

The Edgbaston campus



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May/June 2012



Behind the scenes



News



Charity news

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UNIVERSITY OF BIRMINGHAM

Behind the scenes with Birmingham's inspirational experts!

Ever wanted to build your own robot, perfect your golf swing or listen to the sound of the stars?



Behind the Scenes is offering you the chance to spend a day with one of the University of Birmingham's inspirational academics and join in with their exciting work. You could win:

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- Perfect your golf swing
- Discover the latest findings from the NASA Kepler Mission

- Improvise your own music with the Birmingham Electroacoustic Ensemble

For your chance to go behind the scenes with an academic of your choice, visit birmingham.ac.uk/behindthescenes before 11 June 2012 to find out more.

YOUR BUZZ

Next edition 19 June 2012
Copy deadline 22 May 2012

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Front cover image: Rosamund Cox, BA Modern Languages (second year)

Professor Carl Chinn signs up to help shape community healthcare in Birmingham

University historian Professor Carl Chinn MBE was the first public member of England's largest community healthcare provider, Birmingham Community Healthcare NHS Trust (BCHC). BCHC is now recruiting public members from across Birmingham and the wider West Midlands region. The Trust's membership will have a significant influence over the way many of the healthcare services delivered in people's homes, health centres, clinics and inpatient sites are developed to respond to the needs of local communities.

Professor Chinn said: 'Our family has always believed in the principles of the NHS and values the dedicated and caring professionals who work so hard to help individuals, families and communities.'



I would urge everybody, whether you're a student, a member of the public or anyone with an interest in the future of local NHS services in our city to join me and become a member of Birmingham Community Healthcare. These are essential services for our families today and for our children and grandchildren in the future and we should all take hold of this opportunity to have our say.'

In addition to recruiting thousands of members, BCHC will hold elections for a newly constituted board of governors as part of plans to become an NHS Foundation Trust by the end of the 2012.

To become a member, visit bhamcommunity.nhs.uk.



Sharing knowledge in the community

University academics are providing a valuable community service to local organisations, schools, groups, clubs and societies, giving fascinating talks as part of the Birmingham Speakers Programme (BSP). More than 60 members of staff at the cutting-edge of research and teaching in their disciplines, together with exciting young doctoral researchers, have volunteered to give talks to the local community in and around Birmingham. Since its launch in 2011, the BSP has provided speakers for more than 20 organisations across the local area.

BSP is a service that provides a list of University speakers that you can browse, select, and request to give a talk of up to an hour to your organisation, free of charge. Current topics covered by the programme are:

- English, drama, film and creative writing
- Heritage, history, archaeology and classical civilisation
- International cultures and languages
- Law
- Local interest
- Philosophy, theology and religion
- Politics, society and current affairs.

How do I book a speaker for my organisation? Browse the list of speakers online, then submit a request form. There are 60 speakers and over 100 topics to choose from – visit birmingham.ac.uk/speakersprogramme.aspx

Who can I contact with enquiries? Answers to frequently asked questions can be found online. For further enquiries email birminghamsspeakers@contacts.bham.ac.uk or call 0121 414 5511.

Providing free legal advice to the community

The Birmingham Free Legal Advice Group (Birmingham FLAG) has completed another year of providing free legal advice to the local community, with requests for help trebling from the previous year. Over 100 people from the local community sought legal help from this innovative project run by Birmingham Law School, in conjunction with the Birmingham offices of Mills & Reeve LLP.

The Birmingham FLAG opened its doors in September 2010, with the dual aims of providing free legal assistance

to members of the local community, and giving law students a chance to get some 'hands-on' work experience. Law students work in pairs to interview clients and draft a letter of advice, under the guidance of a qualified solicitor from Mills & Reeve who give up their time on a pro bono basis. They offer advice in a variety of fields, including family and matrimonial law; wills and probate; employment disputes and many more. When we open again in September 2012, clients can call on 0121 414 6315, or email birminghamflag@contacts.bham.ac.uk to set up an appointment on Thursday evenings during term time.

Community Engagement Network

A new Community Engagement Network has been launched at the University to help staff and students involved in community projects or initiatives share ideas. The Network has representatives from across the University, including the Barber Institute of Fine Arts, the Guild of Students, the Colleges, and Winterbourne.

There is a considerable amount of community engagement that happens across the University and the Network aims to bring together the people involved to understand how the University is communicating with the local community and to learn from one another.

If you are interested in the work of the Network or would like to be involved contact community@contacts.bham.ac.uk.



... 'something for all ages, even nan!'

'It was a great day for the whole family; well done University of Birmingham, keep it up.'

'Lots for everyone to do. Great that all activities were free - thank you.'

'We had a fantastic day, can't emphasise enough how much fun we had!'



This glowing endorsement came from one of the 12,000 people who descended onto campus for Community Day 2011. The second of our now well established Community Day events saw an increased attendance of over 50% from 2010 as visitors of all ages joined us for a fun filled day of free activities, talks, and tours.

Thanks to a huge amount of work from staff and students across campus, the packed programme gave members of the local community the opportunity to learn more about, and even sample, some of the University's ground-breaking research, inspirational teaching and top quality facilities. With activities ranging from filmmaking to fossils, bhangra to ballroom, and hydrogen cars to heritage trails, there was something for children (and adults) of all ages to enjoy!

Community Day visitors were asked to fill out a brief feedback form, and an impressive 96% of respondents agreed that Community Day is an effective way for the University to communicate with its local community. Over two thirds of respondents also said that they understood more about the work taking place at the University after attending Community Day.

Preparations for Community Day 2012 started almost as soon as the Marquee came down in 2011, and this year's event promises to be packed with even more activities, demonstrations and talks for visitors of all ages. Take a family tour of the Barber Institute of Fine Arts with Edward Elgar, improve your golf swing, meet our resident robots Dora and Nao, let our special effects make-up expert give you the bubonic plague, and learn about the science of mammoths with Professor of Public Engagement in Science and BBC documentary maker, Alice Roberts.

