: [www.uel.ac.uk/research](http://www.uel.ac.uk/research)

RESEARCH UPDATE



# CHILD REBELLION

Why does one child become rebellious and another not? UEL health psychologist professor Mark McDermott has carried out new research into parenting and rebelliousness, which could have implications in the way dads and mums bring up their children. Mark - recently interviewed on Radio 4's *All in the Mind* programme - has also seen his research paper published in the journal *Motivation, Emotion and Personality*.



# MUSICAL FRUIT – You must be bananas

A former student wowed crowds at the Walking on Water (WoW) event at London's ExCeL Centre with an amazing all-in-one musical invention kit. Co-designed by UEL alumnus Joseph Pleass, the device enables people to turn anything – including fruits and vegetables – into musical instruments.



# FACIAL RECOGNITION

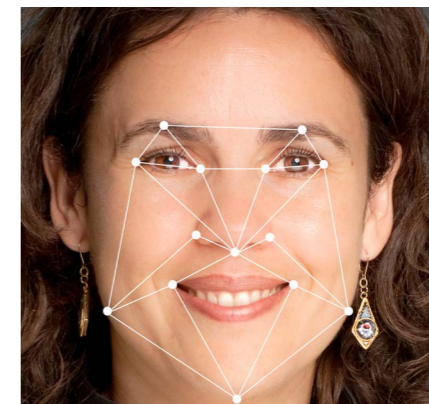
## UEL UNVEILS SUPER RECOGNISERS



### PEOPLE CAN ONLY RECOGNISE TWO FACES IN A CROWD AT A TIME – EVEN IF THE FACES BELONG TO FAMOUS PEOPLE.

This is according to new research by UEL's Dr Volker Thoma, which sheds light on people's ability to process faces. Using Bill Clinton's and Mick Jagger's faces, Thoma shows the 'mechanisms' interfere with our ability to recognise faces. The research can have relevance to providing eye-witness testimony or for neuropsychological rehabilitation. His findings have been published in the journal *Psychonomic Bulletin & Review*.

UEL has an impressive track record in this field, with landmark research being led by Dr Ashok Jansari from the School of Psychology. His team has carried out simple tests with participants to assess their face-recognition abilities. Through this study, participants find out if they are indeed a super recogniser – an individual who is extremely good at recognising the face of a person they have barely looked at.



Watch Dr Jansari's invaluable insight into how face recognition abilities can differ so dramatically in people. Scan the QR code or visit [www.youtube.com/watch?v=bh2t5bWd-Z8](http://www.youtube.com/watch?v=bh2t5bWd-Z8)

## E-CIGS: UEL AT THE FOREFRONT OF BURNING ISSUE

UEL research into electronic cigarettes continues to lead learning and encourage debate around the issue of e-cigarettes.

Dr Lynne Dawkins, a psychology lecturer and head of the Addictive Behaviours Research Group at UEL, is one of over 50 leading scientists from 15 countries currently calling on the World Health Organization (WHO) to reconsider its intention to classify e-cigarettes the same as regular cigarettes – warning that they risk missing an opportunity to drastically reduce smoking and the illness and death associated with it.



