

Issue fourteen autumn 2013 www.mmu.ac.uk

Success



Manchester
Metropolitan
University

The University for World-Class Professionals

Dame Joan Bakewell OBE

Broadcaster,
journalist,
campaigner



Board of Governors

Education, manufacturing, business and finance leaders take up their new roles

Class Act

Actress and comedienne Debra Stephenson remembers her student days

Research

How a caffeine spray could enhance sports performance

Meet Our Alumni

Philippa Hallworth on her year as a newly qualified teacher

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ITV Picture Archive

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Vice-Chancellor
Professor John Brooks

Editor - Rachel Charnock

Writers - Kat Dibbits
Gareth Hollyman
Chris Morris

Design - Steve Kelly

Photography - Ade Hunter
Mike Frisbee

Contact us - success@mmu.ac.uk

Our Academic Vision

50|50
20|20



This edition of Success introduces readers to new members of our Board, including our new Chairman and Deputy Chair, and reflects upon the success of this year's graduation ceremonies and our honorary graduates. It also showcases our achievements in research and enterprise across the University and features an interview with graduate Debra Stephenson – with whom I was delighted to present our first Staff Awards ceremony at the end of term.

In my foreword, I want to concentrate on the 'Academic Vision' for the University and to emphasise the core 'business' of a modern university. MMU primarily engages in the three closely related activities of:

1. Creation of new knowledge – **Research**
2. Communication of knowledge – **Teaching**
3. Commercialisation of knowledge – **Enterprise**

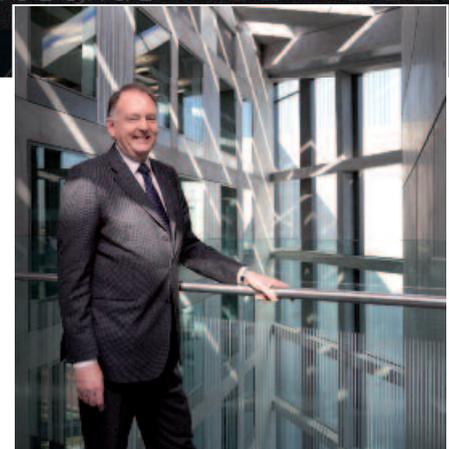
We believe that the 'three-legged stool' of R,T and E is made stronger by the interaction between activities. Indeed to achieve our aim of being the University

for World-Class Professionals, it is vital that we can demonstrate outstanding achievement in each area.

The Academic Vision for MMU builds upon the success of the 2020 Vision and sets some ambitious, but achievable, targets. It is based upon sound evidence, and seeks to position the University within the 'free market', which the government's policies have created. In summary, our aim is to become a top 50 university for both teaching and research. The move from 'good to great' which this Vision requires will demand a co-ordinated and sustained effort across the entire University. It will determine how we recruit our staff, how we reward their achievement and how we make longer-term strategic investment decisions.

Much of the foundation has already been laid very effectively. From 2014, our two-campus University will have world-class facilities for teaching and research; our infrastructure to support teaching and learning is sector leading; and our innovative use of MOODLE is beginning to set us apart from other universities.

The challenge now is to work with our staff, our students and our alumni to



raise the bar of both expectation and achievement still further. Of course, the sector is not standing still and we are in direct competition with many other high performing universities in the UK and worldwide. Nevertheless, I am confident that we can raise our game and achieve our 'top 50' aspiration.

However, we will need your help, so please keep in touch.

Professor John Brooks
Vice-Chancellor
Manchester Metropolitan University

UK's greenest university



Students from the Urban Gardening Society tending planters at John Dalton, in a previously unused courtyard that they transformed into a garden and seating area with funding from the University

© Christopher Thomond/The Guardian

Manchester Metropolitan University hit number one in the People & Planet Green League Table 2013 of 140 universities, after rising spectacularly from 91st when the annual tables were first produced in 2007.

Vice-Chancellor Professor John Brooks said: "The whole University community is thrilled with this recognition from People & Planet. We try to be sustainable in everything we do and have spent £350m rebuilding our campuses along eco-friendly lines.

"In partnership with our students, we are working to create a sustainable University which goes beyond being carbon neutral and actually has a positive environmental impact."

The annual survey audits systems, performance and attitudes to green living, with MMU scoring 59.5 out of 70 and maximum marks in:

- Environmental Policy
- Environmental Staff
- Carbon Management
- Staff and Student Engagement
- Sustainability in the Curriculum
- Waste Management

High marks were also given in areas like ethical investment, fair trade, and water and energy management.

Annual carbon emissions are down to below 20,000 tonnes, which is a fall of nearly 20% from 2005/6 and which amounts to some 16,000 tonnes.

MMU has a target to cut carbon emissions by 35% by 2016 and it is one of the few institutions with specific policies to reduce indirect emissions from staff and student travel and how the goods and services it buys are made.

It has also invested hundreds of thousands of pounds in solar energy and green roofs at its All Saints campus on Oxford Road. A further £110,000 is being invested in solar energy at the Crewe campus.

All University buildings are strictly monitored by an energy rating scheme, while the University's new £75m Business School and Student Hub incorporates many new 'green' technologies including rainwater recycling, borehole cooling and heating, and the new Birley Fields campus will be zero-rated in waste, water and heating.

The 'Student Switch Off' campaign encourages reduced energy use in halls of residence and has already saved 266 tonnes of carbon dioxide (2009-12), with a probable 100 more tonnes saved in 2013.

Another campaign, 'Zero Waste - Give it don't bin it', where students donated unwanted items to local charities has reduced waste being sent to landfill by 50 tonnes since its launch in 2009 and has proved so successful that it has been adopted by Manchester City Council. Last year alone, 954 bags of clothing, crockery and other general household items were donated.

When asked whether they were satisfied with MMU's eco-friendly attitude, 94% of our students said they were satisfied or very satisfied – a rise of 11% on the previous survey in 2009.

www.mmu.ac.uk/environment
 Twitter: @MMUEnvironment



Studying things that go bump in the night

Ghosts, ghouls and things that go bump in the night... and how these terrors have affected our culture will be the focus of the new Manchester Centre for Gothic Studies.

The Centre was launched in October by the Lord Mayor of Manchester during the Gothic Manchester Festival.

Dr Linnie Blake, of the Department of English, said: "The public interest in the Gothic has never been greater. Books, films, television, video games and graphic novels all illustrate this.

"But the Gothic isn't simply a popular mode of entertainment. It is a powerful form of storytelling that tells us something about our deepest and darkest fears, about who we are as people and how our society works."

As well as providing a home for researchers, the Centre will be home to the University's hugely popular Gothic strand of the MA in English, and the new online MA which is launched this year.

The staff will also organise public events, host a research conference, and the Centre will house an online journal, *Dark Arts: An Online Journal of Gothic Studies*.

Dr Blake added: "To us, studying the Gothic is an intellectual adventure on the dark side and we want to share this not only with other academics but also with members of the wider world."

Follow the Manchester Centre for Gothic Studies on Twitter at @gothicmmu.

www.hssr.mmu.ac.uk/gothicmmu/about-the-centre



Xavier Aldana Reyes and Linnie Blake



Left to right: Gaynor Stuart (Director of the Virgin Training Academy), Trevor Brown (MMU Faculty Enterprise Manager) and Joy Grant (Senior Lecturer in Business Management)

Virgin Trains partnership

The University has teamed up with Virgin Trains to offer a novel approach to management education.

From September, managerial hopefuls are having their university tuition fees paid for as part of Virgin Trains' new Red Track programme.

Successful applicants can start their business careers with little or no debt plus three years' work experience under their belt with one of the world's best-known brands.

Tony Collins, Chief Executive Officer of Virgin Trains, said: "This is a great example of partnership between education and the business world, and for Virgin Trains it makes great economic sense as we are investing in 12 future leaders of the business."

Virgin is offering a three-year, fixed-term job and a place to study a BA (Hons) Business Management degree.

Dennis Dunn, Dean of the Cheshire campus said: "Virgin Trains are one of Britain's most successful companies and have strong links to Crewe as a rail town.

"This is a very contemporary approach to management education and a great opportunity for our participants, the Red Track Crew."

Read about the first 12 students at:
www.mmu.ac.uk/news/news-item2142

Art allotment at RHS Tatton



Cauliflowers, cabbages and runner beans all featured in the Manchester School of Art's garden at the famous Tatton Flower Show – but nobody was picking them for dinner!

That was because the vegetables 'growing' in the plot were made from wool, thread and clay and were part of the School's first exhibition at the annual flower show.

The garden, which also featured a hive of porcelain bees, metal and stone birds and tiny origami frogs, came into being after the Royal Horticultural Society opted for a special 'allotments' section for 2013.

