

# Aber<sup>r</sup>NEWS

ISSUE 21 - May 2015



## Department of the year

English and Creative Writing was announced Department of the Year at the Aberystwyth University Student led Teaching Awards that were held on Friday 24 April.

Department of the Year was just one of eleven awards presented during the Awards, which are now in the fourth year.

International Politics lecturer James Vaughan was awarded 'Exceptional Contribution to University Life' after his work on the Crisis Games. In nominating Jim, Cameron Smyth said: "Jim helped me get a lot out of the Crisis Games; he got me involved and allowed me to use all of my skills to the best of my ability."

Other award winners included IBERS student Julie Ashton for Student Representative of the Year. Catherine Cottrell was awarded New Staff member of the Year. Postgraduate Teacher of the year award went to Devon Simons and the Department of Computer Science's Meinir Davies was awarded Support Staff Member of the Year.

PhD student Ally Evans nominated Pippa Moore, who won the Supervisor of the Year. Meanwhile the Welsh-Medium Education award went to Department of Geography and Earth Science's Hywel Griffiths.

IBERS teaching fellow Helen Marshall won the Personal Tutor of the Year award, Glyn Jenkins was awarded Undergraduate Supervisor of the Year and the Outstanding Teaching Award was won by Ayla Göl.

A full list of winners, those who were highly commended and quotes from nominations are available at [www.aber.ac.uk/en/news](http://www.aber.ac.uk/en/news)

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 Copy deadline for this edition is **Monday 1<sup>st</sup> June**.



## Annual Fund Campaign raises £75,000

Aberystwyth University has completed its 6<sup>th</sup> Annual Fund telephone campaign and successfully raised over £75,000 to go towards helping the students of the University.

The Annual Fund has been running since 2009 and has raised more than £500,000. This money is given generously by the wonderful alumni and staff of the University in order to provide a safer and healthier learning environment for those that attend Aberystwyth.

The telephone campaign, which ran from 21<sup>st</sup> February to 12<sup>th</sup> March, gives current students a chance to talk to alumni about their time at Aberystwyth, and how it has changed in the intervening years. The students also get the chance to speak to alumni about their lives since leaving university and gain valuable career advice. Some have even gained work experience through these discussions.

Each year the money that is raised has gone towards projects that directly benefit students. These projects are chosen in collaboration with Student Support and the



Students' Union who identify areas that are in need. This year the focus of the telephone campaign has been on solidifying and continuing the Student Hardship Fund, a fund of money that students can apply for if they run into unforeseen financial difficulty. This fund is important in ensuring a high student retention rate and has provided support for those going through extremely difficult times. Other areas that can benefit from this year's fund are Student Welfare and Student Experience.

The University would like to thank the alumni and staff that choose to support the Annual Fund for their generosity and for helping to provide for the students here.

Development and Alumni Relations Office Alumni Relations Manager, Louise Perkins said: "The level of support shown by our alumni has been absolutely wonderful and demonstrated their great affection for Aber. I would also like to acknowledge the dedication of the student callers who took part in the campaign."



Callers celebrate a successful campaign

## Celebrating long serving staff

Aberystwyth University celebrated the contribution of long serving members of staff at a recent Long Services Awards evening.

The Long Service Awards provide an opportunity to thank staff who have worked for the University for 20, 25, 30 and 40 years.

Amongst the University staff collecting their awards were husband and wife, Bryn and Rachel Hubbard, who have worked for the University for 20 years.

Bryn Hubbard is the Director of Research and Director of the Centre for Glaciology at the Department of Geography and Earth Sciences, and Rachel is Membership Manager at the University's Sports Centre.

Commenting on the award, Rachel said: "Working for the University has been a great pleasure. I have met and worked

with some wonderful people and have found each day to be different - whether in the Sports Centre planning the future, or teaching session or working with HR on separate projects."

Professor April McMahon, Aberystwyth University's Vice-Chancellor said: "The awards provide the University with

the opportunity to thank our staff for the many years of service given to the University. We are very fortunate at Aberystwyth to have so many dedicated members of staff who have worked with the University for substantial periods of time. Their contribution is invaluable, and truly appreciated."



Members of staff at the Long Service Awards with Vice-Chancellor, Professor April McMahon.

## VICE-CHANCELLOR'S COLUMN

Everybody knows Aberystwyth is beautiful – easy to settle in, and hard to leave. That's brilliant on one level (and accounts in part for our low staff turnover), but does have one significant drawback when it comes to student employability. While our students are excellent at sorting out jobs for after graduation, they're often so keen to stay in Aber that they start out working in a coffee shop, or a bar. The pull of the place is understandable, and so is getting work experience to tide you over while you think about what you really want to do. But the blunt fact is that we need more of our graduates to move straight into graduate level employment. It's better for their life chances, and it's much better for the University in terms of our success in employability surveys and in the league tables.

So, we want our students to have the graduate careers they are capable of, and not just the jobs they can easily get. How can we help develop their aspirations and skills?

The University is investing in employability initiatives to help this happen. Many different departments are working together – academic staff embedding employability in the curriculum; new degree schemes like Professional Welsh; developing links with alumni through DARO; and setting up many more employer visits through Careers.

Let me tell you more about just one initiative – arguably our flagship employability project – AberForward. Many of you will already know about our innovative Graduate Trainee scheme, which has been running for 3 years, giving a small group of our excellent graduates a year's work in the University. This not only develops their skills and experience, but enriches the pool of trained and talented individuals who can come into graduate jobs in this University or others – vitally important when there are areas like development and fundraising which are crying

out for good, enthusiastic young professionals right across the sector.

However, we are now developing two new AberForward programmes to run alongside the one year Graduate Trainee scheme. For the first time, in January 2015, we offered a month's work experience to AberForward trainees who graduated last summer and had not yet found a graduate level job. This has been extremely well received by the participants, their host departments, and the Students' Union. In the end, 69 AberForward trainees joined us, working on challenging projects across the University and participating in a range of training and development activities, from cv writing to mock interviews. The programme was undoubtedly a success, demonstrated by the fact that a number of the trainees have since got in touch to let us know that they have found graduate level employment in a range of roles and companies throughout the UK. We are also very pleased that a small number are still with us, having moved on to other roles within the University.

We have launched our first summer AberForward programme, aimed at current 2<sup>nd</sup> and 3<sup>rd</sup> year undergraduates who might need work experience to give them the skills and confidence they need for their first foray into the job market. Several cohorts of summer AberForward trainees will be working either for three months in communications and marketing, or for a month in a wide range of roles across the campus, taking the first step in moving their careers, and Aber, Forward.

**Professor April McMahon, Vice-Chancellor**



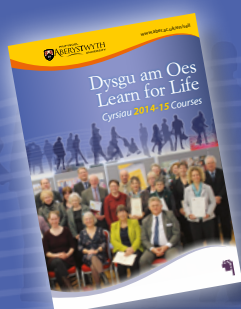
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School of Education & Lifelong Learning



Higher Education in the Community



## Grant for oat research

The award winning oat breeding team at IBERS (Institute of Biological, Environmental and Rural Sciences) have secured new £2.67m funding from the BBSRC (Biotechnology and Biological Sciences Research Council) for research aimed at further improving the nutritional value and economic sustainability of oats.