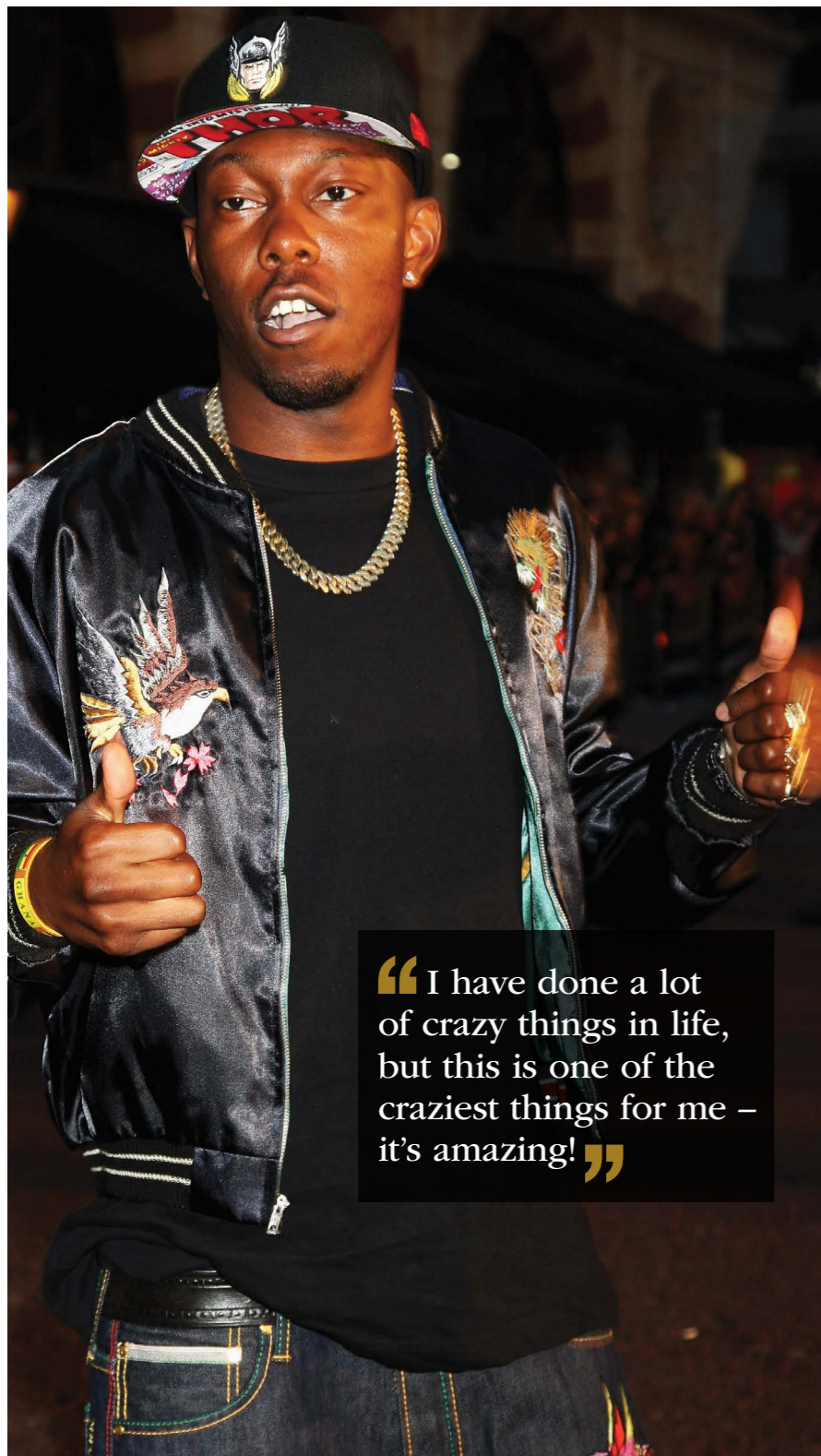
Dr Dawkins is one of the leading e-cigarette researchers in the UK, having published a number of key papers on e-cigarette use, effects, and nicotine delivery in the last few years.



To find out more about UEL research visit: [www.uel.ac.uk/research](http://www.uel.ac.uk/research)

# OUR GREAT HONORARIES

New faces and big accolades for UEL's outstanding honorary award holders



“I have done a lot of crazy things in life, but this is one of the craziest things for me – it’s amazing!”

Our list of impressive honorary award holders continues to grow, with UEL awarding 11 honorary degrees over the four days of the annual Graduation Ceremonies at the end of 2013. As well as welcoming new faces to the UEL community we take a look at the work of our honourees who are continuing their incredible work with the university and beyond.

### DIZZEE RASCAL, Honorary Doctorate of Arts

On accepting the award from UEL Chancellor Lord Noon, Dizzee Rascal said: “I have done a lot of crazy things in life, but this is one of the craziest things for me – it’s amazing! Early in my career I went to college and dropped out after a few months to really concentrate on my music career so I didn’t get the chance to go to university. The closest I got was performing at universities along the way. So this is amazing.”

Musician, songwriter and producer, multi-talented Dizzee, has worked between the underground and commercial music scenes, travelling from the streets of Bow, where he grew up.



To watch our interview with Dizzee Rascal scan the QR code or visit <http://tinyurl.com/l44szfg>

### NICOLE COOKE MBE, Honorary Doctor of Science

Olympic gold medal cyclist Nicole Cooke MBE picked up a lifetime achievement award and an honorary doctorate from the University of East London at their thrilling annual sports awards in May.

BBC *Football League Show* presenter Manish Bhasin hosted the evening, at Arsenal’s Emirates Stadium, which celebrated and recognised the efforts and successes of UEL’s highly talented sports students and clubs.

Olympic gold medal rower and UEL

“Now I have the link with the university I look forward to seeing how sport grows and how I can contribute to sport at UEL.”