A full programme will be available shortly, for more details visit birmingham.ac.uk/uncampus/events/CommunityDay.aspx or follow us on Twitter @UoBCommunityDay.

Behind the scenes' at Community Day

Community Day Project Manager, Ele Leftwich shares her 'behind the scenes' view of one of the busiest days in the University's diary.

After months of hard work by the numerous staff and students that make up the Community Day project team, Community Day begins...

On waking at 6.00am the first thing I do is check the weather, something most of the team do throughout the day. What we all hope for is bright sunshine with a slight breeze, the kind of British summer day that invigorates the senses and reminds us of freshly cut grass, chirping birds and sausages sizzling on the BBQ. What we would all be happy with is simply no rain!

Campus slowly wakes to the sound of the fairground arriving with its hook-a-duck, helter skelter and bouncy castle. Sleepy staff and students prepare their stalls and lecture theatres ready for a busy day, unlimited tea and coffee helps put a bounce in their step. By 11.00am all is ready and the doors open. The local community spill into the Great Hall filling it with an infectious lively buzz, absorbing new information and learning new things. Outside the children shriek as they bounce up and down on the bungee trampoline. Beautiful painted faces show the Guild of Students has been busy, and the constant, melodic sounds of the Summer Festival wind and brass bands carries across the breeze. Those with a head for heights enjoy the panoramic views provided by Muirhead Tower and wonder at the activity taking place below.

At 4.00pm the doors close. Tired but happy smiles fill the faces of all involved. The day has been a success and a rest is in sight.





STUDENTS IN THE COMMUNITY

With the University's Community Day fast approaching, the Guild of Students highlights how our students have been working with the local community to enlist a sense of responsibility and pride in the local area.

The majority of students entering into the second, third or fourth year of study live within the Bournbrook area of Selly Oak and the surrounding neighbourhoods. Whilst highly populated with students, these areas also inhabit young families, the elderly and other non-student residents; this is something the Guild of Students works hard to respect.

For today's students taking pride in, and giving back to the community is an intrinsic part of student life; the issues arising from living in the local community are issues our students really care about. This is demonstrated when considering the various services and activities the Guild and the University deliver, but especially in view of the frontline work of our students who go out into the community and talk with residents.

KEY FACTS

IN 2010/11

- 66,940 volunteering hours registered
- 180 registered community partners
- 71% drop in October burglaries – 37% overall for the year

COMMUNITY WARDENS HIT THE STREETS

Through schemes like the Community Wardens, a project funded and run in partnership with Hospitality and Accommodation Services (HAS), students work to make Selly Oak a safer, cleaner and greener place to live for all residents. In essence, the scheme facilitates improvements in Selly Oak by empowering local residents to make change.

Wardens, students from the university who are trained in dealing with issues within the community, patrol the areas where students live in significant numbers each week during term, door knocking and identifying community issues and as a result helping to tackle crime, neighbour, and refuse problems. In return for a Fab 'n' Fresh ticket, the Guild's most popular evening event by far, more student volunteers give up their time at the end of each term to help the Wardens clean up the streets of Selly Oak.

Just recently, the Wardens spent time at the Coronation Road Play Scheme helping local children to revamp tables, benches and fencing with a fresh lick of paint. Visiting the centre weekly, the children have been encouraged to get involved in other arts and crafts activities, with a plan to paint the Dawlish Road wall with their pictures.

RESOLVING DISPUTES

One area of work that the Wardens play an important part in is that of neighbour dispute resolution. Wardens are often the first port of call when issues, involving students, arise in the local area, such as late night noise and parties. Working alongside the police and Birmingham City Council, Wardens follow an escalating response procedure, making the initial visit to parties involved. Sometimes further assistance is required, from the police, or potentially the Council's anti-social behaviour unit. However, 70% of all cases are resolved in the first instance by the Wardens.

Douglas Stewart, Community Warden comments: 'I wanted to become a Warden in order to maintain the sense of community in Selly Oak and to both improve and maintain good relations between the permanent residents and student residents in the area. This sentiment is echoed by John Hilliard, Community Warden who remarks: 'Being a Warden gives you the chance to see Selly Oak in a new light. It really makes you re-think the way you act within your Community.'

KEEP IN TOUCH GUILD OF STUDENTS

guildofstudents.com
[@guildofstudents](https://www.facebook.com/guildofstudents)

Community Wardens
 community@guild.bham.ac.uk
[facebook.com/ilovesellyoak](https://www.facebook.com/ilovesellyoak)
 @WardensGuild
 0121 251 2502



KEY FACTS

IN 2010/11

- 83% of students felt volunteering increased confidence in their abilities and has instilled a sense of community (59%)
- 164 tonnes of rubbish collected and £13,000 of stock donated to British Heart Foundation

VOLUNTEERING

But working with the community goes beyond this. Over 2,000 students currently volunteer with local organisations such as Acorns Children's Hospice, or have set-up and run volunteering projects like Kids Adventure, which organises holidays for inner-city children.

As part of the Selly Oak Play Scheme, local children are invited to the Guild of Students for fun and games, every Sunday. The local community group, run and set-up by students, takes place every week during term time and organises free activities including arts, crafts, games and workshops with student groups such as Circus and BreakSoc (break dancing society). All volunteers have attended child protection training and are CRB checked, and many are studying for a PGCE or are considering going into teaching.

It's not just local residents that benefit from the work of student volunteers. The Birmingham Conservation Volunteers regularly get involved in projects to help local wildlife, such as woodland management and pond de-silting. Recently the group led over one hundred volunteers to clear up the Shire Country Park.

It is clear to say that our students play a pivotal role in connecting the University, the Guild, and local communities. For students, volunteering and getting involved in schemes such as the Community Wardens benefits them not only in way of developing personal and professional skills, but means they can have a positive impact on the wider community, their community.