And it so happened that the Manchester School of Art is full of keen gardeners.

Jane McFadyen, a principal lecturer in the School of Art and one of the main organisers of the project, said: "We

created an exhibition celebrating what we love and do best – making!

"We used beds and sheds in the way we would normally use plinths, frames and showcases."

The novel garden also exhibited dancing daffodils, steel grasses and a compost heap of waste materials from the making processes.

www.artdes.mmu.ac.uk/175

Hundreds gain degree while working

Hundreds of professional accountants who have trained with CIMA are enrolling at MMU to enhance their career prospects further.

CIMA – the Chartered Institute of Management Accountants – is the world's largest professional accountancy body with around 180,000 members.

Working with MMU, it enables its members – around 100 each year – to top up their CIMA qualifications to bachelor's and master's degree level.

In July, the first bachelors' students graduated and among them was Lee Brown, a management accountant at Berwin & Berwin Ltd in Leeds, who 'got the monkey' of not having a degree off his back.

"It's been holding me back. Many jobs require 'degree educated' or 'excellent academic record' both of which would result in my CV not even making the first cut," said Lee.

The CIMA honours degree prides itself on excellent online facilities, supervision and offers the flexibility to dip in and out of the material 24 hours a day, 365 days a year.

www.business.mmu.ac.uk/cima

Transport minister's praise for engineers

Minister of Transport Patrick McLoughlin MP praised the calibre of MMU's young engineers on a visit to Manchester.

The Secretary of State toured the School of Engineering where he met undergraduates who he said would be vital in constructing the road, rail and air infrastructure for coming generations.

He later appeared at an HS2 jobs and skills summit at the Business School involving the Core Cities group of civic leaders with University representatives.

The minister was in Manchester to urge city leaders to ensure the government's £42.6bn HS2 high-speed rail project creates the maximum number of jobs. More than 2,000 graduate trainees and apprentices are expected to work on the new infrastructure side alone.



Lee Brown (centre) with fellow CIMA graduates Sharon Parker and Jayne Doherty

Paying it forward

Dianne Thompson CBE, University Chancellor and CEO of Camelot Group of Companies, which is responsible for operating the UK National Lottery, highlights some of the obstacles facing today's students and how fellow alumni can help.



At MMU, we are less than a year away from completing one of the largest campus regeneration projects of any UK university. The legacy of this for future students is hugely beneficial – with inspiring learning and teaching facilities, first-class student services and support, and a complete modernising of the curriculum. Our collective responsibility as MMU alumni is to ensure that future generations can benefit from all the opportunities that we benefitted from.

Since my last column, the University has embarked on its first fundraising programme for a number of years. In this issue, I would like to talk to you about 'paying it forward'. Put simply, we are all in a position in some way to help academically able, but economically disadvantaged students to go to university.

If you attended university before 1991, you will have benefitted from, effectively, a free university education, often with grants to support your living and accommodation costs, and with no tuition fees. The grant system changed in 1991 and the first annual tuition fee of

£1,000 was introduced in 1998. The tuition fee changed again in 2004 under the Higher Education Act to a maximum of £3,000 per academic year (increasing by annual inflation since then). The average annual tuition fee now charged by UK universities is £8,300.

As fees have risen, we have noticed a number of trends. MMU boasts one of the highest percentages in the UK (22.4%) of university students from black and minority ethnic (BME) backgrounds; however, we are seeing a decline in the number of young white males from socially and economically deprived postcodes attending university.

In 2011/12, we gave the greatest amount in bursaries (£12.7m) of any UK university to the most students (12,000+) from low-income backgrounds – but, in the latest budget, the government has reduced the National Scholarship Programme (to take effect from 2015/16), which we match fund to provide these bursaries. It is highly likely that fewer students from low-income backgrounds will choose to go to university.

We have raised around £35,000 this year through our fundraising activities and we are very grateful to all those who donated. This money will go largely to academically able students who may feel that the costs of attending university are beyond their means.

'Paying it forward' is a simple concept. We have over 250,000 alumni across the globe, one of the largest such communities. In 'paying it forward' to those who have to pay considerably more than we did to attend MMU, we will help future generations. This can be in the form of donations to provide bursaries, but just as good are new employment opportunities for our graduates, along with placement years and internships. Please do what you can to help.

I know we will all want to play our part where possible.

Dianne Thompson CBE graduated from Manchester Polytechnic in French and English and was a Business School Lecturer in the 1980s.

Honorary awards 2013



Graduation ceremony at the Bridgewater Hall in Manchester

Some 7,500 graduands attended the graduation ceremonies at Manchester's Bridgewater Hall this summer and among them were ten individuals who were presented with honorary degrees in recognition of their outstanding achievements.

Dame Joan Bakewell OBE, broadcaster and journalist, received an Honorary Doctor of Letters in recognition of her distinguished achievements as a writer and broadcaster (see interview on page 8).

Justin Fletcher MBE, television programme deviser and presenter on the BBC's CBeebies channel, was presented with an honorary degree of Doctor of Business Administration, in recognition of his work entertaining young children, particularly those with special needs.

Alan Garner OBE, who was awarded an honorary degree of Doctor of Letters, told the students, "This is a starting point, not a finishing line."

Alan is known for his children's fantasy novels set in the Cheshire landscape, including *Elidor*, *The Weirdstone of Brisingamen*, *The Owl Service* and his latest book, *Boneland*.

Lawrence Grant, the University's former Director of Finance who oversaw the ambitious £350m capital estates programme up to his retirement in 2011 was awarded an honorary degree of Doctorate in Business Administration.

Stephen Jenkinson, Chief Operating Officer for renewables and environmental firm *Viridor Laing* who are part of the city's plans to divert more than 75 per cent of waste away from landfill was

Professor Susan Roulstone



conferred with an honorary degree of Doctor of Science in recognition of his achievements in the waste management industry.

The Right Reverend Nigel McCulloch, the outgoing Anglican Bishop of Manchester who is known for his openness to other faiths and support of women bishops, received an honorary degree of Doctor of Education.

Professor Susan Roulstone was awarded an honorary degree of Doctor of Health for her work in the field of speech and language therapy. Sue trained at Elizabeth Gaskell College, which is now part of MMU, and is Director of the Bristol Speech and Language Therapy Research Unit at North Bristol NHS Trust.

Geoff Thompson MBE, five times world karate champion, was conferred an honorary degree of Doctor of Education in recognition not just of his sporting achievements but his work in social inclusion and his commitment to the work of the Youth Charter.

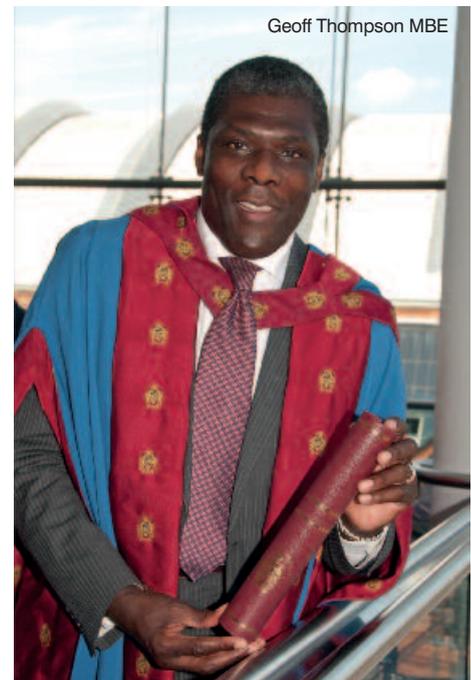
When receiving his award, Geoff said: "There are still many challenges in how

sport reflects society and helps society – we are not a panacea, but we can do much to equip people to be the best that they can be."

He urged the graduands to "be the change and the global citizens that you can be. Your rights and responsibilities are everything."

John Thornhill JP was given an honorary degree of Doctor of Laws. John is a Manchester Law School graduate and now holds the Crown appointment as Judicial Appointments Commissioner.

David Threlfall, who studied at the Manchester School of Theatre and is best known for his role as the foul-mouthed Frank Gallagher in the hit series *Shameless*, was awarded a Doctor of Arts. He has also appeared in Hollywood films and is a distinguished stage actor, with credits including *Oedipus*, *Hamlet* and numerous appearances for the Royal Shakespeare Company.



Geoff Thompson MBE

"Be the change and the global citizens that you can be. Your rights and responsibilities are everything."

Honorary awards

Honorary awards are conferred on individuals of national or international distinction who:

- have made, or continue to make, a major contribution to the academic work, the development or the reputation of the University, or
- have earned distinction for their activities in the fields of education, sport, business, culture, creative work, or public or charitable service, or
- have made a significant contribution to the North West region, or
- through their achievements, or through overcoming disadvantages, present a worthy role model to MMU students and staff

The awards are conferred at Faculty graduation ceremonies.