To watch our interview with Nicole Cooke scan the QR code or visit <http://tinyurl.com/l6cqj9d>

honorary doctor of science Mark Hunter and UEL sport sciences programme leader Dr Marcia Wilson presented Nicole with the award for her incredible cycling successes, her promotion of women in the sport and her anti-doping work in cycling. Nicole said: “It’s a fantastic award to be recognised for and from a university so passionate about sport. I have been very impressed with the performance of the different teams and the camaraderie. Now I have the link with the university I look forward to seeing how sport grows and how I can contribute to sport at UEL.”

Nicole overcame injury to take home a gold medal from the 2008 Beijing Olympics road race. That same summer, she won the World Championship road race gold. In doing so, Nicole became the first cyclist to achieve this incredible double victory in one year.

She was awarded an MBE in 2009.

To watch our interview with Keir Starmer scan the QR code or visit <http://tinyurl.com/lvg5t6u>



### KEIR STARMER QC, Honorary Doctorate of Law

Since receiving an honorary doctorate from UEL Keir Starmer QC has received a knighthood in the 2014 New Year’s Honours list, being appointed Knight Commander of the Order of the Bath (KCB) for services to law and criminal justice. Keir’s Honorary Doctorate was in recognition of his work in human rights, international law and criminal law. He recently finished his term of office

as Director of Public Prosecutions. During his time in office, Keir introduced Core Quality Standards within the CPS and a robust quality assurance framework to ensure that all prosecutors provide a high-quality service to the public.

Keir Starmer QC received a knighthood in the New Year’s Honour list, being appointed Knight Commander of the Order of the Bath (KCB), for services to law and criminal justice.



## OUR GREAT HONORARIES

“I want to give UEL students an opportunity to launch their careers in music. The music industry is a fantastic place to work and be a part of.”

### YolanDa Launches New Music Award for Students

Award-winning saxophonist YolanDa Brown has teamed up with UEL's Alumni Office to create a new music award for students.

The YolanDa Brown Music Award will provide financial support specifically to final-year students studying BSc (Hons) Music Technology or BA (Hons) Music Production and Culture at UEL. The award is available to four UEL students and will provide them with £500 each towards studio time or costs towards music equipment.

Barking-born YolanDa is a double MOBO award-winning jazz saxophonist whose album *April Showers May Flowers* was released in April 2012 and reached the number 1 position on the UK iTunes jazz charts. She has a long-standing connection with UEL and was awarded an Honorary Doctorate of Arts in 2010.

YolanDa said: “I am very excited to be involved in creating this award as this is a concept really close to my heart. I want to give UEL students an opportunity to launch their careers in music. The music industry is a fantastic place to work and be a part of. This award will help to give a group of ambitious and talented students the support they need.”



To watch our interview with YolanDa scan the QR code or visit <http://tinyurl.com/my6y9kf>



**Doreen Lawrence, Honorary Doctorate of Education**

The remarkable Baroness Doreen Lawrence has campaigned tirelessly for justice for more than two decades after her son Stephen Lawrence was murdered in a racist attack in 1993. Doreen has ensured Stephen has not

been forgotten by a system that initially failed to bring his killers to justice. She continues her work so other families will not have to face the same horrors. In recent months she has been named the most powerful woman in the country by BBC Radio 4's *Woman's Hour*. Doreen, who received her honorary award from UEL in 2012, has also recently featured as one of the faces of latest M&S fashion campaign. Doreen recently took part in UEL's influential public lecture series examining the law on drugs offences, knife offences and joint enterprise (see page 15).



To watch our interview with Doreen Lawrence scan the QR code or visit <http://tinyurl.com/l2wzanx>

## OUR GREAT HONORARIES

### MARTINE WRIGHT, Honorary Doctorate of Science

Martine Wright studied BSc (Hons) Psychology and Communications Studies and graduated from UEL in 1996. She was delighted to receive an honorary award in November 2013.

“I spent three very good years at UEL, and I remember my graduation where one of my heroes, the actress Alison Steadman, collected an honorary degree. It's very surreal that years on I am collecting one for me.”

“There were quite a few stages where I thought you've got two choices in life – you can either lie down and keep asking the question ‘why me?’, or you can get up and grab life with both hands.”



Alongside many Londoners, Martine was travelling to work on the morning of the 2005 London 7/7 bombings, when she lost both her legs in the explosion at Aldgate Station. She said: “There were quite a few stages where I thought you've got two choices in life – you can either lie down and keep asking the question ‘why me?’, or you can get up and grab life with both hands. But really it was the day that I found out that 52 people died in the London bombings, like me on their way to work. I pretty much said to myself ‘Martine, pull yourself together. You just have got to go out there and grab every opportunity that you can, because you can.’”