The demand for high quality food grade oats is increasing annually, driven by its proven health benefits and through product innovation by the milling and cereals industries. Despite an expanding market, the oat crop continues to be challenged by the high investments being made in alternative crops and this intensifies competition.

This new BBSRC LINK 5 year project will address some of the major challenges facing UK agriculture in terms of the sustainable production of safe and nutritious food.



Athole Marshall and his team (L to R) Tim Langdon, Irene Griffiths, Athole Marshall, Catherine Howarth and Sandy Cowan.

Professor Athole Marshall, Head of Plant Breeding at IBERS said "This new project is strategically important, specifically in enhancing oat crop productivity, quality and nutritional composition, increasing the sustainability of crop production and understanding and exploiting genomics and the genetic diversity in plants (crop science)."

## Sustainability gathers pace at the University

The University achieved one of the fastest progressions through the EcoCampus Scheme from Bronze to Silver award between May and October of last year, showing strong commitment to sustainability and environmental management.

EcoCampus is a national scheme designed for Universities to guide them through implementing an environmental management system (EMS) in concordance with an international standard. This covers all aspects of the University's activities and operations and aims to manage environmental impacts in areas such as water, travel and transport, energy, procurement, waste and recycling, and environmental awareness/engagement.

At the end of 2014, the University also renewed its Fairtrade University status. This involves the University selling and promoting Fairtrade products, and adhering to the Fairtrade Policy.

Moving into the Lent Term this good work continued focusing on environmental awareness events. The start of February saw the University's very first "Green Week" organised by The Sustainability Team in conjunction with the Students' Union. This gave students and staff the opportunity to actively engage with

environmental issues. For example, some of the events and activities included a beach clean, campus walk, campus litter pick, film nights, and a Love Food Hate Waste training session.

The week culminated in energy saving switch off initiative – Blackout. Students and staff audited University buildings, switching off non-essential office equipment over the weekend period. This is the second time this event has taken place this academic year.

Electrical data was monitored to assess energy savings with the results displayed on the website. This shows the importance of individual behaviours and the positive difference these can make both financially and environmentally.

The other major initiative was the annual Fairtrade Fortnight with this year's event being the biggest yet. The aim of the two weeks was to raise awareness and encourage people to shop Fairtrade whilst also highlighting the positive difference of Fairtrade. This kicked



Vice-Chancellor April McMahon, staff and students celebrate the renewal of the Fairtrade Campus status

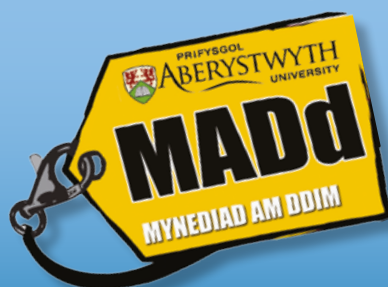
off with a Fairtrade Bake-Off with the students showcasing their excellent baking skills using Fairtrade ingredients.

The main event of the two weeks was a visit and presentation from a Fairtrade sugar producer from Malawi accompanied by Fairtrade Wales. The talk gave a first hand account of how Fairtrade is transforming people's lives in developing countries. Also, a big part of the Fortnight was to showcase the quantity and range of Fairtrade products on sale across the University.



# MYNEDIAD AM DDIM • ACCESS ALL AREAS

Tocyn tu ôl i'r llwyfan ar gyfer y gymuned leol – mae Prifysgol Aberystwyth yn agor ei drysau

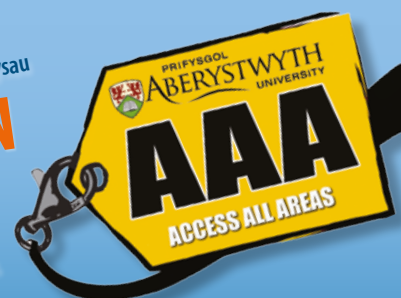


**DYDD SADWRN 27 MEHEFIN**  
**SATURDAY 27 JUNE**

A backstage pass for the local community

– Aberystwyth University opens its doors

[www.aber.ac.uk/access-all-areas](http://www.aber.ac.uk/access-all-areas)



## Access All Areas

Building on the success of previous events, the University will open its doors for 'Access All Areas' on Saturday 27<sup>th</sup> June from 10.00 – 15.00.

The day will be an opportunity for our neighbours in the town and the surrounding area to explore the campus, meet staff and find out more about the work happening here.

For queries, please email [events@aber.ac.uk](mailto:events@aber.ac.uk).

[www.aber.ac.uk/en/events/access-all-areas](http://www.aber.ac.uk/en/events/access-all-areas)

## Medieval History Professor in London Marathon 2015

Professor Phillipp Schofield, Professor of Medieval History in the Department of History and Welsh History and formerly Head of Department (2002–2012), ran this year's London Marathon in support of the Brain Tumour Charity in memory of his late wife.



Phillipp Schofield during training

Phillipp's wife, Jane Schofield, a speech and language therapist who worked with deaf children in local schools, sadly died from a brain tumour in March 2013.

"Brain tumours, especially higher grade tumours, can be utterly devastating illnesses, as we discovered", said Phillipp. "It was very clear from Jane's time under treatment that, despite the fantastic work already underway, so much still remains to be done in improving our understanding of brain tumours in terms of diagnosis, treatment and care. This is why I ran in support of the Brain Tumour Charity. It's the UK's leading brain tumour charity, both supporting research and raising awareness of this illness."

Around £4,300 has been raised from his run, and Phillipp is still accepting donations for the charity (details below).

Phillipp really loved running the marathon, just as much as he enjoyed running in preparation for it, and says he would like to think it was his first marathon rather than his last.

He said: "It was a fantastic occasion and one I will never forget; turning on to Tower Bridge and being struck by a wave of cheering was a wonderful experience. Jane was a wonderful and generous person and she continues to give to me and our family in these and so many other ways".

If you would like to support him and the Brain Tumour Charity, please do so directly at [www.justgiving.com/Phillipp-Schofield/](http://www.justgiving.com/Phillipp-Schofield/) or contact Phillipp at [prs@aber.ac.uk](mailto:prs@aber.ac.uk).

## Calling all cyclists!

The annual 'Town versus Gown' cycle event will be taking place yet again this year at the Aberystwyth Cycle Festival on Friday 22<sup>nd</sup> May.

The event aims to see as many staff and students sign up for the 20 minute race, held before the club and professional riders take to the course for the Tour Series.

Any bike can be used, as long as they are in working order, and there will be prizes for fancy dress.

Riders can register online on the website ([www.abercyclefest.com](http://www.abercyclefest.com)) or on the day in Marine Terrace, for the price of £10.



# Spotlight on... Health, Safety and Environment

The Health, Safety and Environment Department has the role of providing guidance to the University on all relevant matters. To learn more about what their work involves, AberNEWS spoke to the department's Director, Phil Maddison.

## What does the Health, Safety and Environment Department do?

The primary function of the Health, Safety and Environment Department is to provide guidance to all institutes, departments, staff and students relating to any health, safety or environmental issues or queries. Expert advice is available in the team members' skills of fire safety, environmental issues and health and safety training, in addition to a strong knowledge of general health and safety matters.