Charity begins at Birmingham

Bryoney Johnson looks at some of the impressive fundraising activities and charity initiatives carried out by staff and students across the University.

Many staff and students across the University take time to support and carry out fundraising activities for a wide range of charities. Below are just a few of the recent charity challenges that colleagues have completed.

Professor Felix Schmid, of the School of Civil Engineering, joined Colin Flack, an honorary staff at the University, in the 'Ultimate3 Challenge'. Invented by Colin, the challenge involved cycling from Land's End to John O'Groats, climbing the highest mountains of Wales, England and Scotland (the well-known 'three peaks challenge') and kayaking the longest lake in each of the three countries, namely, Lake Bala, Windermere and the dreaded Loch Ness! Felix and Colin completed the challenge for The Railway Children, a UK charity working internationally to protect homeless children and to support their educational development. They raised over £24,000, half of which was contributed by staff, students and alumni of the University. Further information about the challenge can be found at ultimate3.org.uk and details of the charity can be found at railwaychildren.org.uk

Mary Heald, a Doctoral Researcher from the Cerebra Centre for Neurodevelopmental Disorders at the School of Psychology, ran for 24 hours to raise money for the Angelman Syndrome Support Education and Research Trust (ASSERT), running over 80 miles in total. ASSERT provide support to families and carers of individuals with Angelman; a rare genetic syndrome which is associated with a severe intellectual disability. angelmanuk.org/index.html

Researchers from the Birmingham Cancer Research UK Centre, of which the University is a partner, have supported a range of charity and outreach work

including running brain awareness activities and visiting local schools to give workshops on cancer and drug development. The team are also looking for volunteers to take part in Race for Life on 22 July 2012 at Cannon Hill Park. Race for Life is the UK's largest women-only fundraising event, for further details visit raceforlife.org or contact Debbie Ringham at Debbie.Ringham@cancer.org.uk

In addition to charitable giving, many University staff also carry out charity work in their spare time. Volunteers from Library Services and IT have even formed their own charity to improve the lives of people living in troubled areas of Africa; particularly women and children in Ethiopia.

'Life Uplifted by Change in Africa' (LUCIA) was formed by University staff in 2005 after Sylvia Gardiner, of Library Services, visited her son in Ethiopia and was struck by the poverty of the country. LUCIA believes that the key to positive change is to enable people in Africa to help themselves with long-term self-sustainable development projects. This involves working with local African organisations to set up women's co-operatives, improve education facilities, and provide shelter and counselling to homeless children.

They are currently fundraising to build and equip a library at a school in Sheno, Ethiopia, which has just four classrooms for 465 pupils. LUCIA believes that education is the answer to lifting people out of poverty, and a library will provide new resources and additional teaching facilities for the children. The library will also be open to the rest of the community, to support all adults and children who wish to learn.

To find out more about LUCIA, or to make a donation, visit luciacharity.org.uk or contact Sylvia at s.gardiner@bham.ac.uk

Did you know... that thanks to your generosity, sales of BUAFTA raffle tickets have raised over £10,000 for local charities.



Give as you earn

The University is a charity and you can support us in a variety of ways. From bake sales to half-marathon running and cycle rides, staff regularly raise money for our Circles of Influence fundraising campaign. The Give As You Earn (GAYE) scheme makes it even easier to support our key projects, which include helping transform our campus to meet 21st century students' needs, funding the best researchers to tackle global health problems and ensuring we attract the brightest students, irrespective of their circumstances.

You can make a tax-free donation to Birmingham direct from your salary every month, which means for basic rate tax-payers that every pound you give will only cost you 80p.

Your generosity, combined with the University's support, is helping to change lives at Birmingham and across the world. To find out more about GAYE visit: birmingham.ac.uk/alumni/giving/givenow.aspx or to make a one-off donation, text CIRC02 plus the amount you wish to donate to 70070.

Graduates giving back to the next generation

The University's alumni community is an ever-expanding population of more than 167,000 individuals with a life-long affinity to Birmingham. Upon graduation, many travel far and wide pursuing their dreams, but many also realise them, and help others achieve theirs, closer to home. **Amy Cory** explores three ways Birmingham's alumni are giving back to the local community.



A2B

Thanks to the generous support of alumni and friends, 338 talented students from the West Midlands have been gifted the opportunity to study at the University through the Access to Birmingham Scholarship Scheme (A2B) supported by the Circles of Influence campaign.

Every year, 100 high performing students from the local area are awarded an A2B Scholarship of £1,200 a year for the duration of their course to help with their living costs. These scholarships are funded entirely by generous donors, including honorary graduate and University Chancellor, Sir Dominic Cadbury, who explains, 'I decided to personally support this scheme because it offered me the chance to help make it possible for people to come to Birmingham who might not otherwise have the opportunity. The advantage of having a university education and the experience you get are major assets when you start your career.'

The University of Birmingham was one of the first universities to offer such an innovative access scheme for local students and this model is now much copied in the UK. First year joint honours Political Science and Sociology student and A2B recipient, Lauren Quincey credits her scholarship as life-changing. 'The scholarship has inspired me to want to achieve and do well and my favourite thing about Birmingham is definitely the campus,' she adds.

Campus Developments

Transformation of the University's Edgbaston campus is currently underway as a result of a five year investment to restore the founding vision for the estate and provide a wealth of improved facilities for students, staff and local residents. Key developments include a new sports centre to house the city's first 50m pool and the one of the most ambitious new libraries in UK higher education, which will join the new state-of-the-art concert venue, the Bramall Music Building, opening this summer.

'The University was founded to be an asset for the city and these plans have that aim in mind,' explains Ian Barker, the University's Director of Estates. 'A number of developments, like the proposed new sports centre, swimming pool and the cultural hub, focus on facilities that will benefit the community as well as staff and students,' he adds.