Since 1970, 240 honorary awards have been presented by MMU and Manchester Polytechnic.

Many notable alumni have received honorary awards, including Sarah Burton OBE, His Honour Judge Iain Hamilton, Thomas Heatherwick, Dianne Thompson CBE and Paul Walsh.

To see all our honorands, go to:

www.mmu.ac.uk/about/honorary-graduates



David Threlfall

Great inspirations

Dame Joan Bakewell OBE, who received an honorary degree from the University this summer, looks back on a career in broadcasting that spans six decades and remembers some of the people who have inspired her along the way.



ITV Picture Archive

Broadcaster Dame Joan Bakewell has interviewed hundreds of politicians, artists and religious leaders, but one in particular stands out to her.

"I got the first long interview with Nelson Mandela when he came out of prison," she says. "He had done a few short, general press conferences but someone had managed to set it up and we flew to Sweden to meet up with him in Stockholm. That was a great moment, I was very grateful to have the opportunity to do it.

"Everyone admires Nelson Mandela's stand on a matter of principle and his ability to endure what he has endured."

Dame Joan, who was awarded an honorary degree of Doctor of Letters at this year's graduation ceremonies, adds that she also greatly admired fellow broadcaster Alistair Cooke, "who came from my area of the world," she says.

"I always admired his total professionalism even if I didn't agree with his thoughts," she says before adding that she was always more interested in filmmakers than fellow journalists, particularly Ken Loach who was directing television dramas during the early part of her career.

That career began not as a journalist but as a technical manager at the BBC. After growing up in Hazel Grove (unbelievably on a street named Bakewell Road), Dame Joan said she had few female career role models in her early life.

"I grew up in a world in which women were expected to get a job after school and then it was courtship and marriage and children – you stayed home and were a housewife," she says. "I knew I wanted more than that but I couldn't formulate the idea – I had no role models."

It wasn't until she attended Newnham College at the University of Cambridge that she came across driven, intellectual women, although she says she still didn't know what she wanted to do after graduation.

"I don't think you have to plan your career while you're studying, just try things out," she says.

At the BBC a small item on the opening of the Hampstead Theatre gave her her first taste of broadcasting, but it wasn't until Television House opened and advertised for staff that it was suggested she should make it a full-time occupation.

Despite being the late fifties, a time known for being tough for women trying to build careers, Dame Joan says the unique environment of the BBC meant she was given more opportunities than most.

"There was a smattering of women in broadcasting, in the drama department and driving Woman's Hour, so it wasn't a shock horror that I was there," she says.

"I saw these rather strong-minded women radio producers – who always seemed to be wearing hats – who seemed enormously competent and confident, which I wasn't, so I drew on their confidence as an example."

Following her move to Television House, Dame Joan started presenting the discussion programme Late Night Line-Up, and her rise to broadcasting legend began.

"I remember it being a fantastically busy, thriving place because that's where they made the programmes – in later years they commissioned other people to do the programme making and took on a much more managerial role," she says. "It was like a whole set of theatres with props departments and scenery departments and costume and makeup – it was a very exciting time."

Like her current series for BBC Radio 4, Inside the Ethics Committee, much of

Dame Joan's work has been focussed on the serious side of life.

"When I look back I can see that I've done rather serious stuff – I just didn't fit easily into the light entertainment mould," she says. "I'm interested in ideas as much as people so I think by accident – or maybe just by the choices I made – I've always ended up doing quite serious things."

Her advice to young people hoping to follow in her footsteps is inspiring: "Look inward, not outward," she says.

"Consider what you yourself in your heart want to be and only then look outward. The world wants to pigeonhole people and often it's too early. I'm all for people taking a chance."

"Consider what you yourself in your heart want to be and only then look outward."



History in the making



At this year's award ceremonies there was a symbolic exchange of the University's existing mace for a new one created by Manchester School of Art graduate Angus McFadyen.



For silversmith Angus McFadyen the opportunity to design a new ceremonial mace for his alma mater was too good to pass up.

With the 175th anniversary celebrations for the Manchester School of Art underway, the Dean, Professor David Crow, wanted to give a gift from the School to the University – and when Angus suggested the mace, Professor Crow agreed that it was the perfect idea.

It is the first time a mace has been designed specifically for MMU since it was awarded University status in 1992.

A real labour of love, the pattern on the body of the mace is taken from the same wallpaper design by Lewis Foreman Day that is cast into the huge concrete pillars in the new Manchester School of Art building.

The silver orb at the top of the mace highlights the University's motto, Many Arts, Many Skills and is also decorated with 18 carat gold bees to honour the worker bees which are Manchester's symbol, and which are found everywhere from the city's coat of arms to the logo of Boddington's brewery.

Angus graduated in 1984 with a degree in Three Dimensional Design. "Student life was very different then to what it is now," he says. But the reputation of Manchester School of Art was as high as ever, and Angus was approached to work even before his graduation.

"At the degree show I was asked to put some work in to [jewellery design exhibition] Dazzle – that was how I got started," he says. "They have done more good for jewellers than any other organisation."

Since graduating, Angus's work has been shown across the country, but he has maintained strong ties to the University – he has created ceremonial staffs in the past and is married to principal lecturer Jane McFadyen. He has also been presented with an award by the Worshipful Company of Goldsmiths and has work in the collection of the V&A Museum.

And while the mace may not be the physically largest project he has worked on – that accolade goes to the trophy for the King George VI diamond stakes in 2001 – it is certainly the most complicated.

"Every day I didn't know how to do the next bit – it was a really complicated bit of making," he says.

"It was important to get each part to sit nicely together and that took a lot of thought. I can't imagine I'll ever do anything this intricate again."

Videos of the 2013 graduation ceremonies can be viewed at: www.mmu.ac.uk/graduation/archive/2013

Mace facts

- The new mace measures one metre high
- The main shaft of the mace is made from English oak
- It is carried at the front of the graduation procession by the mace-bearer
- The tradition of mace-bearing dates back to the 13th century
- The original mace was designed in 1974 by academic Geoff White to commemorate the merging of the Cheshire colleges

Bright futures

Success prize winners Jade Ashton and David Hammond graduated in Three Dimensional Design in July and their work demonstrates the breadth of talent shown by students on the course.

Jade Ashton's 'eureka' moment came when she realised that ceramics "was not just about 'making pots for the mantelpiece'."

"I was drawn to large-scale installation works, particularly those of Claire Twomey and Anna Collette Hunt," she said.

Her pieces, which were recently featured in the University's Holden Gallery, take their themes from the environment – for example one piece explores the decline of Britain's bees and takes its inspiration from a selection of bee poems by Carol Ann Duffy and William Plomer amongst others.

Pieces are made from the fragile-yet-strong material porcelain paper-clay, combined with ingredients including

wax, chicken wire, fibres and even lentils.

Jade said that one of the best things about her course was the opportunity to explore 'traditional' methods such as ceramics.

She said: "To me, the most important aspect of the degree was that it actively encourages students to design with ceramics and explore the material's boundaries."

Now she hopes to set up her own studio space alongside working in education to promote clay art in the school curriculum and ensure that other young artists have the opportunity to follow in her footsteps. Jade has also started the part-time MA in Collaborative Practice at MMU.



David Hammond's highly experimental designs combine painting, sculpture and architecture to create striking glass installations that reflect the constantly changing colours, shadows and highlights of buildings in their environments.

He said: "I was immensely surprised to win the Success award, because at the degree show there was such a lot of work, of excellent quality, from many very talented students.

"It gives me the opportunity to express my philosophy that paintings need not be just two-dimensional but can have true three-dimensional qualities."

David uses site photographs and drawings to create paintings of the selected buildings which are then digitally manipulated. Using a variety of techniques such as sand-blasting, ceramic transfer fusing and painting, imagery is created on individual pieces

of glass, which are assembled to create a larger object. Mirrors are used to create further special effects.

He said: "I am fascinated by how all aspects and all ages of architecture tend to support and reflect the qualities of each other, for example the original and the new Manchester School of Art buildings.

"My installations are intended to show how old and new can support and benefit each other, much like people. If old and young work together then much is gained but unfortunately too many older people decry our youth and vice versa, we are not always tolerant of each other."

After three years at MMU, David is planning to return and study for a master's degree, and has also set up a workshop so he can continue his work in partnership with his wife, Shirley.

www.3dd.mmu.ac.uk

Building for the future

Manchester Metropolitan University is driving ahead with a £350m investment in modern facilities.

Less than a year from now, Birley Fields will open, completing a mammoth building programme which has provided new facilities for Manchester School of Art, Hollings, the Business School and the Faculties of Education and Health, Psychology and Social Care.