The department advises colleagues within the University of any changes in Health and Safety legislation which might affect their working practices, and advises of any required changes to working practice to achieve compliance. We also offer a range of health and safety training courses, arrange regular first aid training sessions and liaise closely with institutes and departments on any bespoke or specialist training requirements.

## What have you changed since taking over?

The past year has been an exciting time to be involved with the Health, Safety and Environment Department. One of the first changes was to relocate the department from the Old College to the Science Park, joining our welcoming colleagues in the Human Resources department. The move allows the department to better serve the University by having a permanent and more accessible presence between Penglais and Llanbadarn.

The team has also grown significantly with the recent appointments of four new members. I've been joined by Andy Wainwright (Fire Safety Advisor), Heather Crump (Environmental Advisor), Llyr Jones (Training Advisor) and Rhodri Gravell (Health, Safety and Environment Department Co-ordinator). Each individual brings a wealth of safety knowledge in addition to specialist expertise in their own field.

We're also delighted to have been successful in our application to become an Institution of Occupational Safety and Health (IOSH) accredited training provider. IOSH is considered one of the market leaders for health and safety training, and

the University's success in gaining this accreditation is testament to the sterling work taking place within the department. From April, Aberystwyth University will be able to offer both IOSH Working Safely and Managing Safely training packages.

## Can you explain the new Health and Safety policy?

The policy represents an all-encompassing document which can be applied across all AU institutes and departments. The policy provides clear guidance to all institutes and departments with guidance on their requirements and responsibilities, whilst providing some flexibility to document specialist activities or arrangements.

The policy includes the AU General Statement on Health and Safety, charts the University's Health and Safety management system, and defines the roles and responsibilities associated with the document.

I would recommend that all members of staff read the policy in order to gain an understanding of its wider context. No one should read their particular roles and responsibilities in isolation without having a wider appreciation of how these overlap and complement the other roles and responsibilities described.

## What are your priorities over the coming year?

As always, there are plenty of exciting developments on the horizon. We can't wait to start delivering the IOSH Working Safely and Managing Safely across the University. Providing members of staff with the opportunity to gain an internationally recognised safety qualification is an exciting step in developing a strong safety awareness culture within the University. The IOSH course offerings will spearhead the continued implementation of our health and safety training programme. We're also actively working to improve the department's online resources, in particular by improving the website's function as a valuable source of information, and implementing an electronic incident reporting system.



Back Row (L to R): Llyr Jones, Andy Wainwright

Front Row (L to R): Phil Maddison, Heather Crump, Rhodri Gravell



## SPOTLIGHT

## Person Profile - Phil Maddison

### Director of the Health, Safety and Environment

#### Tell us a bit about yourself?

My safety experience began in the military where I was a heavy weapons instructor and a tank driving and maintenance instructor. I then spent time as a manager on the railways, where safety was paramount and a primary consideration.

I've also worked in Dubai and Afghanistan where I trained and audited safety compliance against NATO standards.

Before joining the University, I returned to the UK as a Safety Manager for an upgrading project of the managed motorways network. This involved heavily regulated safety training and auditing. It was during this time that I gained Chartered Membership with the Institute of Occupational Safety and Health.

#### What's a typical day in the department like?

There is no "typical" day in the Health, Safety and Environment! We have an open door policy, and encourage anyone to contact us for guidance by email, phone or popping in for a chat. Queries can vary, and depend on the type of activities taking place at the University at that time. One of the best things about working at the University is that there is always something exciting taking place!

#### What element of your work gives you the most satisfaction?

The best part of the job is being able to provide guidance which facilitates the safe hosting of an event or activity. Having a part to play in ensuring that the variety of rich and varied activities which are synonymous with Aberystwyth University are safely and successfully enjoyed by all, is a satisfying feeling.

#### What one aspect of Health & Safety do you think everybody should be aware of?

Health and Safety is paramount to the continued success of the University and is everyone's responsibility. Please stay safe, be vigilant and don't walk by if you identify anything that could be potentially dangerous. If something looks wrong then it generally is. Please contact the HSE Team and report it. Any concerns raised will be treated as a priority, and individuals can choose to remain anonymous.



Phil Maddison

## Mid Wales Premier Fitness Centre

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Canolfan Chwaraeon  
Sports Centre

# 'Industry- Academia Innovation Camp'

On the 26<sup>th</sup> March, Aberystwyth academics alongside other HEI collaborators attended an 'Industry-Academia Innovation Camp' in Cardiff, hosted and facilitated by the South Wales company, IQE.

The event brought together scientists, engineers, technology leaders and decision makers from academia and industry to explore the challenges and opportunities in the three areas of Healthcare & Bioscience; Energy; Food Supply & Agriculture. The event identified opportunities for academia and industry to collaborate on themes aligned with the Innovate UK delivery plan.

## Aber student team wins "Brolio / The Pitch" Student Enterprise Competition

A team of students from the University impressed a panel of Wales' leading marketers to be crowned champions of this year's Brolio/The Pitch competition, organised by CIM (The Chartered Institute of Marketing).

Freya Boissonade and Marc Diaper who are studying Marketing, and Sophie Killer who is studying Marketing with French travelled to the Senedd and competed against some of Wales' top creative talents to win the national competition.

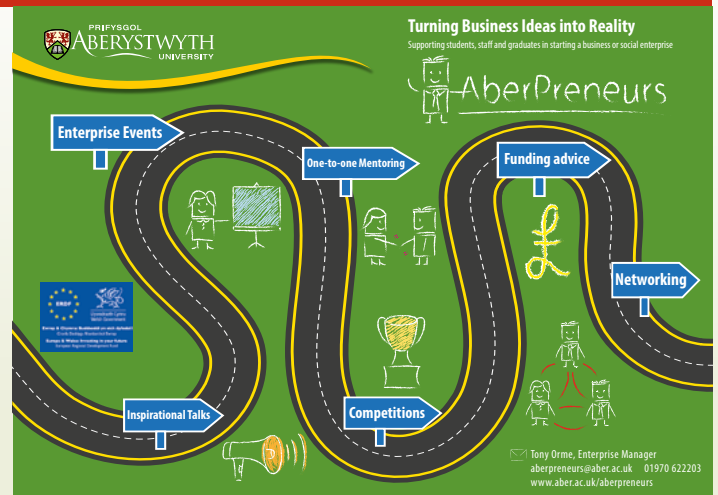
Brolio / The Pitch was an opportunity for teams of marketing students to compete against each other by pitching their ideas to a live marketing campaign.

The brief was based around a real-life scenario that would normally be issued to a marketing agency. The teams prepared their solution to the brief and made their pitch.

This year students pitched their ideas for a new live campaign for Superfast Cymru - the partnership between Welsh Government and BT which aims to bring access to fibre broadband to 96 per cent of homes and businesses by 2016.



Winners Marc Diaper, Sophie Killer and Freya Boissonade



## 16 students take place in AberPreneur Apprentice Challenge

A call was put out across the University for "enterprising students" to take up the challenge; to form a team to represent Aberystwyth at the all-UK National Apprentice Challenge Finals, in Birmingham in late March.

Sixteen students, from seven different academic departments, took up the challenge and were put in to four teams of four, for the AberPreneur Apprentice Challenge.

To give the students a "real life" experience, the University's Enterprise Department worked with the local branch of Barnardo's children's charity to come up with a great experiential challenge.