To watch our interview with Martine Wright scan the QR code or visit <http://tinyurl.com/pwvfch6>

## OTHER HONORARY GRADUATES INCLUDE:

- Business entrepreneur, philanthropist and Chairman of Carpetright plc, **Lord Phillip Harris** of Peckham.
- Lord Rix**, the former actor who was the first Chancellor of the University of East London and has devoted much of his life to charitable services and raising awareness of learning disabilities
- Photographer **David Hoffman**, who through his work – often coverage of protests – has documented social and race issues in Britain for more than 30 years.
- Sir Charlie Mayfield**, Chairman of John Lewis, received an Honorary Doctorate in Business Administration.
- Jimmy Doherty**, one of the UK's best-known farmers and a familiar face on television.
- Leroy Logan MBE**, Founder Member and past Chair of both the National and London Black Police Associations at the Black Police Association movement.
- Subhash Chandra**, the Indian media mogul who launched the country's first satellite television channel – Zee TV.
- Dr Qaidjoher Ezzuddin**, the temporal head of the international Dawoodi Bohra Muslim community of over one million members, who for the past 50 years has served disadvantaged communities in the UK and abroad.

# EVENTS

“ It gives me great pleasure that members of the University of East London will be travelling to my beloved Jamaica. Sports and education are two very powerful tools and it really is pleasing UEL respects both so highly and is showcasing this during their trip to educational institutes, including my own school, Excelsior High School. ”

Courtney Walsh, West Indies International cricketer



17.02.14

## CELEBRATING IN PAKISTAN

Mark Coddington, from UEL's International Office, visited Lahore, Pakistan in February. Meeting a number of our alumni, Mark hosted a dinner at the Dum Pukht Restaurant, Pearl Continental Hotel Lahore.

The evening gave all those in attendance a chance to keep up to date with the latest news from the university, whilst sharing their recent achievements with Mark and networking with other guests.

20.05.14

## UEL CONFERENCE SERIES IN CHINA

Professor Nora Ann Colton (Deputy Vice-Chancellor Academic) and Paulina Achramowicz (International Student Recruitment Officer) visited Beijing and Shanghai in May for the first 'Conference Series in China'. The theme of 'Honouring the past, treasuring the present, shaping the future' highlight the work of agents in China. In addition the university expressed gratitude to the Alumni Network by showcasing their career successes, and empowering prospective students by connecting them with our representatives, partners and alumni.

22.05.14

## UEL SPORTS AND UEL INTERNATIONAL VISIT JAMAICA

UEL Sports' Arfan Akram and UEL International's Ranjeeta Maharaj visited Kingston, Jamaica this month, with the help of West Indies cricketing legends Courtney Walsh and Michael Holding (himself an honorary UEL graduate). During their visit, Arfan and Ranjeeta met numerous sports and educational leaders including Jamaica's Sport Minister, Natalie Neila-Headley, sports management expert Carole Beckford and Dave Myrie, Principal of Kingston College.

08.03.14

## MALAYSIA ALUMNI DINNER

Dovile Alsaukaite from UEL's International Office hosted a dinner at Favola, Le Meridien Hotel in Kuala Lumpur this month.

Nazir Mohd, who attended the event, said "Thank you very much for spending your time with us – UEL's Kuala Lumpur alumni really appreciate it. It was an enjoyable evening and the food was delicious too. We are looking forward to meeting you again at another UEL event."