The £75m Business School is the first to be completed, bringing the UK's largest community of business and management scholars from Aytoun to All Saints and setting a new standard for educational building. The iconic glass tower is one of four buildings in the north west named as outstanding examples of architecture by the Royal Institute of British Architects, with their judges describing it as "a masterpiece of simple concept and thoughtful layout appropriate for graduates entering the business community."

Neil Banner, a management student from the US, said: "Everything at the new Business School just looks wonderful, it feels professional and I feel my education is taking me down the right path."

The building has quickly become a magnet for major Manchester events and conferences, such as the digital industry conference SASCon.



Business School and Student Hub



Birley Fields

Manchester School of Art now enjoys world-class teaching, studio and workshop spaces following a £34m investment and opening a new chapter in the School's 175-year history. The new Art School building offers an impressive array of galleries, flexible studio space and a roof garden and sits just west of the historic Grosvenor building on the main campus.

In keeping with its craft tradition, the School retains expertise and equipment in glass, metal, wood and textiles, while allowing students to combine their work with state-of-the-art facilities in video, CAD, graphics and design for a digital age.

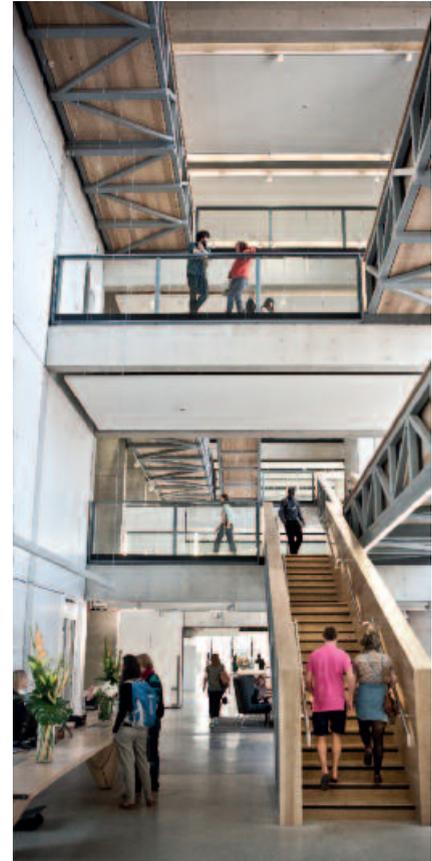
Our first students at Birley Fields will begin in September 2014, bringing the curtain down on a century of professional training and education at Didsbury and Elizabeth Gaskell. The Faculties of Education and Health, Psychology and Social Care will be based at the £139m new build campus, which is located 800m west of Oxford Road.

The campus, which comprises a stunning academic building, car park, energy centre and student residences, boasts strong eco credentials with ambitious targets in heating, light, waste and water helping MMU's position as the UK's greenest university.

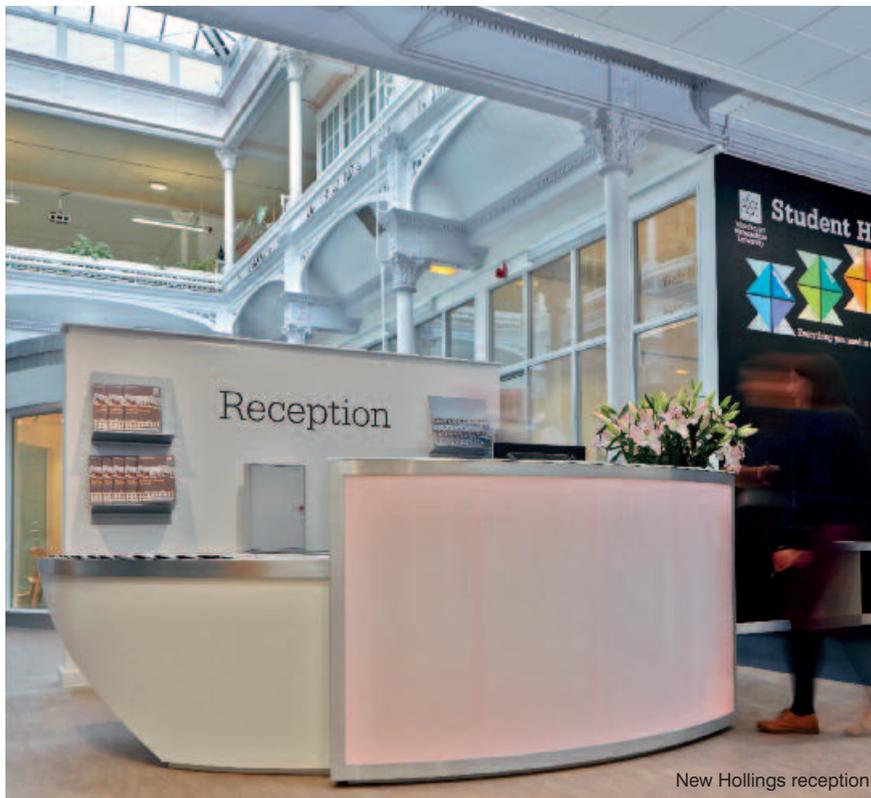
Everything is on schedule for completion next summer and the University is working hard to ensure the campus not only gives students the best possible experience but has a positive impact on the health and education of the surrounding community of Hulme.

The new Hollings Faculty is in the middle of All Saints and offers students of Apparel and Food, Nutrition and Hospitality a location in the heart of Britain's largest student quarter and many excellent new facilities.

The multi-million pound investment has created industry-standard facilities in fashion product development, CAD and fashion technology studios, a human physiology laboratory and sensory analysis facilities.



The new Manchester School of Art building



New Hollings reception



Leaders in their field

Malcolm Edge and Vanda Murray OBE, who have recently taken up the positions of Chairman and Deputy Chair of the University's governing body, the Board of Governors, explain what they hope to achieve in their new roles.



Manchester has always been in Malcolm Edge's heart – he grew up, studied, worked and settled in his beloved city. It is home.

He has watched as the city and Manchester Metropolitan University have transformed themselves over the years.

Now, the University welcomes Malcolm as the new Chairman of the Board of Governors following his retirement from KPMG. In his 27 years there, he progressed through the ranks to become UK Vice Chairman at the international accountancy firm.

"I've lived and worked in Manchester most of my life," he said.

"I know about the developments at MMU and its fantastic financial health. It's such a prestigious establishment and I was honoured to be asked to become involved as a Governor."

Malcolm retired from his KPMG career in March last year. He started with a degree in physics from the University of Manchester, followed by a brief stint in industry and lecturing, before he settled back into life as a fully-fledged accountant.

He holds many hopes and dreams for the new era at MMU, chief among these are goals to develop the student experience, keep students engaged and retained, and to keep the University's finances in fine fettle.

Malcolm said: "The University now has a fabulous estate which has been completely changed thanks to £350m of investment. It is a real credit to Vice-Chancellor John Brooks and his colleagues.

"The University is all about the student experience and the interaction between the students and the academics. We have made lots of progress here but this continues to be a priority for the future.

"Birley Fields and the Students' Union developments are major projects and finalisation of these buildings is a big focus for us. Both will be a fantastic asset in terms of student experience.

"The University has been on an amazing journey and has reinvented itself over that period. John Brooks and his team are passionate about continuing its transformation and I – together with the other Governors – very much look forward to assisting them with that vision."

"I was honoured to be asked to become involved as a Governor."

After two years on the Board of Governors, Vanda Murray OBE became the Deputy Chair this summer.

Her impressive CV features leading a FTSE-quoted firm and an array of non-executive director roles.

Vanda believes it is a “great time” for MMU and is looking forward to helping the University take the next step.

She said: “MMU is part way through a truly transformational change programme which will affect every aspect of University life. Some of these changes are highly visible – new buildings and improved facilities. Other changes are less visible but equally important and relate to improvements in the quality of the experience students receive at MMU – a world-class higher education, life skills and opportunities.

“I am proud to take up my role as the new Deputy Chair of the Board of Governors. I consider it an honour and a privilege to use my own business and management skills in driving this programme, working with the new



Chairman of Governors, the Vice-Chancellor and his team to achieve our vision for MMU.”

Vanda enjoys modern languages, theatre and opera when she’s not busy helping the University, where she is also

Chair of the Student Experience and Retention Advisory Group and a member of the Nominations, Governance and Remuneration Committee.