Each team of four students were allocated a different "section" of the Barnardo's shop in Aberystwyth – men's fashion; women's fashion; children's section and women's accessories. They were then given 24 hours and £50 to make changes to their sections of the shop, ready for three days of "trading".

The students were then judged on both the sales figures for the trading period (as compared to recent weeks figures) as well as observed team-working.

Victory went to "Team Bear", who were responsible for increasing trading in the children's section, which saw a 72% increase.

The winners won the rights to represent Aber in the UK finals but unfortunately didn't come away winners.

## Impact Toolkit Online!

The AU impact toolkit is now available online containing information and guidance on topics such as obtaining funding for impact, public engagement, Knowledge Transfer Partnerships (KTPs), engagement with industry and the effective use of social media.

<http://jump.aber.ac.uk/?rqgct>



## RESEARCH, BUSINESS &amp; INNOVATION

## Business Start-up Week 2015 dates announced

The dates for the 2015 Business start-up week have been announced. The series of events will run between the 1<sup>st</sup> – 5<sup>th</sup> June promising students; graduates and staff a boot-camp style springboard to start-up success.

Business start-up week comprises a concentrated programme of enterprise activities during the course of one week each Summer. Sessions are open to Aberystwyth University students, staff and graduates and are FREE to attend.

Tony Orme, Enterprise Manager, Aberystwyth University said: "In addition to a package of essential business skills training, the Business Start-up week provides individuals with a fantastic networking opportunity to meet likeminded entrepreneurs and build a support network to draw on when taking

their business idea forward."

Claire McNamara, a 2011 graduate said: "I would highly recommend BSUW to anyone who is thinking of, or has already taken, their first steps into the world of new business and social enterprise. You can attend the full week or mix and match the sessions that most suit your business needs. You don't need to be a student to attend or even have a fully developed idea. The atmosphere is relaxed and supportive and the presenters were not only incredibly approachable but generous with both their time and knowledge. In addition to

getting the opportunity to network with other entrepreneurs, Business Start-up Week is a goldmine of information, advice and support that can provide key links to other valuable services and organisations. In short: what are you waiting for?"

For further information or to register an interest in attending, please contact:

Tony Orme  
Enterprise Manager  
E: [awo@aber.ac.uk](mailto:awo@aber.ac.uk)  
T: 01970 622203

## Research Ethics Award nomination



ARMA AWARDS  
TECHNOLOGY INNOVATION AND APPLICATION

# PIIRUS

Our recently launched research ethics assessment and application 'Smart form' has been shortlisted for the 2015 ARMA (Association of Research Managers & Administrators) 'Technology, Innovation & Application' awards.

The winners will be announced in June.

Since the successful launch of the new 'smart form', we have received some extremely useful feedback, allowing us to feed this directly back into the process to enhance the user experience.

As a reminder, a series of information and training sessions are available to book through the CDSAP website. Individual departments or module coordinators can also request bespoke sessions. For queries regarding the system and training sessions please contact Mitchell Parker - [ethics@aber.ac.uk](mailto:ethics@aber.ac.uk) / [www.aber.ac.uk/ethics](http://www.aber.ac.uk/ethics)

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# Changing bodies, changing images



Sarah Riley

Sarah Riley is a Reader in the Psychology Department with an interest in identities within neoliberal regimes of governance. She is author/editor of: *Technologies of Sexiness: Sex, Identity and Consumption and Critical bodies: Representations, Practices and Identities of Weight and Body Management*.

Recently I saw an advert that used a man's fatness to elicit a sense of disgust in the viewer. The message from the advert is clear: this man is disgusting for using the advertiser's rival product and disgusting for being fat. Disgust is a basic and powerful emotion. It is associated with contamination originally in relation to food, but as humans developed, disgust became linked to morality. And in today's society our body size is a moral issue.

People have always been judged by their bodies. But within consumer culture our bodies have come to represent our 'lifestyle choices', and this has opened up the possibility for greater judgement: If our bodies represent our individual choices then we can be individually judged by them.

But thinking about our bodies as representing lifestyle choices ignores the issues people have less control over, such as natural differences in body shape and size, social inequalities that impact on what we can eat and how we exercise, unconscious desires around food and the commercial forces that benefit from our body image anxieties. By ignoring these issues and focusing on the individual we allow a judgemental culture to flourish. Research shows that shoppers sneak looks at each other's supermarket trollies, girls spend hours getting ready to go out, not for male attention but because they fear looks from other girls, and our media encourage us to scrutinise and compare our bodies with others, an outcome of which is body dissatisfaction. Sport England designed their 'this girl can' campaign to challenge what they saw as being the biggest barrier to women participating in sport: being judged.

Living in a culture of scrutiny and judgement creates negative emotions: fear, shame, and anxiety. Disgust gets added when we tie this judgemental culture to how we think about health. In recent years weight has become a proxy for health. And in the context where we are individually responsible for our health

within a finite resourced health system, a person's weight has become both an indicator of their health and their morality.

But the relationship between health and weight is complex. The 'calories in / energy out' model is oversimplified, definitions of healthy weights change, there is evidence that a little 'extra' weight can be protective. Research in psychology, sociology and biomedicine have all challenged the notion of obesity as a direct cause of illness as well as questioning the efficacy of pointing out to people that they are overweight. Nonetheless, these approaches persist.

The impact of seeing weight but thinking health is a problem. Research shows that people may work on their bodies to get a healthy look. And the cost of this can include obsessive concern over food consumption or exercise, bulimic practices, and smoking. The cost for larger people is to be the object of disgust, not given full status as people – see for example, the way obese people are represented in the media in dehumanised ways – without heads, or with clothes straining against their apparently ever expanding bodies. This means that larger people are less likely to go to a doctor about their health concerns, and more likely to have their symptoms dismissed or ascribed to their weight – creating health inequalities.

In any event, there is plenty of evidence that fat shaming simply doesn't have the desired effect of weight loss. It may increase body-dissatisfaction, but longitudinal research showed that higher body dissatisfaction was linked with less weight loss and with long-term weight gain in adolescents who had been big children.

Fat shaming is a moral issue, not because weight is linked to health, but because it's a form of bullying and part of a wider judgmental culture in which all people are encouraged to feel anxious





about their bodies. Skinny people also have stories to tell of comments and criticisms. This tells us that there is a very narrow margin of what is aesthetically acceptable and most of us don't fit it. The outcome is that it is hard for us to have good feelings about our bodies. I once asked a lecture full of students if anyone felt guilty not going to the gym more often and nearly every person put their hand up.

My argument is that these negative emotions we have about healthy living make it harder to live healthy lifestyles. In thinking of our bodies as something we have to work on, in need of constant vigilance and open to judgement, health becomes hard work, unpleasant, difficult, and associated with negative feelings.

I'm not saying don't go to the gym. My concern is that whether you are a gym bunny or one of the 30-40% of Welsh people who report taking no recreational exercise in a week, you have to make sense of your bodies within a judgement culture. I'd like to see us find collective ways to resist this judgemental culture. Ironically, it may make us a slimmer nation.