A transformational gift in 2010 from Civil Engineering graduate, Terry Bramall, enabled construction of the music building to be started. Speaking at the time, Professor John Whenham, former Head of the University's Department of Music noted, 'This is the first stage in the realisation of a long-held vision of first-rate music facilities at Birmingham. We are very grateful to everyone who has supported us and helped to realise that vision.' This wonderful new facility, along with the University's future developments, will provide outstanding venues for students, staff and members of the public to enjoy.

Selly Sausage

In 1990 when graduating from Birmingham with a 2:1 in Law, the last thing Tony McKinlay imagined he would be doing 22 years later was running one of Selly Oak's most popular haunts and yet today, the Selly Sausage breakfast remains a student staple.

Noticing a gap in the market for a hangover breakfast, local café, the Selly Sausage was born. 'Selly Oak was crying out for a breakfast joint at the time of inception. I knew I didn't want to be a lawyer and saw myself more as a managing consultant and so thought experience of running this sort of project would be a great way to demonstrate practical experience on my CV. I really enjoyed it and so it carried on,' explains Tony who hasn't looked back since.

Appealing to the niche market of students, with its quirky name, layout and décor, the Selly Sausage has become an institution. 'Students remain loyal customers throughout their studies and whilst it took the locals a while to get on board, our patrons are now split 50-50. I had a ball as a student and the friends I made are still a huge part of my life; it's great that I can give something back to today's students,' he adds.

As a local business owner, alumnus Tony continues to give back to the Selly Oak community with his delicious menu. Now living in London, he has expanded his repertoire with a string of additional food outlets currently establishing themselves as institutions with their patrons.

Sculpture locations

- A** Workshop of John Nost the Elder
Equestrian Statue of King George I, 1717–1722. Barber Institute
- B** William James Bloye
Mermaid Fountain, 1961
- C** Henry Pegram
Beethoven, Virgil, Michelangelo, Plato, Shakespeare, Newton, Watt, Faraday and Darwin, 1907
- D** Alfred Drury
King Edward VII, 1912
- E** Bernard Sindall
Girl in a Hat, 1972
- F** Maker unknown
Heraldic Shields from Mason College, c. 1870–1880
- G** Anthony Caro
Scorched Flats, 1974. On loan from the artist.
- H** Pietro Magni
Reading Girl, 1861 (Located in Special Collections: the Cadbury Research Library).
- I** Barbara Hepworth
Ancestor I, 1970. On loan from the Trustees of the Hepworth Estate.
- J** William James Bloye
Engineering Frieze, 1954
- K** Edward Bainbridge-Copnall
The Wrestlers, 1950
- L** Eduardo Paolozzi
Faraday, 2000
- M** Jacob Epstein
Portrait bust of Dame Hilda Lloyd, 1951
- N** Michael Sandle
Woman for Heidelberg, 1987. On loan from the artist.



Blue Plaque locations

- 1 Dame Hilda Lloyd
Medical School (B1)
- 2 Leon Abrams and Ray Lightwood
Medical School (B1)
- 3 Sir Norman Haworth
Haworth Building (Y2)
- 4 Sir Peter Medawar
Biosciences (R27)
- 5 Professor Charles Lapworth
Aston Webb – A Block, Earth Sciences (R4)
- 6 Professor Frederick W Shotton
Aston Webb – A Block, Earth Sciences (R4)
- 7 Sir Edward Elgar
Bramall Concert Hall (next to R7)
- 8 Sir Granville Bantock
Bramall Concert Hall (next to R7)
- 9 Robert Otto Frisch and Rudolf E Peierls
Nuffield (R9)
- 10 Sir John Randall and Harry Boot
Nuffield (R9)
- 11 Professor Sir Mark Oliphant
Nuffield (R9)
- 12 John Henry Poynting
Poynting Building (R13)
- 13 Margery Fry
Birmingham Business School – University House (O3)
- 14 Sir William Ashley
Birmingham Business School (O3)
- 15 George Neville Watson
Watson Building (R15)
- 16 Louis MacNeice
Arts Building (R16)
- 17 Sir Nikolaus Pevsner
Arts Building (R16)
- 18 David Lodge
Arts Building (R16)
- 19 Françoise Lafitte
Muirhead Tower (R21)
- 20 Contemporary Cultural Studies
Muirhead Tower (R21)
- 21 John Sutton Nettlefold
Winterbourne House (G11)
- 22 John Sinclair, Westmere (G15)

University Collections

- 1 The Danford Collection of West African Art and Artefacts, Arts Building (R16)
- 2 The Institute of Archaeology and Antiquity Museum, Arts Building (R16)
- 3 Collection of Historic Physics Instruments, Poynting Building (R13)
- 4 The Biological Sciences Collection
School of Biosciences (R26, R27)
- 5 The Medical School Collection
Medical School (B1)
- 6 University Heritage Collection
Aston Webb Building (R6)
- 7 Rotunda – for temporary exhibitions
Aston Webb Building (R6)
- 8 The Lapworth Museum
Aston Webb Building (R4)
- 9 Special Collections:
Cadbury Research Library (R21)

birmingham.ac.uk/culture/index.aspx



birmingham.ac.uk/culture/sculpturetrail.aspx



birmingham.ac.uk/culture/blueplaque.aspx

From HIT to FIT!

UBSport's Jenna Hadley shares her experience of participating in fitness research.

If I had been told at the beginning of January that by April I would have improved my fitness so much I'd be training for my first 10k and planning for the Birmingham half marathon in October, I would have laughed.

However, this has happened and no-one is more surprised than me! The reason for this life overhaul? The High-Intensity Interval Training programme (HIT) run by the School of Sport and Exercise Sciences.

Having a very busy role as the PR, Media and Promotions Officer at University of Birmingham Sport (UBSport), I ironically find it difficult to fit in regular exercise and, coming back to work after Christmas break, I felt more sluggish and slow than usual.