Board membership facts

- There are three categories of Governor: independent, co-opted and nominee members (plus the Vice-Chancellor)
- Board comprises 13 independent members, one academic board nominee, two student nominees, five co-opted members and the Vice-Chancellor
- Independent members must have experience in industry, commerce, the professions or employment matters
- Co-opted members must have experience in the provision of education. Up to three of the co-opted places are reserved for members of staff – at least one

member of teaching staff and one support staff

- Nominee members are: a member of teaching staff nominated by the Academic Board, Students’ Union President and the Students’ Union Vice-President Cheshire

Current membership

Independent Members

Malcolm Edge (Chairman)
Vanda Murray OBE (Deputy Chair)
Russell Andrews
David Brewin
Tony Davison
Graham Dawber
Norman Harrison
Katrina Michel
Bhupendra Mistry
Stephen Oliver
Mark St John Qualter
John Thornhill

Co-opted Members

Christopher Fox
Barry Harwood-Gray
Fred McDwyer
Professor Sir David Melville CBE
Wendy Wright OBE

Academic Board Nominee

Andy Jones,
Dean of the Faculty of Education

Student Nominees

Kayode Damali,
Vice-President Cheshire
Hannah Templeman,
Students’ Union President

Vice-Chancellor

Professor John Brooks

Read more about the Board’s members at:
www.mmu.ac.uk/governors

Independent spirit

The four new independent members of the Board of Governors bring with them a wealth of experience and expertise from the education, manufacturing, business and finance sectors, so Success asked what attracted them to the role.



Role of the Board of Governors

The Board is responsible for:

- determining the educational character and mission of the University
- oversight of its activities and the efficient use of resources
- appointing external auditors
- safeguarding the University's assets
- approving the annual estimates of income and expenditure
- appointing and determining the pay and conditions of service for senior staff
- setting a framework for the pay and conditions of service for all other members of staff

www.mmu.ac.uk/governors

School expert Russell Andrews is aiming to drive the University forward with his insider knowledge of the education world.

As Director of Planning and Funding at the Education Funding Agency (EFA), Russell oversees funding, pupil place planning, school assets and commercial and legal advice for school capital programmes for England. In addition, he has a cross-agency responsibility for organisational development.

He works widely with a range of educational partners on behalf of the EFA and the Department for Education school capital programmes, and is a regular speaker at conferences in the UK and abroad on school transformation and design.

Russell has worked at a senior level in local authorities on school effectiveness

and estate planning, and prior to that taught for 15 years.

He said: "Clearly a strong foundation for continued success at MMU has been laid over the recent past and I look forward to being able to apply some of the learning I've gained from working in the Department for Education on school buildings and educational excellence to support the University as it drives forward."

Russell sits on the Leicester Diocesan Board of Education, is a trustee for the Angelman Syndrome Support Education and Research Trust (ASSERT) and is an ambassador for the Transformation Trust which supports special projects for children from low-income families.

Russell is the Chair of the Estates and Services Advisory Group.

Tony Davison aims to bring his vast experience of manufacturing and industry to his role as Governor – and is ready to be a part of the “vibrant and growing institution” at MMU.

Tony hails from Yorkshire, but graduated from UMIIST, now part of the University of Manchester, with a BSc in Metals and Materials Technology in 1979.

He has already put his leadership knowledge to good use and sits on the board of Nantwich Town Football Club and, until recently, was the Chair of the Corporation at Stafford College of Further Education.

“I am delighted to have become a new Governor at MMU,” he said.

“It is a vibrant and growing institution of which I am now proud to be a part. We certainly continue to face significant challenges, along with all other HE providers, and I look forward to being able to contribute to our continued success.

“I have spent the past 35 years working in the manufacturing industry and hope to bring this experience with me in the task of helping prepare the next generation of young people for taking up leadership positions in the businesses of the future, which is so vital to the lifeblood of the UK economy.”

Tony’s career started with a graduate position at Rover and he later joined Evode Ltd to head up their Automotive Research and Development team. His role quickly expanded to include extra responsibilities over the next few years, and by 2000, Evode Ltd merged with Bostik Ltd, seeing Tony take up the role of Industrial Director in the new organisation, later becoming Managing Director of Bostik Ltd.

Tony took early retirement in 2012 and is a member of the MMU Audit Committee.



“Independent members shall be persons appearing to the appointing authority to have experience of, and to have shown capacity in, industrial, commercial or employment matters or the practice of any profession.”

(Quoted from the University’s Instrument of Government)

Staff Governors

Earlier in the year, **Andy Jones**, Dean of the Faculty of Education, was named the new academic board nominee on the Board of Governors. And the following members of University staff joined as co-opted members:

Christopher Fox – Professor of Evaluation and Director of the Policy Evaluation and Research Unit, based in the Sociology Department

Barry Harwood-Gray – who teaches on a part-time basis on the Bar Professional training course, where he is Subject Leader for Employment Law, and Professional Ethics. Barry is also an employment law specialist Barrister and Head of Employment Law at Kenworthy’s Chambers, Manchester.

Fred McDwyer – Security Supervisor and joined the University in 1996

Board of Governors



Former brewery boss Stephen Oliver will bring more than 30 years' business and trustee experience to his role as a new independent Governor.

The University of Oxford languages graduate was in charge of the Marston's Beer Company as well as being a senior governor at a major comprehensive school in Derbyshire.

Stephen, who started his career in marketing, said he has always been interested in education following on from his stint as a school governor.

He added: "As my corporate life drew to an end – I retired as Managing Director of Marston's earlier this year – I was looking for a stimulating challenge to add to what I am already doing with various non-executive directorships and running my own business coaching practice.

He said: "Just going around the University, meeting a wide range of people involved in its running and talking to students, I get such a sense of energy and commitment to building on its achievements so far.

"I hope that my 33 years in business, 20 years in education and my experience of leadership training and development will be able to add just that bit extra to what is already a successful mix."

Stephen is a member of the Finance and Human Resources Committee and the Marketing and Recruitment Advisory Group.

Mark St John Qualter joins the Board after developing his career in banking and finance, having recently been appointed as Head of Strategy for the Customer Solutions Group of RBS's Corporate Banking Division.

Mark aims to take the University to the "next stage of development" using his wealth of knowledge of the finance and corporate banking world.

He joined RBS in 2001 and has held various senior positions there, including Director of Strategy for RBS Invoice Finance, UK Head of Corporate Invoice Finance and Regional Director of Corporate Banking for Yorkshire and Humberside.

Mark has also been a member of the Yorkshire and Humberside Regional Council for the CBI and has an impressive academic pedigree having earned an MBA from Manchester Business School and a BA honours degree in Hindi and Sinhalese from the School of Oriental and African Studies, University of London.

He said: "I am delighted to have been appointed a Governor of MMU. I am impressed with the strategic progress the institution has been making in challenging conditions.

"I look forward to making a full contribution and hope my background in banking, finance and strategy will help take the University to the next stage of development."

Mark is also a member of the Audit Committee as well as the Student Experience and Retention Advisory Group.



How to become a Governor

Board vacancies are advertised regularly and the University welcomes applications from candidates from a range of backgrounds.

Applications from experienced alumni are very welcome. Please look out for future adverts for vacancies.

Further information can be found at:
www.mmu.ac.uk/governors

Good for business

Globetrotting Philomena Chen is at the heart of Britain's drive to tap into new markets around the world, using the skills she gained from her MBA.



As Head of Asia Pacific Development at UK Trade and Investment North West, Philomena helps companies thrive in markets as diverse as China, Indonesia and Malaysia. The goal is to bring prosperity to businesses in the North West with the 'strategic thinking' she perfected on the highly respected MBA course.

Wanting to take her career to the next level in the late 1990s, she enrolled on the MBA, which is taught by block delivery (three days every six to eight weeks).

Philomena, who hails from Malaysia, said: "In my current role, my job is to help businesses from the North West succeed on the global stage. I look at what they can do and what opportunities there are overseas.

"I came to the UK having been in the hospitality sector where I worked for eight years. I was a mature student at MMU – I first studied hotel management in 1985, followed by a PG Dip in HR management. You could say I'm an MMU student through and through.

"Later, I worked as a business services manager before the role with UKTI.

I wanted to become more strategic, to plan and prioritise, and to manage people. I wanted to 'think outside the box' for my job and that's what drove me to the MBA."

She started the MBA in 1996 and graduated in 1999 – equipped with a completely new set of skills and ready to boost British businesses around the world.

Philomena believes the multi-disciplinary modules and the chance to link the project to industry stood her in good stead for the shifting global business landscape.

"The MBA has definitely helped me to think more strategically," she said. "I now look at the bigger picture of the business. One of the most important things I learned was how to build relationships with people – establishing rapport is a huge part of my job now.

"Since I finished the MBA there has been a lot of change – in my industry, in government and the economic climate.

"The MBA teaches you to adapt and build up your experience and knowledge for the future. It allows you to keep up with change."