05.04.14

## THE MAPP ALUMNI EVENING

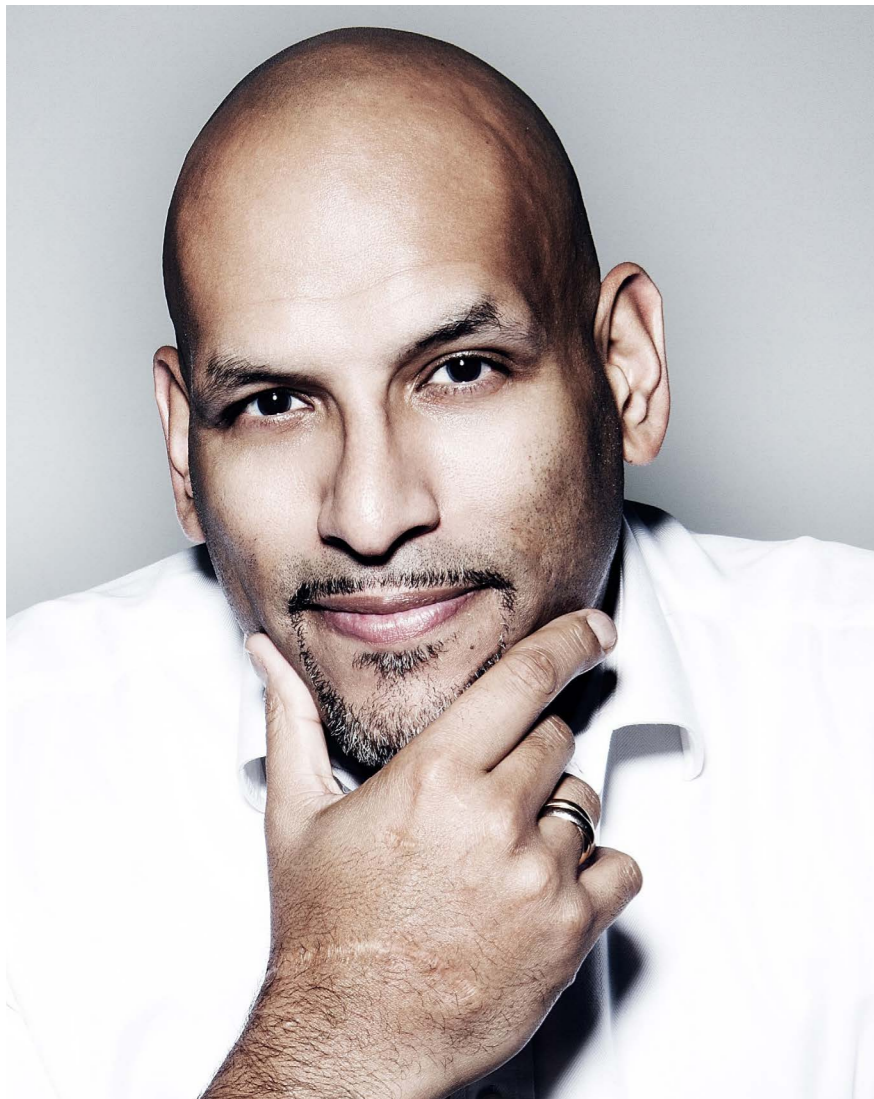
This year marked the first Alumni Evening for MSc Applied Positive Psychology and MSc Coaching Psychology staff, students and graduates. In April, over 90 guests attended a wonderful lecture presented by Professor Stephen Joseph, who spoke about the exciting and fast-moving research field of post-traumatic growth. The evening continued with light refreshments, networking, and a chance for guests to speak with Professor Joseph, and collect a personalised copy of *What Doesn't Kill Us?*, Stephen's recently published work and the evening's main focus.

19.06.14

## RAIYAN BARI, HSBC EVENING LECTURE

Raiyan Bari, Associate in Global FX Operations at HSBC, joined the Royal Docks Business School and the Alumni Network for an evening lecture on investment banking. Raiyan shared his experience at university, interviewing for the Graduate Scheme at Barclays Capital and his career journey to date.

Raiyan also spoke about the benefits of volunteering and the organisation he works with, Selfless. This insightful evening closed with a networking reception, giving attendees the chance to speak with Raiyan one on one and catch up with friends of UEL.



# PERFECTION IS A HABIT

## JOHN AMAECHI TALKS TO UEL

Author, performance coach, psychologist, and former National Basketball Association (NBA) player John Amaechi OBE talked to an enthralled audience at UEL's Stratford Campus.

John, who was awarded an Honorary Doctorate of Arts from UEL in 2011, gave his own frank and profound insight into how sport can greatly benefit people physically and mentally.

"Sport has the potential to be a game changer for public health. We know about the physical benefits: combating depression, anxiety, they are all radically impacted by exercise, done well. But you realise sport is the Lehman Brothers of activities – it over promises and under-delivers.

The way sport is done is emotionally illiterate and Neanderthal.

"When sport is done well it's amazing, it's transformative. I have a community centre in Manchester and we have 2,000 kids coming through and our goal is to create emotionally literate and curious children – that's what will help them do well in life.

"Sport done well is therapy, which is why when it's done poorly it's so disappointing. Sport, when it's about personal relationships, can be something truly remarkable.

"The most unlikely of people in the most

## EVENTS

“ People want to do amazing things in sport but they do not have the understanding of how to get there. They need **FEE: Focus, Effort and Execution.** There's an investment if you want to be great at something. ”

John Amaechi

improbable of circumstances can become extraordinary.

"People want to do amazing things in sport but they do not have the understanding of how to get there.

"They need FEE: focus, effort and execution. There's an investment if you want to be great at something. Perfection is a habit. Are you willing to pay the FEE?"



To watch John's exclusive interview with UEL scan the QR code or visit <http://tinyurl.com/ln5ondt>

## FREE FUTURE FIT TRAINING COURSES

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# Now & Then



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