Whilst talking (well, complaining) to my Manager she suggested I take part in the 10-week HIT programme that UBSport were helping to run in the Munrow Sports Centre. When I heard I'd only be exercising for a maximum of 20 minutes, three times a week, I was sold. Within a few minutes an email was sent to the lead researcher, Sam Shepherd, and after an assessment questionnaire I was signed up.

The point of the study wasn't only to turn me into a wannabe-athlete, but for the Sport and Exercise Sciences team to continue previous research, demonstrating that you can gain the same health and fitness improvements from short bouts of intense physical activity compared to undertaking longer, more strenuous exercise. The project aims to apply the findings of previous laboratory-based HIT studies to a real world setting.

Sam explains, 'We have two groups

of 15 participants in the first leg of the programme. The HIT group do a short warm up and cool down plus 10–15 minute sessions, including a number of sprint intervals that aim to raise the heart rate quickly, followed by a short recovery period. It is important that the whole session is no more than 25 minutes long. In addition there is the continuous exercise group. They also train three times a week, but are encouraged to do other exercise as well. Their sessions are 30–45 minutes with the aim to maintain heart rate at a steady, constant pace.'

My training began in the second week of January after a few pre-programme tests that included a body composition and body mass indicator or BMI (analysing my body fat, muscle percentage and body type), a V02 max test which measured my fitness by breathing into a very unflattering mouth piece whilst on an exercise bike, and blood tests that measured insulin sensitivity. This involved drinking a very sugary drink and having blood drawn from my arm every 15 minutes for two hours. Basically the fitter and healthier I am the quicker my insulin can get rid of the sugar out of my blood, something that is more difficult if you are sedentary, obese or have type 2 diabetes.

As part of the HIT group, I went along to three classes a week until the end of March. When the last session finished I felt actually reluctant to stop training as the sessions had fit easily into my lifestyle.

The initial assessment tests were repeated and I waited anxiously for the results from Sam. I knew I was fitter, but had no idea the impact the study had

actually had on me.

Over the 10 weeks I had lost 5.3kg and around 5% of my body fat, increased my fitness by a whopping 19%, reduced my BMI from 25.9 to 24 and significantly improved my insulin sensitivity, meaning I have much less risk of developing type 2 diabetes.

Speaking to Sam after the programme he was also very pleased with the results of the first study out of a lab setting. 'The improvement in fitness was similar between the two groups, with a 10% average increase in response to both forms of training. This also goes for the insulin sensitivity. Weight loss was also similar between the two groups, although this response was quite variable between individuals in both groups.'

So would I recommend taking part in HIT? Definitely! The Sport and Exercise Sciences team have found a way to improve fitness around a busy schedule, and the beauty of the programme is that it can be taken into the gym and transferred to any piece of equipment, or even out on the street going for a run. I would urge anyone to look into HIT as the programme has truly had a positive impact on my life.

If you are interested in taking part in the autumn term 2012 study contact Sam Shepherd on s.shepherd@bham.ac.uk. For more information on HIT read the article in Buzz 133 www.buzz.bham.ac.uk

It's not only staff and students who benefit from having the Munrow Sports Centre on their doorstep. Members of the local community are welcome too!

Summer Scorchers

How about four month's membership for the price of three this summer?

The offer is available between 2 June and 23 September and includes access to the gym and swimming pool.

At £84 for 16 weeks it works out at only £21 a month and you will also receive a complementary mini health assessment incorporating a blood pressure check, body mass index and muscle/weight analysis with one of the friendly UBSport staff.

It's easy to book squash, badminton and tennis courts at an additional charge, subject to availability.

Once your Summer Scorchers membership ends new community or student members can sign up for an annual membership and get 20% off. You will need to pay in full for your annual membership within two weeks of your Summer Scorchers membership ending. You will also receive a complementary participant pack full of goodies (while stocks last).

Learn more sport.bham.ac.uk
munrow@bham.ac.uk
0121 414 4767 0121 414 4117

THRIVE

Health and Fitness Services

Whatever your experience, ability or fitness level, UBSport's award winning Thrive team are market leaders in providing the highest quality professional support to help you lead active, balanced and healthy lifestyle. Services include:

- Health and fitness review
- Personal training
- Exercise programme
- Weight and muscle analysis

Learn more sport.bham.ac.uk/thrive

Active Kids Camps

If you have an active kid who needs keeping busy during the holidays then there's fun to be had at UBSport for kids aged 6–15 years. The Active Kids Camps are held at the Munrow Sports Centre, in Easter and summer, and there is a wide range of sports and activities to try.

This summer's Camps will take place, weekdays, between Monday 23 July and Friday 10 August.

Learn more sport.bham.ac.uk

Active Lifestyle classes

With over 70 classes a week, Active Lifestyle is UBSport's extensive programme of exercise classes. There are aerobic, toning, dance or holistic classes to choose from and they are suitable for all abilities. The emphasis is to exercise in a fun, friendly environment and find something that you enjoy.

Learn more sport.bham.ac.uk/alp

Try Sport

If you've always wanted to try a sport but have never got round to it, or left a sport years ago and fancy picking it up again, then these 10 week courses are perfect for you.

Learn more sport.bham.ac.uk/trysport

Hi Performance Centre Sports Science and Sports Medicine

The Hi Performance Centre (HPC) is a world-class applied sports science and sports medicine support unit. Young or old, morning jogger or professional athlete, you can access experts at the forefront of their fields.

Learn more sport.bham.ac.uk/hpc

Culture offcampus

Internship hits the high notes!

As the University moves into the second year of its innovative internship scheme, sponsored by the University and its cultural partner organisations in the West Midlands, **Jo Newman** reflects on her experience of working with **Birmingham Opera Company**.