AMBA-Accredited Executive MBA

Block delivery, three days every six to eight weeks

- Membership of the Chartered Management Institute
- Dedicated Executive MBA study suite in our £75m teaching and research headquarters in Manchester city centre
- An international study tour
- Two management development residencies
- Guest speakers and visits (past examples include Jaguar Land Rover, Siemens and Manchester United Football Club)
- Projects and assignments relevant to your company
- MBA scholarships available, including the Corporate Scholarship (25% reduction of student tuition fees)

www.mmu.ac.uk/mba

Class act

Actress, comedienne, impressionist and singer Debra Stephenson reminisces about her student days at the Manchester School of Theatre.

The multi-talented Debra Stephenson always knew that she wanted to study at Manchester School of Theatre.

The only problem was, the first time she applied to the School – they said no.

Undeterred, the star of Coronation Street and the Impressions Show dusted herself off and spent a year working in stand-up comedy before reapplying.

And she says her unintended 'gap year' actually paid off, as having had a year of wild nights with her friends in Manchester, she was ready to focus on the course and give it her all.

"I'm glad I did that," she says. "The acting course was really involved, but I'd already had my year of living like a student, so it was out of my system."

The long hours and intense nature of the course meant Debra and her fellow students rarely left Didsbury, where the School of Theatre was based at the time, but she says they felt like a community.

Much of her success she puts down to Niamh Dowling, the then head of the School, who believed that the best way to turn the students into actors was to strip the layers of their personality back and then help them rebuild themselves.

Debra remembers one exercise where the students had to close their eyes and walk around, before ending up in curled-up balls on the floor. "We felt really vulnerable – and it was hard not to peep!" she laughs.

"Studying in Manchester was the making of me," she says – not only because of the opportunities it afforded to her (her breakthrough role in *Bad Girls* was a direct result of auditions set up for her through her course) but also because it was at University she met her husband, James Duffield.



Photo credit: Karen Fuchs



Debra and Bradley Walsh as the Baldwins in Coronation Street

Her love of performing – and particularly impressions – started early. At just seven years old the young Debra was taping voices from the television so she could perfect her impressions, and at 14 she was a winner on Opportunity Knocks.

“I have a different way of approaching impressions to how I used to,” she says. “Now I see impressions as characters, rather than just getting the voice right.”

With plenty of television roles already under her belt, Debra says she would also like to try her hand at theatre, but adds that she will have to wait until her children are older.

Whatever she does, she will be continuing with the career she chose as a little girl.

“That’s the gift – knowing what you want to do,” she says. “Then you just have to get on and do it.”

Debra is part of an impressive dynasty of successful actors who trained at the Manchester School of Theatre, including Amanda Burton and Julie Walters. Her contemporaries and influences include:

David Threlfall: The Shameless star, who was given an honorary degree by MMU this year, once held a workshop for students, including Debra. He later played her father in the Catherine Cookson film, A Dinner of Herbs.

Burn Gorman: Most recently seen in Revenge and The Dark Knight Rises, Burn attended Manchester School of Theatre at the same time as Debra. “He’s made the perfect career choices – everything he’s done has been so credible,” she says.

Jeff Hordley: The Emmerdale star has also made his name treading the boards, appearing in the likes of The Caretaker, at Bolton Octagon, and Animal Farm at the West Yorkshire Playhouse. He and his wife, fellow actress Zoe Henry, were DJs at Debra’s wedding.

Steve Coogan: The creator of classic comedies including Alan Partridge and Coogan’s Run studied at Manchester Polytechnic in the 1980s. “I really admire him – he’s one of the reasons I wanted to study in Manchester,” says Debra.

www.theatre.mmu.ac.uk

Debra Stephenson’s top TV moments

Reckless: Debra’s first role out of University was in Paul Abbott’s television mini-series Reckless, starring Robson Green and Francesca Annis.

Bad Girls: As Shell Dockley, G Wing’s most notorious inmate, Debra helped the tough girl prison series rise to become one of the country’s favourite shows. Her many exploits included setting a rival’s hair on fire, and apparently dying in a drug-fuelled speedboat crash.

Coronation Street: As the glamorous Frankie Baldwin, Debra broke many hearts on the Street, and at one point was part of a shocking love triangle with her husband, Danny, and stepson, Jamie.



The Baldwins

Strictly Come Dancing: In 2011, Debra’s American Smooth was highly rated by the judges of Strictly’s Christmas Special, and she narrowly lost out to winner Charlie Brooks. No stranger to talent competitions, in 2005 Debra took part in Comic Relief Does Fame Academy, where her performance of Cry Me A River led to a recording contract.

The Impressions Show with Culshaw and Stephenson: The award-nominated sketch show saw Debra go back to her impressionist roots, taking on characters including Davina McCall, Coleen Rooney and Kate Winslet.

Knowledge Exchange Project Awards 2013

The University celebrated work with external organisations at the first MMU Knowledge Exchange Project Awards this summer.



The winners of the Awards were announced by Vice-Chancellor Professor John Brooks at a ceremony at the Business School.

Eight winners were announced – one from each Faculty, along with 15 runners-up.

Winning projects included the work with Goldman Sachs on the 10,000 Small Businesses programme at the Business School, which provides executive

training for selected entrepreneurs in the North West, and the Virgin Trains Red Track scheme to provide University places for 12 students at the Cheshire campus.

The Faculty of Education won for its professional training for science teachers. The Faculty manages a national Science Learning Centre for the North West and last year the team organised 2,704 training days to equip teachers in schools and colleges to deliver inspirational science classes.

Dr Katherine Runswick-Cole and Kay Faulkner's Adoption Activity Days, which received national press coverage, were the winners from Health, Psychology and Social Care.

Hollings and the Manchester School of Art won an award for collaborating on the spin-out Label AZ, a commercial venture to develop conceptual garment design, label story and creative technology using new software strategies in pattern and imagery print and manufacture.

A second Manchester School of Art winner was Jacqueline Butler and Gavin Parry's project to put artworks created by photography students into the Ronald McDonald House at the Royal Manchester Children's Hospital.

The recent MMU Football Conference, organised with the National Football Museum, Supporters Direct and Un-Convention was the winning entry from the Faculty of Humanities, Languages and Social Science for Dr Annabel Kiernan, Dr Dee Hynes and Dr Chris Porter.

The final award went to Dr Peter Twigg from the Faculty of Science and Engineering for his project creating a new aerodynamic trailer with Cartwright Group (see next page).

Mark Ratcliffe, Head of Knowledge Exchange, said: "Knowledge Exchange is incredibly important across the whole education sector – and we place very high value on it here at the University. We wanted to celebrate innovation and creativity across all the Faculties."

Knowledge Exchange
www.mmu.ac.uk/business

Research in focus

Research has the potential to change policies and practices and make an impact through knowledge exchanges with industries and businesses. In this section, we highlight some of the University's research.



CGI research boosts trucking businesses

A new aerodynamic lorry design from the School of Engineering helps to make trailers more efficient for commercial vehicles, reducing drag and saving on fuel costs.

Dr Peter Twigg worked with Cheshire-based Cartwright Group on 3-D models of aerodynamic shapes enabling the company to save thousands on prototype costs as well as showing potential customers just what the new trailer can do.

The four-year project earned him the 'outstanding' grade from the Knowledge Transfer Partnerships (KTP) scheme which brings industry and researchers together to improve business practices.

Dr Twigg said: "The firm were interested in not just optimising a design but in being able to pull the potential trailer model instantly in the 3-D wind tunnel."

It can now be seen on roads up and down the country, being hauled by some of the nation's biggest firms, such as ASDA.

And predicted three-year turnover at the firm is £18m thanks to the new design approach.

"It substantially lowers fuel use. It will pay for itself several times over," said Dr Twigg.

School of Engineering
www.soe.mmu.ac.uk

Scores of schools help with research

A professor of health at the University is searching the UK for imaginative ways to improve education for severely disabled children.

Professor Juliet Goldbart set out to challenge the usual approach to working with children which could have "significant implications" for policy in England.

The work has scooped a prestigious prize from the respected journal, Literacy.

Professor Goldbart and colleagues from the Universities of Exeter and Birmingham set up a wide-ranging study to investigate children with severe learning difficulties (SLD) and their engagement with literacy and communication.

Many of these youngsters cannot communicate verbally but are still expected to engage with the National Curriculum's literacy topics.

The MMU team believe that teachers need to tap into a broader conception of literacy, which uses more accessible forms, such as symbols or story bags featuring objects related to the tale being told.

Professor Goldbart scoured schools in the South West, the Midlands and the North West of England for examples of good practice, asking the question – where does communication start becoming literacy?

The UK Literacy Association (UKLA) said the research had significant implications for policy and practice.

Research Institute for Health
and Social Change
www.rihsc.mmu.ac.uk

Truth and lies



Lie detector expert and psychology senior lecturer, Dr Geoff Bunn, believes that the legendary device is largely an invention of the media – and his recent book explains why.