## STUDENT NEWS

# Elections, event planning & award winning pizza – exciting times here at the Union



Well it's nearly time to welcome your new full-time officers elected by the student body during February's Elections. This year's elections saw the highest ever turnout in 115 years, with 29% of students voting over the two day voting period. Congratulations to all 21 new full time officers, part time officers & NUS delegates elected at the 2015 AberSU Spring Elections.

I am thrilled to introduce the new sabbatical team for the year ahead; Lewis Donnelly as President, Lauren Marks as Education Officer, Kelly Keat as Activities Officer, Ieuan Gregory as Welfare Officer and Hanna Medi Morgan as UMCA President & Welsh Affairs Officer.

By the time this column is printed, the new team will be preparing to take office therefore good luck to them. I would also like to take this opportunity to congratulate the current sabbatical team on a successful year and wish them all the best for the future...keep in touch!

This Semester, we've been busy planning the 2015 Summer Ball with 3 stages of live entertainment, the Biggest ever 7s weekend with 100 teams competing for the trophies, AberSU's version of the Oscars; the SLTA's recognising exceptional members of staff, student representatives & departments and the grand opening of the newest addition to the AberSU family; CWTCH Padarn, a space for students to relax, study and enjoy over on Llanbadarn campus.

Looking ahead, we're getting ready for Graduation receptions in July, Activities week mid September and Freshers fair at the end of September.

Did I mention the fact that AberSU now officially delivers "award winning pizza"? AberSU recently won the NUS Wales Enterprise Award for our Stone Willy's pizza delivery service. If you're feeling peckish... we'll deliver pizza, hot wraps, sides and drink to your department between 12pm and 11:30pm.

Well, this is a snippet of what's going on at the Union... don't forget to keep an eye out on our website & social media channels for up to date news.

**Eleri Wyn** - AUSU Marketing & Communications Manager



AberSU staff with the NUS Wales Enterprise Award for Stone Willy's Pizza

## Corporate Health Standard

Aberystwyth University has gained the Silver Award under the Corporate Health Standard (CHS), the quality mark for workplace health promotion run by Welsh Government.

The Corporate Health Standard is delivered by Public Health Wales, and organisations are assessed across four levels, from bronze, silver, gold to platinum categories in relation to their practices to promote and enhance the health and well-being of their employees.



*Staff members at Aberystwyth University celebrating receiving the Corporate Health Standard Bronze Award which was presented to the University in March.*

This followed on from the award of the bronze award in 2014, and a successful 'your healthy option day' held on 29<sup>th</sup> January in University food outlets. Healthy options are now labelled to allow customers to identify the available health option.

If you have any further questions regarding health and wellbeing of University staff, please e-mail: [wellbeing@aber.ac.uk](mailto:wellbeing@aber.ac.uk)

## Health and wellbeing survey

On the 27<sup>th</sup> February as part of the University's commitment to corporate health, the University launched the Health and Wellbeing survey. Health and Wellbeing at work impacts on all employees and the survey will assist identifying key issues which can be addressed, in order to support employees.

The aim of the Health and Wellbeing survey includes health promotion and encouraging a healthy life-style in addition to encompassing work life balance, motivation, commitment and engagement. The survey is now closed, 36% of staff participated in the survey and the results will be available soon.

## Equality Report

The University continues to progress further with the embedding and mainstreaming of equality and diversity, promoting its culture and environment of inclusion for the benefit of staff, students and the community as a whole.

It also helps fulfil the aims and goals of the University's Strategic plan 2012-2017 and the Strategic Equality Plan objectives implemented in 2012.

Work is underway on the 2015 Equality report, and HR has recently facilitated 5 drop in sessions across the Penglais, Llanbadarn and Gogerddan campuses to assist and support employees to update their diversity pages on Pobl Aber People.

The HR Equality Report is available on the HR website at [www.aber.ac.uk/en/equality/](http://www.aber.ac.uk/en/equality/)

## Policy Development

In consultation with the Trade Unions, HR is revisiting a number of key policies to ensure compliance and relevant to the current environment throughout 2015. Updates can be viewed on the following HR webpage [www.aber.ac.uk/en/hr/](http://www.aber.ac.uk/en/hr/)

## Employee Assistance Programme

The University's Employee Assistance Programme offers a comprehensive suite of support, advice and counselling services covering a broad range of issues. Full details of the services offered can be found at [www.aber.ac.uk/en/hr/employment-information/eap/](http://www.aber.ac.uk/en/hr/employment-information/eap/).

## Accelerated Increment and Contribution Point - AICP

As part of the University's reward and recognition process, the 2014 AICP was completed in February 2015. Pro-Vice Chancellor Chief Operating Officer, Rebecca Davies chaired a panel comprising 10 representatives including the recognised University Trade Unions.

In the 2014 round, 39 successful outcomes were obtained.

If you are interested in more information on the AICP process, please go to [www.aber.ac.uk/en/hr/reward-and-recognition/contribution/](http://www.aber.ac.uk/en/hr/reward-and-recognition/contribution/)

A review of the 2014 process will take place and recommendations implemented for improvements to the 2015 process.

## Equal pay audit

The University recently completed an Equal Pay Audit. The purpose of this audit is to identify any potential equal pay issues and to report the outcomes of the Audit to the University Executive and to Committee identified by the Equal Pay Audit Steering Group.

The audit will include data for all staff across each of the job families, non-hera staff and casual appointments. The last equal pay audit was conducted in 2010 and the report resulting from this audit will benchmark the University's progress since this date. The outcomes of the report will be presented to the Joint Consultancy and Negotiating Committee in May and Professional Development Staffing and Equalities in June.

## Stress toolkit for staff

The University is aware that employees may experience stress in work and out of work.

Stress is a normal physical response to events that make you feel threatened, or upsets your life balance. To assist staff at AU, HS&E in conjunction with HR are delivering a number of workshop sessions that are aimed to providing practical advice on mechanism to cope with stress. For further information please see the following website link: [www.aber.ac.uk/en/hse/monthly-message/2015/march-15/](http://www.aber.ac.uk/en/hse/monthly-message/2015/march-15/)



## Launch of the Aberystwyth University Language Exchange

On February 10<sup>th</sup> the Aberystwyth University Language Exchange opened and had its first meeting.

The Language Exchange is a community and platform established by Antonio Barriga Rubio, Modern Languages Coordinator, School of Education and Lifelong Learning (SELL) and Jo Eastlake, Teacher Trainer, International English Centre, (IEC). It offers an opportunity for anyone to practice and learn another language in exchange for a language they already speak from a basic to advanced level.

The Exchange encourages participants not only to share their first language/s but also languages that may have a more basic knowledge of. The Exchange organises gatherings and events twice a semester for those interested in finding a language or cultural exchange partner and also provides a website with resources on language level descriptors and tandem learning materials. Most importantly it provides online noticeboards for participants to leave notices and details of the language they are looking for and the language/s they can offer.