'Before I took up my placement at Birmingham Opera Company I had just finished an Mphil in Directing and Dramaturgy at the University, where I also studied Drama and Theatre Arts (BA Hons).

Working with Birmingham Opera Company has been a fantastic experience. Over the course of my placement I have worked on a number of small projects and events, in addition to working towards a large-scale new opera, Life is a Dream, in Digbeth's Argyle Works.

I have gained experience in everything from finance and marketing to participation and production preparation. It has been really exciting to gain an insight into the running of a small but major arts organisation, meeting artists who are internationally renowned and working with a highly skilled and experienced team.'

Jean Nicholson, General Manager at Birmingham Opera Company, emphasises the importance of the internships for the cultural organisations: *'Jo's placement was a real boost. It's a great opportunity to bring fresh thinking into an organisation and, in return, for her to experience the gritty business end of a new opera production up close!'*

Recruitment for the 2012/13 cultural internships is now under way; placements will be available at the **BBC, Birmingham Museums and Art Gallery, Birmingham Royal Ballet, Birmingham Opera Company, Birmingham Repertory Theatre, CBSO, Ironbridge Gorge Museum Trust, Sampad South Asian Arts, Shakespeare Birthplace Trust, and Town Hall/Symphony Hall.**

Learn more birmingham.ac.uk/culture



Students Style Africa

Students from the Centre of West African Studies have been working in the city in partnership with Birmingham Museums and Art Gallery (BMAG), Birmingham Institute of Art and Design (BIAD) at Birmingham City University, and the Drum Arts Centre on a fascinating exhibition: **Style Africa**, exploring the rich heritage of West African textiles.

Young people were invited to collaborate with the expert curators from BMAG to create new ways to present the significant West African textile collections from the University, the museum, and Craftspace.

Curator of World Cultures at Birmingham Museum and Art Gallery Adam Jaffer comments, *'Style Africa is a unique exhibition, presenting some of the region's most beautiful and diverse traditional and contemporary West African textiles. The project has provided us with an opportunity to engage young people and Birmingham's diverse communities, and showcase the incredible textile heritage of English-speaking West Africa, particularly Ghana, Nigeria and Sierra Leone.'*

The University of Birmingham will be presenting a new exhibition on campus as a response to the BMAG show: **Style Africa: Nigeria and Ghana Unfolded.**

- **Style Africa at BMAG** is free to visit and open daily until 2 September 2012. [Learn more bmag.org.uk](http://bmag.org.uk)
- **Style Africa at UoB** is free to visit in the Danford Collection, 2nd floor, Arts Building between 23 April and 20 July. [Learn more](http://rcc.bham.ac.uk) including opening hours rcc.bham.ac.uk

Culture at Birmingham needs you!

Are you interested in arts and culture? Have you been to an exhibition or other cultural event at the University?

Do you know what it has to offer? If you have answered yes to any of these questions then the Cultural Engagement team wants to hear from you.

We would like to invite you to a focus group so that you can tell us more about your interests, your thoughts on the University's collections and resources, and how future activities can be made most relevant to you.

The discussion should last no longer than one and a half hours and all attendees will be paid £10 towards travel expenses. Places are limited, so if you would like to attend please contact Nicola Saunders n.saunders@bham.ac.uk. The group will be facilitated by a researcher independent from the University.

Heritage hotspot



Anna Williams spoke to Winterbourne Curator, Lee Hale to find out more about the work that goes on behind the scenes and what the future may have in store.

'As a team we are extremely proud of the house and garden and what it has already achieved but the next step is most definitely about reaching out to local people and ensuring that they use Winterbourne, not just as a nice place to visit, but also as a learning experience' Lee comments.

It is now two years since Winterbourne House and Garden opened to the public as a heritage attraction. With a hugely popular tea room, a range of year-round family events and exhibitions, a shop and gallery, not to mention the seven acre botanic garden, it's already becoming one of Birmingham's heritage hot spots.



The Urban Veg project was recently nominated for a Birmingham University Award for Tremendous Achievement (BUAFTA). How did it start and what does the future hold?

'It started off as a little idea really – a conversation about a simple project involving local people growing veg. Knowing how popular allotments have become in recent times, and sensing that for many people starting out with gardening, ornamental horticulture might be a little off-putting, a project where there could be tangible results at the end seemed like a great idea. We applied for grant funding from Botanic Garden Conservation International (BGCI) to run the project in 2011 after making contact with local Islamic communities and gauging their interest in a project based at our site. Over a dozen participants started growing

vegetables in the walled garden last spring. Not only did this project give participants the space and means to produce food in a rewarding and supportive way, but staff here also learnt a great deal about Islamic culture along the way. It was a lot of fun!

Although the 12 month project has now ended we are keen to work with other community groups and expand our outreach work using food production as a theme.'

Has the success of Urban Veg sparked any other bright ideas?

'Our intention is to develop a centre of food production at Winterbourne with the assistance of the NHS, and gardening broadcaster and author Alys Fowler. The themes and outcomes will include organic growing, sustainability, wellbeing and healthy living, including tackling obesity. Participants will include schools, individuals, staff, students and families. Watch this space!'

What about those of us who aren't green-fingered?

'Winterbourne has period Edwardian rooms where visitors can learn about the influential Nettlefold family and their social role within the city. John Sutton Nettlefold was involved in the design of the Moor Pool Estate in Harborne and the Study exhibition room focuses on his work in social housing.

We have temporary exhibitions in the Coach House Gallery. Recent collections have included A Spoonful of Kisses: the

lives of the Nettlefold children which gave a more in depth view of the first owners children and childhood during the Edwardian age. We hope to exhibit more local artists and crafts people too.

Even if you're a complete novice with gardening, you can still appreciate the garden and enjoy your visit. It's a lovely space to relax and reflect.'

Does the history of the house reflect on the projects that staff at Winterbourne undertake?