Picture this: a sweating spy is being grilled to see if he is working for the enemy. He squirms uncomfortably in his chair while strapped to a daunting mass of wires as the probing inquisitor fires questions at the double agent, eager to catch a glimpse of the lies. A polygraph machine clangs into life, measuring the spy's vital signs.

This is a scene beloved by scriptwriters down the years – and an interrogation

technique still widely used by North American law and spy agencies.

But according to Manchester Metropolitan University's foremost expert on the topic, Dr Geoff Bunn, the lie detector as we know it is basically a media invention.

Dr Bunn's research has led to a fascinating book, *The Truth Machine: A Social History of the Lie Detector*, and a BBC Radio 4 programme to add to his ten-part radio series delving into the history of the brain.

He explains: "There was quite a lot of interest in the book when it was published in the US and some in the UK. There was a lot more interest in the US because the story of the lie detectors is primarily a US one.

"I studied it for my PhD in 1998, in Toronto, because it was quite a North American topic and I have been working on it ever since.

"My argument is that the media invented it, it is their construct. Things such as brain scans and polygraphs

have been promoted and established by the media, not the broader scientific community."

Indeed, it has no place in the legal or political process especially in Europe where they have never been accepted. Even in the US lie detectors have no legal standing.

The senior lecturer in psychology added: "The lie detector is really an American story. There have been one or two attempts to bring it here but never as a real concept. It is still used extensively in America because of pre-trial bargains, although it's not allowed to be used in court.

"Scientists only really started to study it in the 1970s. It wasn't anywhere else before that really, apart from in pop culture."

This relationship between fiction and lie detecting goes deeper.

Harvard psychologist William Moulton Marston created the comic book character Wonder Woman in the 1940s. But he also invented the forerunner of

the polygraph in 1913 and, from testing people with his machine, he concluded that women were more reliable than men. This inspired him to create the female superhero.

However, the unwavering belief in the infallible nature of the machine has led to some famous slip-ups down the years.

CIA agent Aldrich Ames, who was also secretly spying for the Soviet Union and Russia, passed two polygraphs during his time with the agency before being caught.

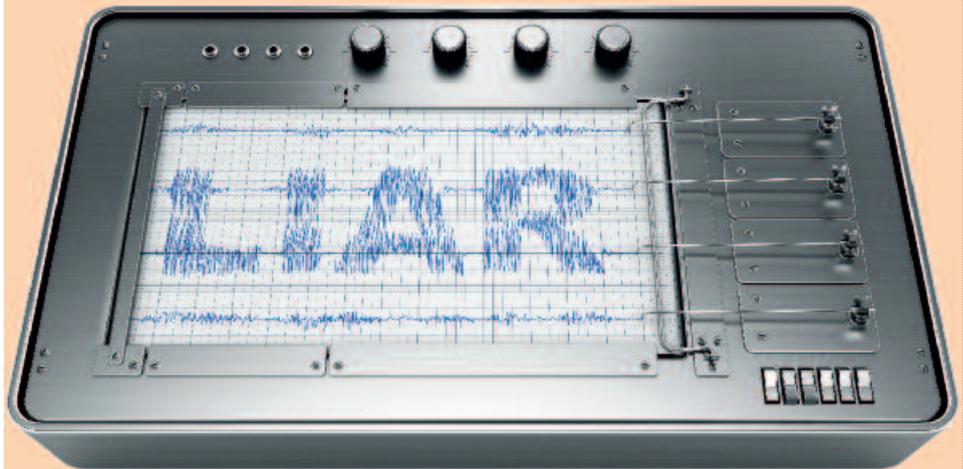
So, how do you beat the lie detector?

Dr Bunn said: "Place a pin in your shoe? Count backwards in sevens from 100? Drink cola spiked with aspirin? Clench your buttocks at strategic moments? No. The best way to beat the lie detector is simpler than all these: don't believe the hype."

Dr Geoff Bunn investigated the latest lie-detecting technology in the BBC Radio 4 programme The Truth and Nothing but the Truth. Listen now at www.hpsc.mmu.ac.uk/psychology



The Truth Machine: A Social History of the Lie Detector by Dr Geoff Bunn is published by the Johns Hopkins University Press and is available online.



Lie detector timeline

1921: Polygraph machine invented by a police officer in Berkeley, California, based on Harvard psychologist William Moulton Marston's lie detector which measured systolic blood pressure.

Berkeley police officer John Larson created the machine, helped by Leonarde Keeler, the 17-year-old son of a Hollywood writer.

Berkeley police chief August Vollmer wanted to use the new 'science' to make police more law abiding in interrogation.

1923: US Supreme Court rules scientific evidence, such as that from the polygraph, should only be used if it had gained enough acceptance from the scientific community.

1930: Keeler, backed by the polygraph, set up the scientific crime detection lab at Northwestern University in Chicago.

1983: Lord Bridge's review into how a former RAF serviceman could sell information to the Soviet Union decided not to introduce lie detectors into British intelligence services but ordered a report into their effectiveness.

1989: Dr Archie Levy of the Medical Research Council, reporting back to Lord Bridge's review, found the machine's ability to detect lies was 'fiction'.

2013: Polygraph is a multi-million dollar industry in the US with 4,000 qualified operators.

The classic 'briefcase' model sells for around \$5,000.

"The lie detector is really an American story. There have been one or two attempts to bring it here but never as a real concept."

Caffeine boost



New research into the effects of caffeine spray compared to caffeine drinks on sports performance has shown that there are noticeable benefits – which is good news to the company that commissioned the research.

For many gym-goers, a quick cup of coffee before setting off can provide just the boost needed to ensure a productive session.

But a new product that has been tested at MMU's Institute of Performance Research (IPR) can provide even greater benefits – without even having to put the kettle on.

The research team of Dr Gladys Onambélé-Pearson, Dr Christopher Morse and MSc research students Jamie Woodroffe and Adam Bentley have been looking at the effects of caffeine spray compared to caffeine drinks such as coffee.

Testing a group of people aged between 23 and 39, the team looked at several markers of performance, including blood pressure, heart rate, blood vessel diameter, strength, oxygen usage and blood glucose levels.

And they found that using the caffeine spray had noticeably better results than simply drinking a cup of coffee.

Caffeine improves performance by increasing the ability of cells to take in calcium, which is an essential part of the communication process between the nervous system and the muscles. Increased levels of calcium lead to greater strength and speed of muscle function.

A shot of espresso can also increase the metabolism, meaning someone who drank a cup of coffee before going to the gym can work at a lower rate but burn the same amount of fat, while caffeine also helps the body choose to burn fat rather than muscle or carbohydrates. Caffeine can also make gym sessions last longer by helping to keep fatigue at bay.

However, it can take around 15 minutes for the caffeine in a cup of coffee to start having an effect – which is why Ben Coomber of the company Body Type Nutrition, who commissioned the research, was looking for an alternative method.

The team started by measuring the participants while they rested, looking at their blood pressure, heart rate and blood vessels to find their normal cardiovascular performance, while a breathing mask measured their oxygen use and the researchers noted the amount of glucose in the blood. Glucose is also critical for exercise as it provides the necessary energy.

Muscle strength was measured using a handgrip and a special chair, which utilises strain gauges to measure pushing and pulling forces, and the electrical activity of the muscles was also tested.

They then applied the different treatments – caffeine spray, coffee or a placebo version of each and looked again at each variable.

They found that while both the caffeine spray and the coffee had a notable effect on each measure, the effect of the caffeine spray was the greater.

While coffee or other caffeine drinks can take up to 15 minutes to take effect, the spray showed physiological effects within five minutes, and these effects remained more consistent.

The spray allowed the participants to work more efficiently by using up less

glucose and oxygen, and led to increased muscle efficiency whereas the coffee appeared to impede muscle efficiency. The spray also created a greater increase in muscle strength.

And by using protein or a combination of fat and carbohydrates as a source of energy, where the drink mainly utilises carbohydrates, the spray was seen to be better at helping to burn fat.

Dr Onambélé-Pearson said: “The research showed the participants who used the spray becoming more efficient – they were able to use less energy to produce a physical effort. It is like running a car on a better fuel.”

She added that there would certainly be people interested in any new product that could help them to improve their performance.

“For people who want to prolong their exercise session this could enhance their gym going, or people who are looking at weight loss programmes might be tempted by something that helps them burn fat,” she said.

Ben Coomber is now planning to launch a performance spray under the name of his new company, Transdermal Technology Ltd, within the next few months.



Ben Coomber from Body Type Nutrition

Ben said: “It’s a totally innovative product – there’s nothing like this out there. But as a professional sports nutritionist I would never be happy to bring out a new product and make bold claims without having the research to back it up.