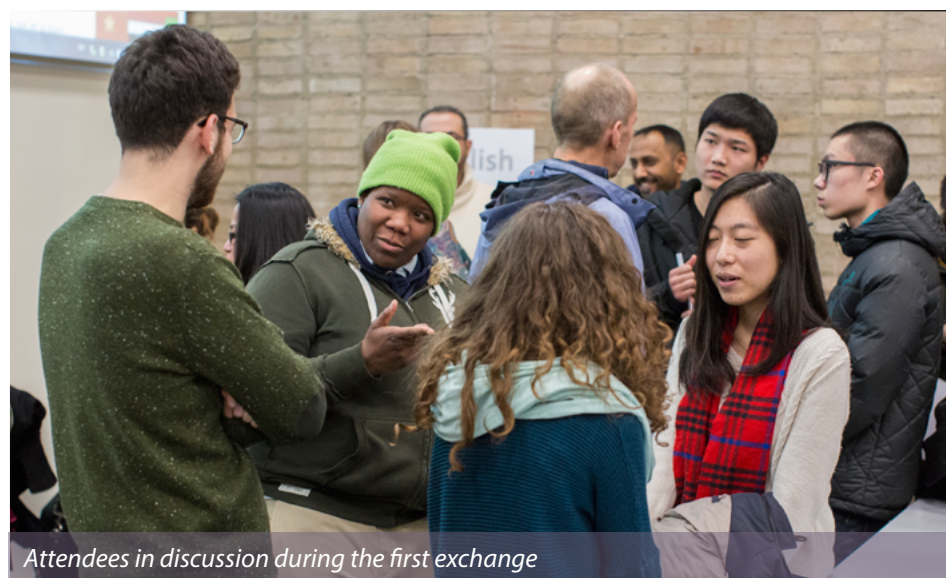
The event was opened with welcome speeches, including one by Pro-Vice Chancellor Professor John Grattan. Everyone then had opportunities to mingle, socialise and make contact with others to exchange languages during the event and in future meetings. Of the 50 or more attendees, 40 found a partner to work with. Successful matches included participants exchanging Norwegian for Italian and Cantonese for German.

The Language Exchange began as a small project in early 2014 by Jo and Antonio looking to encourage tandem learning among students learning English at the IEC, many of whom speak languages such as Chinese, Japanese and Korean, and students who are studying these languages in SELL. It was later decided to make the Exchange platform available to the all University staff and students and widen the pool of languages. In doing so the Exchange celebrates the many languages spoken in the university community and is an appreciation of the university's language study profile across a number of departments.

The Language Exchange promotes intercultural learning and a commitment to languages, particularly those that may be spoken in the UK but are less commonly taught in the school and university curriculum. Antonio and Jo believe that projects such as the Language Exchange are important in the current conjuncture of increasingly post-national communities, in which knowledge of more than one language is essential for future participation in democratic processes.

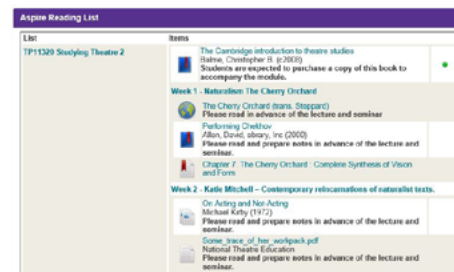
For more information on the Aberystwyth Language Exchange go to:

[tackk.com/language-exchange](http://tackk.com/language-exchange)



Attendees in discussion during the first exchange

## Successful launch for Aspire lists



Aspire Reading Lists have had a successful start, with nearly 400 module reading lists added by University staff since its launch at the Aberystwyth University Technology Enhanced Learning Conference in September 2014.

Semester two of this academic year has seen the lists available in AberLearn Blackboard. Module convenors who have published their reading list in Aspire can reveal it to their students by ticking a box in the module menu.

Benefits of the reading lists include a traffic light system indicating whether a copy of the book is available in the library for them to borrow, and links to e-books, journal articles, videos and other online resources.

If a student follows the module title link through to Aspire, they can sign in and add their own study notes and reading intentions for each item on the list.

The implementation of Aspire highlights the continued investment in library resources, and services at Aberystwyth University. This resource is set to meet the expectations and demands of Higher Education students.

Subject librarians are providing one-to-one and group training in the use of Aspire, so staff should contact [acastaff@aber.ac.uk](mailto:acastaff@aber.ac.uk) for guidance and training if they have not already received it, and wish to do so.

# Appointments

## HISTORY



**Dr Laura Paterson** joined the History department as Lecturer of Contemporary British History in January following the time teaching on undergraduate modules at the University of Dundee, the University where she completed her PhD in 2014.

She has previously taught at Perth College, University of Highlands and Islands and has been involved in Women's History Scotland since 2009, and continues to edit the WHS website and blog.

Her research interests are primarily British women's history, particularly working-class women's experiences, and the relationship of employment and work to working-class women's sense of self.

Following on from her thesis, titled 'Women and Paid Work in Post-War Britain, c. 1945-1971', she is developing on the conclusions drawn by examining trade unions and their attitudes to women's employment in post-war Britain, and women's involvement in Trade Unions and informal strike action.

## IBERS

**Dr Simon Payne** joined IBERS in January 2015 and is a performance psychologist specialising in self-presentation, motivation, stress, anxiety and quantitative and qualitative research methods.



Originally obtaining his BA from the University of Winchester, he was awarded his PhD in Sport Psychology from Aberystwyth in late 2011, and after travelling around Sport and Exercise departments during a 9-month stay in Australia, he returned to start a performance psychology consultancy business in Swansea, called 'Your Excellence Unlocked'.

Simon's looking to bring his experience in the private sector in applying his knowledge of psychology with clients, to benefit students and his connections in South Wales to benefit IBERS' outreach and knowledge exchange.

Simon is also a Chartered Psychologist of the British Psychological Society, and has worked for large health organisations including the NHS, and volunteered for Disability Sport Wales and MENCAP.

## INTERNATIONAL POLITICS



**Dr Catrin Wyn Edwards** joined the department in 2015 as a lecturer in International Politics, having previously worked as a post-doctoral researcher at the School of Political Studies, University of Ottawa.

She was awarded her PhD in International Politics from Aberystwyth in 2014 for a thesis on language politics, immigration and educational policy in Catalonia, Wales and Quebec.

She plans on developing her PhD thesis and her post-doctoral work into a series of publications.

A welsh-medium lecturer in the Department, Catrin's research interests include minority language policy and politics, linguistic diversity and multiculturalism, immigration, citizenship and sub-state governance.

## FINANCE



**Daniel Benham**, formerly Chief Financial Officer for the International Baccalaureate Organisation, has been appointed Director of Finance for Aberystwyth University.

A graduate of Imperial College London where he studied Microbiology, Daniel

Benham joined the International Baccalaureate Organisation in 2006.

Prior to this Daniel had a 15 year post qualification career in business with Schick Wilkinson Sword (Energizer, Pfizer and Warner Lambert) and Oral B (Gillette).

During this period he held a number of director roles such as Global Finance Director (Strategic Planning) for Schick Wilkinson Sword, UK Finance Director for Wilkinson Sword and Oral B's UK Finance Controller.

A qualified teacher and Chartered Accountant, Daniel has lived and worked internationally in USA, Switzerland and Singapore for 12 years.

## HEALTH, SAFETY & ENVIRONMENT

**Dafydd Llyr Jones** Llyr joined the Health, Safety & Environment Department in January 2015 as a Health, Safety & Environmental Advisor (Training) in a recently restructured HSE Department.



Llyr is a former student of Aberystwyth University where he studied Agriculture with Countryside Management and graduated with honours in 2005. Since graduating, Llyr has continued with his development in education by gaining numerous qualifications that relate directly to the role of Health, Safety & Environmental Advisor.