'Yes, absolutely. John spent much of his career working for local people, improving living conditions. Winterbourne not only highlights the importance of his work but also provides facilities, enjoyment and education for current inhabitants of the city and beyond. It's a part of our city's history that isn't as commonly known as say the Cadbury family. We're sure the Nettlefolds would be pleased to see their old home being used by staff, students and the local community in this way.'



From the *cityscape* to the *sound of music*



Collaborations with two of Britain's most important museums are at the centre of two exciting new exhibitions at the Barber Institute of Fine Arts. *Andy Davies* reflects on what *Cityscapes* and *Facing the Music* has on offer for staff, students and the local community.

Images:
Top right:
Silver medal of
Amsterdam, struck in
1655. Coins and
Medals, the British
Museum

Bottom right:
Barry Marsden, James
Loy MacMillan, 1994.
© Barry Marsden

London, Amsterdam, Hamburg, Barcelona, Venice and Budapest... visitors to the galleries at the Barber Institute can explore the historical landscapes of these coins and more in the recently opened exhibition *Cityscapes: Panoramic Views on European Coins and Medals*.

The third in a series of shows organised in collaboration with the British Museum, *Cityscapes* highlights how, between the mid 16th and the early 19th centuries, many of the great cities of Europe applied the artistic tradition of the city view to their own coins and medals – the most circulated art medium. In a world dominated by dynasties and kings, these gave physical expression in silver and gold to urban pride and civic power, and showcased the exquisite skill of engravers working without modern technology.

The exhibition includes 100 loans from the British Museum, as well as objects from the Barber's own coin collection – itself one of the finest collections of Roman, Byzantine and medieval Islamic coins in the world.

Dr Eurydice Georganteli, Coin Curator at the Barber and Lecturer in Numismatics for the University, said: '*Cities are possibly the most complex artefacts created by human intervention, shaped by geography, as well as economic, political and cultural considerations. Cityscapes aims to engage viewers with the fascinating story of European cities and offers us the chance to question ideas, preconceptions and stereotypes about citizenship and our own civic, local and national identity.*'

Opening hot on the heels of *Cityscapes* comes *Facing the Music: 20th-century Portraits of British Composers*. History of Art postgraduate students from the University have been working with the Barber's

Acting Director, Robert Wenley, to curate a show of particular relevance to the Barber, celebrating the greatest names in British classical music of the last century, depicted by some of the most important painters and photographers.

Art and music have always dwelt in harmony at the Barber, and former University Professors of Music have included Edward Elgar and Granville Bantock. Portraits of both feature in the exhibition, alongside images of other luminaries of 20th century musical composition such as Delius, Vaughan Williams, Britten, Birtwistle and Adès. The artists whose work is included are no less significant, and include John Singer Sargent, Christopher Wood, Cecil Beaton, David Hockney and Tom Phillips.

The portraits have been selected from the rich holdings of the National Portrait Gallery, in the first of a series of partnership shows with the London gallery. They will be supplemented by original or annotated scores, and diaries, letters and other personal items drawn from the Cadbury Research Library Special Collections.

Robert Wenley said: '*The opportunity for students to collaborate with our staff and one of the most important national art museums, and the Barber's input into the teaching of the Exhibitions course, have demonstrated exactly how the Barber and the History of Art Department can work together.*'



Cityscapes: Panoramic Views on European Coins and Medals runs until 6 October 2013.

Facing the Music: 20th-century Portraits of British Composers runs from 25 May until 27 August 2012.

The Barber's exhibitions are accompanied by a packed programme of related events, which include educational activities, lectures, gallery talks, concerts and film screenings as well as online exhibitions, which can be visited at barber.org.uk.

Birming-YUM!

The Brum Dine With Me team hope to see you in September, if not before...

Have you ever wondered what an Olympic athlete eats to ensure their best performance? Or even just how far you have to walk to work off that extra cream bun you ate for lunch? *Eliot Marston* introduces an event that may just help answer those questions.



In January 2012, the New York Times declared Birmingham to be the 19th most desirable place in the world to visit this year (just ahead of 'space'), following its selection by the BBC's food magazine *Olive* as the UK's food capital. Despite being one of the most reliably routine aspects of human life, food has a remarkable power to amaze us, and is a universal language across regional, national, international, generational and cultural barriers. Most of all, it allows us to express ourselves and to be innovators in the comfort of our own homes. That is precisely why the University has chosen it as the central theme of a single day of activities and events all across the city, helping to demonstrate how exceptional thinking can be found in everyday life.

The University has a huge array of outstanding ongoing research related to food, from psychology, chemical engineering, clinical health, marketing and business, arts and social sciences, as well as passionate and motivated researchers always on the lookout for innovative new ways to discuss new ideas with the regional community. What better way than to talk to them through their tummies?

Brum Dine With Me!

On September 28 our city-wide research fair will swing into gear, with a variety of ways for people, from all walks of life, to get involved, in an event called 'Brum Dine With Me'. From giant art exhibits showing what the city ate for lunch, demonstrations of how we're redesigning food to be more healthy, hands-on experiments extracting DNA from fruit and vegetables, to theatre shows and interpretative dance explaining the latest research. There will also be community events celebrating multiculturalism in food and research, and a free dance class to help you burn off any additional calories you may have gained from free food samples. The event aims to inspire and amuse everyone who is willing to look and listen. Supported by the European Union, Birmingham is one of 53 cities across Europe – and the only one in the UK outside of London – celebrating the role of research in people's lives, all on one single day. Our very own Professor of Public Engagement in Science, Alice Roberts, will be leading activities, but dozens of our best and brightest researchers will be pulling together to make the day as fun as possible. Many of the day's activities will be

interactive and aim to help with health promotion in an enjoyable and engaging way. There will be visits to regional schools to talk to children and raise their awareness of the fun that can be had with food choices and experimentation, providing 'shopping tours' of local supermarkets to help people find the easiest ways to make healthy choices for themselves and their families, and running a Diet MOT: a session that enables members of the public to assess their current diet against the most recent research linking diet to mental and physical health, and to set realistic, practical goals to improve it.