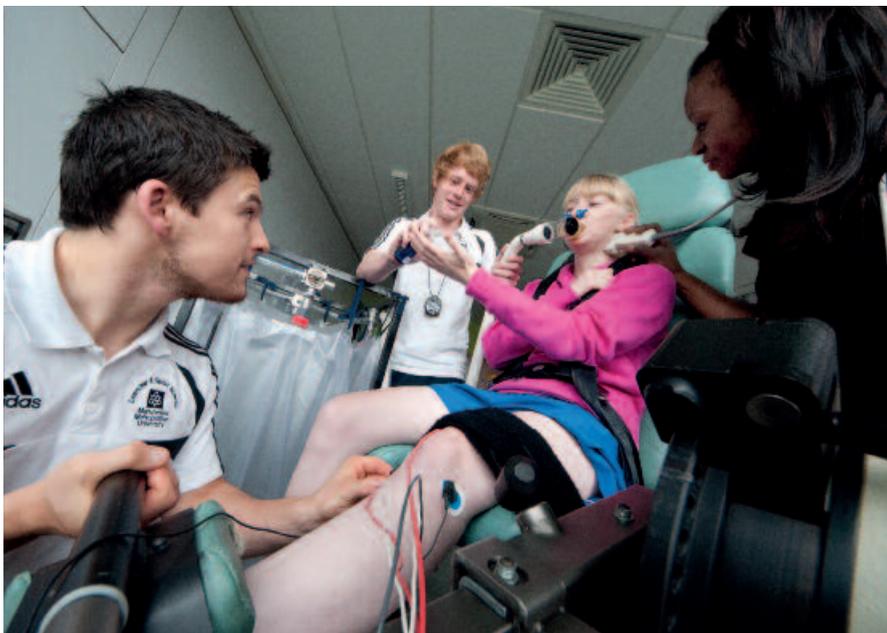
“Gladys was great at explaining the process and always made time for me, and that gave me the confidence to feel I could trust her and we could work together. This means that my business is now 100 per cent viable – I can take the spray to athletes and gym-goers and say I have something that is based on real research.”

However, one mystery remains – just why the spray works as well as it does.

“The truth is we don’t really know why there is a difference yet,” said Dr Onambélé-Pearson. “It’s a puzzle and we are hoping to be able to look into it further.”

Dr Gladys Onambélé-Pearson is a research fellow at the Institute of Performance Research, which is based at MMU’s Cheshire campus and engages in internationally recognised applied human performance research.

www.ipr.mmu.ac.uk



Left to right: Adam Bentley, Jamie Woodroffe, Georgina Stebbings and Dr Gladys Onambélé-Pearson

Learning from the best

As PGCE graduate Philippa Hallworth begins her second year in teaching, she looks back at how the Faculty of Education prepared and supported her as a Newly Qualified Teacher.



Philippa Hallworth always wanted to help mould young minds in the classroom but she had to choose where to take the first step into the world of teaching.

Philippa opted for Manchester Metropolitan University's postgraduate certificate in education (PGCE) after researching several other courses.

The 24-year-old quickly settled on MMU and hasn't looked back since, completing the PGCE in Primary Education with Qualified Teacher Status in 2012 and landing a job thanks to her work on the course. She has now started her second year of teaching at a primary school in Manchester after a successful Newly Qualified Teacher (NQT) year.

"I always wanted to do teaching but knew I'd like to specialise in primary teaching so used my undergraduate degree in sport science to get onto the PGCE," said Philippa.

She then embarked on a transforming year, turning from graduate into NQT. Philippa had three placements at schools as well as tapping into support and courses available to trainee teachers at MMU.

Thanks to the University's links with schools around the region, she was able to stay close to her base as tutors aim to place the soon-to-be teachers with primary and secondary schools close to where they are living.

Philippa said: "It's hard work but worth it. In Droylsden, my first placement, I was recommended by the headteacher there to the headteacher of the job I have now, which is just down the road. Quite a lot of my friends experienced the same thing."

Talking about her new role as a teacher, Philippa said: "I'm loving it. I couldn't imagine doing anything else. Teaching is so different to almost all other things. You've got a classroom of children to look after and teach – I don't think anybody could fully prepare you for what it's like.

"When I got home after my first day of teaching, I couldn't quite believe I was a 'real' teacher – and on my own in a classroom. It was a big moment!"

And thanks to her positive experience at MMU, she opted to carry on studying at the University doing a master's degree in education.

"There is great support while doing a PGCE at MMU – the tutors get people in from different agencies to talk to us, such as if you wanted to sign up to be a supply teacher. They would always help with things like application forms because applying for teaching jobs was new to us all.

"There were lots of opportunities with sideline courses and they are brilliant. They ran a music course for those who were hoping to become music leaders, which I wanted to do – and I'm now the head of music at my primary school."

Reflecting on her first year as a teacher, Philippa said: "Life in the classroom as an NQT is extremely hard work and stressful at times, but in the end it's very rewarding because it is constantly changing and challenging without any time for the monotony that comes with many jobs."

Find out about alumni support for NQTs at MMU
www.ioe.mmu.ac.uk/alumni/nqt

Why not visit one of Manchester Metropolitan University's exhibitions or attend a performance at the Axis Arts Centre or Capitol Theatre when next at the Manchester or Cheshire campuses?

What's on

Axis Arts Centre

Cheshire Campus
Crewe Green Road
Crewe CW1 5DU
Bookings: 0161 247 5302
Email: a.a.c@mmu.ac.uk
www.axisartscentre.org.uk
Concession rate tickets for MMU alumni

Tuesday 5 November GETINTHEBACKOFTHEVAN:

Number 1, The Plaza
New theatre piece by acclaimed performance company.

Thursday 7 November

Florence Peake: *Make*
A task force of female performers build and then dismantle a monolithic structure through a series of choreographed actions.

Capitol Theatre

Mabel Tylecote Building
Cavendish Street
Manchester M15 6BG
Bookings: 0161 247 1306
Email: capitoltheatre@mmu.ac.uk
www.capitoltheatre.mmu.ac.uk

Wednesday 6 November – Saturday 9 November

Kindertransport
By Diane Samuels (Nick Hern Books).
Directed by Chris Hayes

Based on the true plight of Jewish parents trying to get their children out of the growing Nazi territory, the play deals with the separation of a child from its parent.

Wednesday 27 November – Saturday 30 November

The Lower Depths
By Maxim Gorky. Translated by Kitty Hunter-Blair and Jeremy Brooks.
Directed by Andrew Jarvis

Depicting life in a Russian dosshouse, the play was first staged in the Moscow Art Theatre in 1902 and is widely recognised as Gorky's most accomplished play.

The Holden Gallery

Grosvenor Building
Cavendish Street
Manchester M15 6BR
Phone: 0161 247 1751
Info: www.holdengallery.mmu.ac.uk

Check out the Holden Gallery website for information about up-coming exhibitions.

Humanities in Public

Institute of Humanities and Social Science Research
Programme details available online at: www.hssr.mmu.ac.uk/hip

A new programme of talks, intellectual debates and social activities – including music, food, film screenings, readings, poetry and art exhibitions – covering a wide range of subjects. Events are free and open to the public. All welcome!

Special Collections

Sir Kenneth Green Library
All Saints
Manchester M15 6BH
Info: 0161 247 6107
www.specialcollections.mmu.ac.uk

Until Friday 20 December The Language of Process

How new materials and technologies are changing product design.

Full MMU events listing:
www.mmu.ac.uk/news/events

Manchester Metropolitan University values its relationships with companies, organisations and alumni, and is keen to make new connections. To find out more about any of the schemes or stories in this issue, please contact us.

Contact us

Alumni and Development

Email: alumni@mmu.ac.uk
Tel: +44 (0)161 247 2158
www.mmu.ac.uk/alumni

Careers and Employability

Email: careers@mmu.ac.uk
Tel: +44 (0)161 247 3483
www.mmu.ac.uk/careers

Expertise for Business, Public Sector and Communities

Email: conversation@mmu.ac.uk
Tel: +44 (0)161 247 2186
www.mmu.ac.uk/business

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Email: marketing@mmu.ac.uk
Tel: +44 (0)161 247 1692
www.mmu.ac.uk

MMU International

Tel: +44 (0)161 247 1022
www.mmu.ac.uk/international

Postgraduate Study

Tel: +44 (0)161 247 6969
www.mmu.ac.uk/postgrad

Success

Email: success@mmu.ac.uk
Tel: +44 (0)161 247 3402
www.mmu.ac.uk/success

Venues at MMU

Email: venues@mmu.ac.uk
Tel: +44 (0)161 247 1565
www.mmu.ac.uk/conference



**Manchester
Metropolitan
University**

Manchester Metropolitan University
Success
Bellhouse
Lower Ormond Street
Manchester M15 6BX
United Kingdom

www.mmu.ac.uk