Currently a Technician member of Institute of Occupational Safety and Health, Llyr actively participates in his Continual Professional Development by attending seminars and further training.

Llyr is an experienced Health, Safety and Environmental Advisor with a proven track record of success in the implementation and management of the Environmental standard ISO 14001, delivery of IOSH Managing Safely training and auditing against Health and Safety standards such as OHSAS 18001.

Prior to joining the team, Llyr worked for Dunbia as the Health, Safety and Amenities Manager. Dunbia is the largest red meat processor in Europe that sources and manufactures beef, lamb and pork products for retail, commercial and foodservice markets locally, nationally and internationally.

Llyr is also a Retained Fire Fighter for Mid and West Wales Fire and Rescue Service.



## Retirements



### Elgan Philip Davies

Elgan Davies retired from the University after 37 years' service for the University.

Originally joining the University from school as a Library Assistant in Old College Library in 1979, he later went on to work for Information Services.

Elgan is probably known best for his work and interest in the history of the University's Old College, and has written a book on the historic building as well as often giving talks and tours around the building for interested visitors.

He will be staying on to work in the archives on a voluntary basis.

We hope you have a good retirement Elgan.

### Professor Len Scott

Professor Len Scott retired in March after 25 years at the University.

Len arrived at Aberystwyth in 1990, after seven years in Westminster and after Whitehall.

He was promoted to Professor in 2004. He is also the founding Director for the Centre for Intelligence and International Security Studies, and was Dean of Social Sciences from 2000 to 2005, and 2009 to 2013.

He was awarded an Aberystwyth University Learning and Teaching Fellowship during Graduation Week in July 2014.

Len was popular with students and staff alike, and will be fondly remembered by all for his dry wit and support of Blackpool Football Club.

Wishing you a long, happy retirement Len.



## Obituaries

### Dr John Davies (1938-2015)

It is with great sadness that we note the death of historian and former member of staff Dr John Davies, who died on Monday 16 February.



A graduate of Cardiff University and Trinity College Cambridge, Dr Davies joined Aberystwyth University as a lecturer in the Department of Welsh History in 1973. He was promoted to senior lecturer in 1981 and continued as a member of the department until he retired early in 1990.

In 1974 he was appointed Warden of Pantycelyn. He fulfilled this role for 18 years, until 1992.

John was probably best known across Wales for his book *Hanes Cymru* published by Penguin Books. The book was the first that Penguin had published in Welsh.

It was translated into English in 1993, with revised editions being published in 2007.

### Professor John Rowlands (1938-2015)

Professor John Rowlands joined the University in 1975 as lecturer for the Department of Welsh in Aberystwyth.



Originally from Trawsfynydd in Gwynedd, Professor Rowlands graduated with first class honours in Welsh from the University of Bangor in 1959.

In 1961 he received a University of Wales Fellowship for further study at Jesus College Oxford.

Between 1963 and 1974 he lectured at Swansea University, Trinity College Carmarthen, and St David's University College Lampeter, and in 1975 he was appointed lecturer for the Department of Welsh at Aberystwyth. He was promoted to Professor in 1996. He continued to work at Aberystwyth until his retirement in 2003.

Professor John Rowlands died on 23<sup>rd</sup> February 2015, aged 77.

### Emeritus Professor Geraint Gruffydd (1928-2015)

Tributes have been paid to Emeritus Professor R Geraint Gruffydd who died on Tuesday 24 March, aged 86.



Professor Gruffydd joined the Department of Welsh at Aberystwyth in 1970 following his appointment to the Chair of Welsh Language and Literature. He was appointed Dean of the Arts in 1974, and in 1979 became Librarian of the National Library of Wales.

A graduate of the University of Bangor and Jesus College Oxford, then as Lecturer at the Department of Welsh at Bangor University, until his appointment to Aberystwyth in 1970.

In 1985 he became Director of the Centre for Advanced Welsh and Celtic Studies, and later served as Vice-President of Aberystwyth University. He was appointed Emeritus Professor at Aberystwyth in 1993 and was honoured as Fellow of the University in 2004.

# In addition to the day job...



Paul James

## What made you interested in becoming a County Councillor?

I became interested in becoming a County Councillor because I wasn't happy with councillors at the time. I had asked them to do things, and I felt they were not listening. I was so frustrated that I had told them that I might come out and stand against them. I did, and won a by-election for Llanbadarn Fawr in 2002. I'm also the Deputy Leader of the largest party in Ceredigion, and also the Mid and West Wales Fire Authority Member for the area since 2004. I've been a councillor now for 13 years and have enjoyed it very much.

## What have been your biggest achievements?

One of the issues that caused me to stand to be a Councillor was that on Primrose Hill, near where I lived at the time, there was only a pavement on the one side of the road. Schoolchildren walking to Penglais School were walking up the hill on the side that didn't have the pavement on, putting them in danger, so I had asked for one to be put in place. Now there are pavements on both sides of the road, and there is now fencing to protect the children and the houses. It's made it safer on the routes to school.

I have also had an impact on easing congestion in my ward by helping get the two roundabouts in place instead of the previous traffic lights which caused tailbacks and also three new filter lanes at Morrisons. There is still congestion but it's much safer as traffic buildup isn't as static as it was.

More recently, the elderly residents at Glyn Padarn received a rebate on their water bills as they weren't being metered. Some of them were therefore being overcharged. Some of them got cheques for between £200 and £2000. As a councillor I highlighted the issues and all 37 Flats got rebates just before Christmas. Who says there isn't a Father Christmas, but for my residents this year there was.

Paul James works as a Site Security team member in Campus Services, looking after and helping students on a day-to-day basis. Additionally to the day job, Paul is a County Councillor on Ceredigion County Council and is also Ceredigion's Mid and West Wales Fire Authority Member. AberNEWS spoke to him about his life outside his day job.

## What are the lows?

The downside is when you work very hard for something and it does not materialise due to financial issues, bureaucracy or votes against it. These were some of the elements that extended the time period on the Boxing Club situated in Penparcau where the development went from 3 years to 5. However, we achieved our aim in the end and delivered, even with all the obstacles against us.

## How did you get involved in raising money for charity?

As one of the Ceredigion members of the Mid and West Wales Fire Authority, I felt I should take part and lead from the front (although I might be at the back because of my age). I've previously climbed Snowdon in full Personal Protective Equipment Fire kit, and Breathing Apparatus 'Oxygen Tank' raising money for the Firefighters Charity and the British Heart Foundation. which I completed 40 minutes before the cut off time.

Also because of two incidents at the back of Morrisons around 4 years ago, I did some fundraising to get some CCTV cameras around the back of Morrisons. So when I was 54, I did three bungee jumps in 7 minutes, from the highest platform in Britain, which was 100 meters high. I raised a total of £37,500 which included grant funding and this has paid for a total of 5 Stryker Polecat Cameras, where the visual images are down loaded onto Laptops. I see this type of fundraising as trying to do something for my community whilst keeping my residents and their families safe.