There will be a number of ways to get involved over the coming months, from submitting a photo of your own lunch to be part of the art installation, giving feedback on how the trial-run stands at the Community Day event in June can be improved, and visiting the wonderful Winterbourne Garden to learn more about how the University is promoting inner-city family farming through its urban food growing initiatives. To find out more and stay up-to-date, keep your eye on the University website, where more will be revealed soon, including fabulous prizes to be won!

Events at Birmingham

There is a lot going on at Birmingham, from lectures to concerts, and much more in between. If you are a student, work at Birmingham or are a member of the local community and beyond, you can take advantage of our exciting event programme.

These are some highlights and you can learn more at birmingham.ac.uk/oncampus.index.aspx

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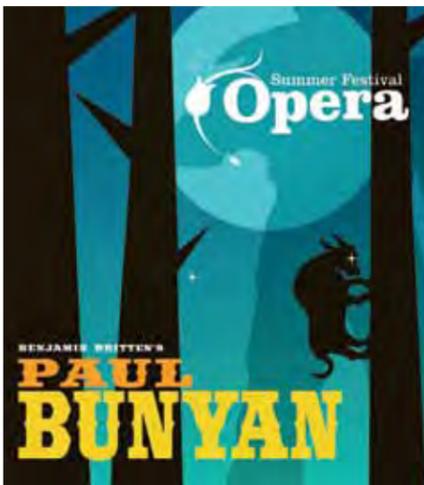
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Summer Festival of Music
June 8–15. The Summer Festival of Music has been running at the University for over 20 years. It is a week-long festival organised by students to create music-making opportunities for performers from across the University and the wider community. This year the Birmingham-based Edward's Trust is our charity partner.



Summer Festival Opera
Paul Bunyan by Benjamin Britten
Friday 8 June, 7.00pm
Saturday 9 June, 3.00pm
Sunday 10 June 6.00pm

An entertaining and fascinating operetta based on the North American folk legend of Paul Bunyan, the giant lumberjack! Come and see some of the University's most talented performers in this summer's gigantic musical adventure!

The Barber Concert Hall
Tickets: £15, £10 concessions, £8 Barber Friends, £5 students

Community choir singing in Symphony Hall

As part of an exciting three-year residency for the CBSO within Selly Oak a choir has been born. Free to join, and aimed at all members of Selly Oak regardless of musical ability, the first rehearsal saw an impressive turn-out of over 100 eager singers. After only nine rehearsals the choir has already performed in Cotteridge Park and Symphony Hall.

Three of the members who spotted each other at their first rehearsal are from the University's College of Medical and Dental Sciences. Now enthusiastically discussing songs, timings and harmonies they are hoping to be joined by more University members.

If you are interested in singing in the Selly Oak Constituency Community Choir you need to live within the Selly Oak constituency. Rehearsals take place on a Thursday evening (term-time only). For more details please contact Katie Gardner at kgardner@cbso.co.uk.

Learn more <http://blog.cbso.co.uk>

HAY FESTIVAL
31 May–10 June 2012

The annual Hay Festival in Wales is famed for having a packed programme of debates and conversations with poets and scientists, novelists and historians, artists and gardeners, comedians and musicians, film makers and politicians. Colleagues from across the University will be taking part in the Hay festivities with talks and debates on a wide range of themes including:

- **Professor Michael Dobson – Shakespeare – Tragedy**
Why do theatregoers enjoy watching people die?
The Director of The Shakespeare Institute considers the persistence of Shakespearean tragedy, focusing on Richard II, Othello and King Lear.
- **Dr Gideon Nisbet – The Greeks – Sex**
What were the conditions that made homosexuality an easy norm in ancient Greece? It's given us some of the world's greatest works of art, stories and Sappho's poetry.
- **Professor Claire Preston – Cider**
Wholesome, nutritious, strengthening, and morally pure, cider's virtues would nourish the nation, establish Empire, and win wars. How did cider knock French wine and the Dutch navy into a cocked hat?

For more details, and a full programme of events, visit: birmingham.ac.uk/hayfestival



EDWARDIAN FETE

Saturday 26 May

Step back in time and join us for a wonderful day out with an array of exciting Edwardian entertainment.

There will be music, laughter, competitions, performers and fair rides. Along the lawn there will be stalls selling their wares and delicious Edwardian afternoon teas will be on sale in the tea room.

In keeping with our village fair feel there will be a bake-off style competition for produce, preserves and cakes, presided over by a select committee of judges. Our colleagues at Special Collections Cadbury Research Library will be educating us on all things turn of the century in the Old Kitchen, with live demonstrations and the chance to see some of the works from the library. What weird and wonderful things did our Edwardian ancestors eat and why?

If you still have energy after all that, you and your family can get dressed up in authentic clobber and have your photograph taken for posterity. The event is our crowning jewel of the year – not to be missed!

Entrance is £6 for adults and £4 for Friends of Winterbourne, children and students. There will be a small charge for some activities so bring your pocket money!

Alumni sports day
Saturday 9 June 2012

Catch up on campus, play with your old team mates, compete against current students and become an alumni champion in one of 15 different sports tournaments across campus.

Come along for a great day of sport and social fun at the 11th annual University of Birmingham Sport alumni sports day. This year promises to be bigger and better than ever before with 15 events across 13 different sports.

Tickets cost £15 and need to be purchased before Friday 1 June 2012. There will be no tickets available on the day.




Community Day
Sunday 10 June, 11am–4pm

Free fun for all the family
Fun fair, culture trails, live music, climbing wall, dinosaur dig, dance mats, question time, arts and crafts and much more.

For further details call 414 8130 or visit birmingham.ac.uk/oncampus/index.aspx