## Do you have any fundraising events in the near future?

I'm about to cycle 1350 miles in 14 days between all the Fire Stations in Wales, including the volunteer run fire station on Caldey Island which is run by monks who are themselves volunteer Firefighters. This ride is around 450



Paul in the British Parachute Regiment in 1982



Paul on duty in Djibouti in 1987





On guard Djibouti 1987



Paul in Rwanda in 1991



Djibouti 1987

miles further than Land's End to John O'Groats so it's going to be a tough challenge. We as a team are raising the money for the Firefighter's Charity and the Welsh Air Ambulance, two good causes.

The Firefighters Charity helps fund three hospitals/rehabilitation centres for injured firefighters, who may have been injured in operations whilst trying to tackle or prevent fires, which costs around £8 million a year to fund and has no Government help, and the

Welsh Air Ambulance well that speaks for itself and what a great job that service does saving many lives. Wales Air Ambulance provides an emergency air ambulance service to Wales with the ability to be anywhere in the country in 20 minutes.

The charity responds to around 2000 missions a year- each mission costs approximately £1500. WAA has to raise £6m per year in order to operate the lifesaving service.

#### **What was your background prior to joining Site Security?**

Previous to working for Site Security, I was born and went to school in Aberystwyth before joining the Army at the age of 16, serving in the 2<sup>nd</sup> Battalion Parachute Regiment in Northern Ireland. I left in 1985 and returned to Aberystwyth, but could not find a job and found it difficult to adjust to life outside the forces.

I then joined the French Foreign Legion in April 1986 to get myself out of a rut, and served in the most elite regiment of the French Foreign Legion, the 2<sup>eme</sup> Regiment *Entrangere de Parachutistes*, seeing service in French Guyana, Djibouti, Chad, Central African Republic, Somalia, Ethiopia and Rwanda. We were often sent into areas for intervention before France sent their own regular army in, I suppose we were seen as expendable.

The experiences were very different; in the British Army you'd finish at 5 and go back to your barracks or go out on the town. In the Foreign Legion you and your fellow Legionnaires live on top of each other, and it's no coincidence that we still refer to each other as brothers even today. It was far more regimented and monastic in that sense.

#### **What's a typical day like?**

There's no such thing as a typical day or tasks working in Site Security, it can range from providing a laugh and a joke to students when they turn up on the first day, or issuing parking permits. I'm lucky to work alongside such a good team, the boys on the team are good and the bosses are good. We work well together and that relationship allows them to cover me when I'm off.

The main task is looking after students and their well-being. Students are away from home for the first time, are very vulnerable and it's nice to see a friendly face. I've got a daughter of my own at Keele University and I hope that there's somebody who can do the same for her.

Paul will ride for 14 days (22<sup>nd</sup> May – 4<sup>th</sup> June) around the whole of Wales, as part of a team fundraising event for the Firefighter's Charity and the Welsh Air Ambulance.

The route will be comprised of 14 successive legs of around 100 miles a day. Paul will be attempting to complete all 14 stages, starting and finishing at Mid and West Wales fire headquarters in Carmarthen.

Paul asks that if anybody would like to support and sponsor him during this ride, then to go to [www.justgiving.com/LegionnaireFireRide2015/](http://www.justgiving.com/LegionnaireFireRide2015/) you can also text £10 now to KEPI69 on 70070



Paul in action on his bike

## WHAT'S ON

### SCHOOL OF ART EXHIBITIONS

#### Undergraduate Degree Show and Postgraduate Exhibition

18 – 28 May

#### Queer Tastes: Works from the George Powell Bequest.

Curated by students of the School of Art

18 May – 11 September

#### Rebecca Collins, PhD exhibition

Experiments in Aural Attention: Linger Longer & Listening Away

8 – 25 June

#### Recent Acquisitions from the School of Art Collection

Prints, Photographs and Drawings.

6 July – 11 September

#### Postgraduate Exhibition

21 September – 2 October

#### Richard Cox: 1569

Paintings, drawings, photographs and artist books

12 October – 21 November

#### F. C. Dixon & Colleagues

Prints by Frederick Clifford Dixon (1902-1992) and his colleagues

30 November – 15 January 2016

## Experiments in Aural Attention.

Curated by Rebecca Collins

*Experiments in aural attention* re-stages three practical experiments from a practice-based PhD in order to question how we are together through listening. Aural attention is not only the subject matter of the exhibition but also the method by which it is explored – actively inviting visitors to experience the aural-as-encountered shaping their own path through aspects of the practices on display. In *This is for you (don't treat it like a telephone)* manmade objects are used in unusual combinations to estrange familiar conversational conditions in an installation that encourages visitors to position and shape their bodies in response to the sounds of others. *Listening to water* brings meanderings through the countryside of Powys and Ceredigion into the studio space to explore how an aural approach might reveal details of a landscape more often obscured. *Stolen voices* explores a practice of eavesdropping and how fiction might alter the attention we place on sounds of the everyday. In this exhibition all three experiments are brought together for the first time to further question how it might be possible to practice aural attention."



Rebecca Collins

### ABERYSTWYTH ARTS CENTRE

## National Portrait Gallery's BP Portrait Award

22 April – 30 May.

The prestigious National Portrait Gallery's BP Portrait Award is now at Aberystwyth Arts Centre.



This is the award's 35th annual exhibition.

The exhibition offers informal and personal studies of friends and family, to revealing images of famous faces. It features a variety of styles and approaches to the contemporary painted portrait.

One of the 55 entries is Aberystwyth University graduate Edward Sutcliffe's *Copycat*. Sutcliffe is the winner of the 2014 BP Travel Award, beating competition from 2376 other entries.

Also being shown are the National Portrait Gallery award prize winners pieces, including Thomas Ganter's *Man with a Plaid Blanket*, Richard Twose's 'Jean Woods', and BP Young Artist Award winner Ignacio Estudillo Pérez 'Mamá'.

## Jools Holland's Rhythm and Blues Orchestra

18 July – 7:30pm

Best known for his time as pianist in Squeeze, Jools and his band bring the nation *Jools Annual Hootenanny* at the dawn of every New Year for the last 22 years.

Galia Arad will star as a support act, and Marc Almond, known best for his work with new-wave group *Soft Cell* will be a special guest for the evening.

Guest vocalists will be Ruby Turner, Louise Marshall and Mabel Ray.

## Catrin Finch: Tides

22 May - 7.30pm

Versatile, fearless and extraordinary are all words that have been used to describe Catrin Finch, the world-renowned classical harpist, arranger and composer from Wales. Catrin is a household name for her hugely successful international classical career, giving recitals and playing with orchestras worldwide.



Catrin's 2015 UK tour marks the launch of her new album *Tides*, and marks the first time her own material has appeared as a body of work on stage and on record.

As Catrin plays harp and piano, she is joined by a string section and other guest musicians to present her new album live on stage.

## MidMad/Hwyl Haf

20 June - 3pm till 8pm

The Arts Centre's annual free music festival returns for another fantastic day of live music and fun for all the family! The line-up includes *Adran D*, a major force in the Welsh music scene, *Rayguns Look Real Enough* with a unique brand of cabaret, comedy and rock'n'roll, and *Electric Swing Circus*, a 6 piece fusion of saucy 20s swing and stomping electro beats. Plus face painting, circus skills workshops, barbeque, real ale and much more. It's a great day, everyone is welcome – bring your friends, family and neighbours for a great day out!

