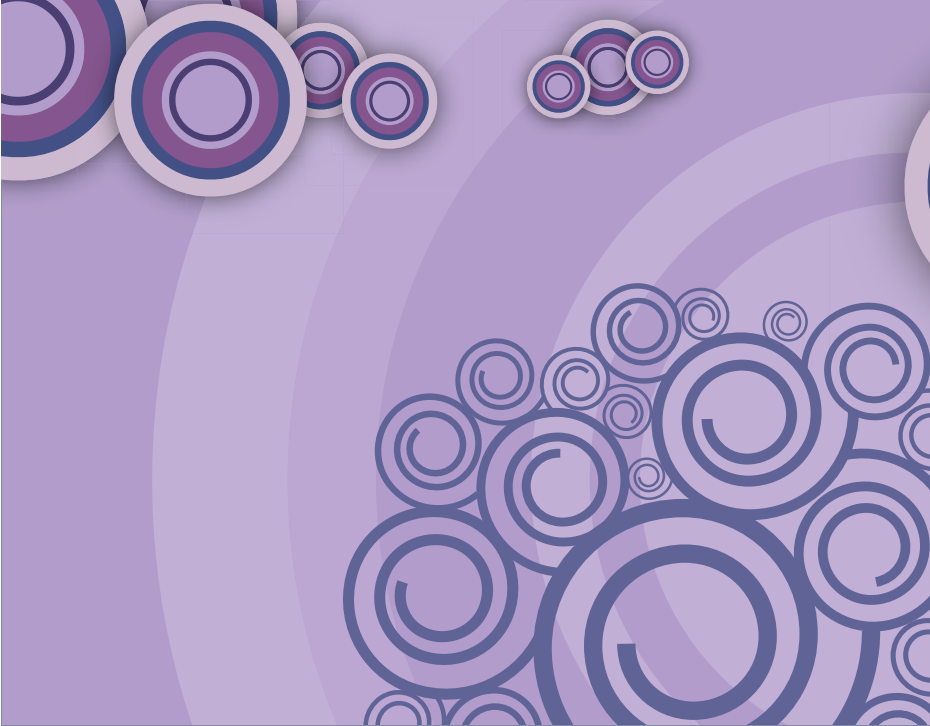




Paul Bembrick
Graphic Designer

Portfolio 2018



I am an experienced Graphic Designer with over 20 years experience. I have a varied portfolio of design work for print and digital platforms.

My work covers a wide range of design for print within retail and higher education including: brochures, catalogues, point-of-sale material, external advertising, exhibition displays, direct mail, packaging, corporate identity/branding and its application, marketing campaigns and advertising for magazines and newspapers.

I have experience in creating assets for digital platforms including: social media, online advertising including animated banners, website concepts and assets, also a digital magazine app using MAG+.

My experience has been gained working within in-house studios, an agency environment and as a freelance designer. I am happy to work as part of a team or as an individual who is confident in taking a client's brief from initial concepts through to final designs with a friendly and professional attitude.



Assets created for web pages,
eg headers, in-line images or
banner advertising



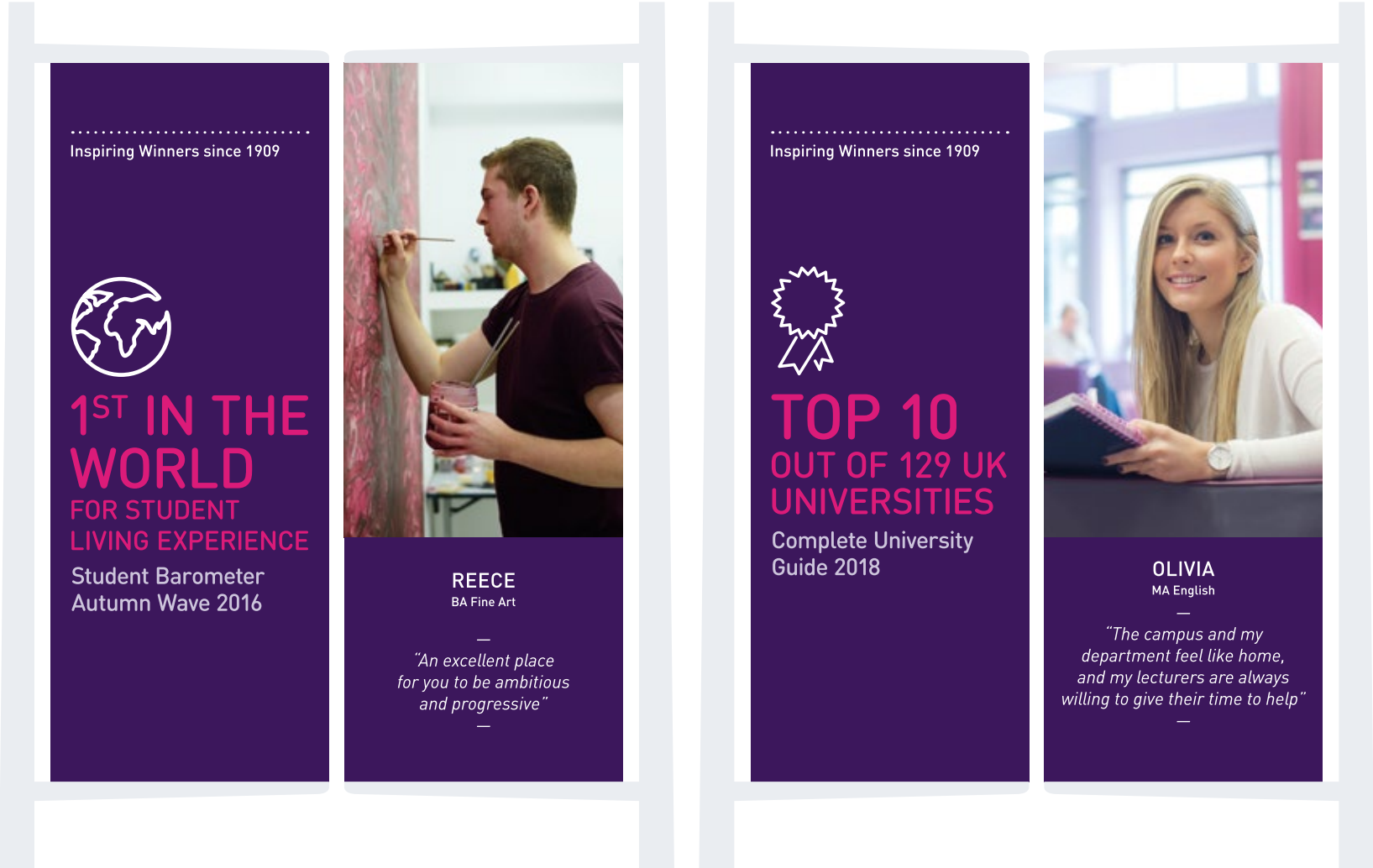
Assets created for social media,
eg Facebook, Twitter,
Instagram or Snapchat



Designed for print,
eg brochures, leaflets,
external display or exhibitions



Animated for social
media or webpages
as gif files

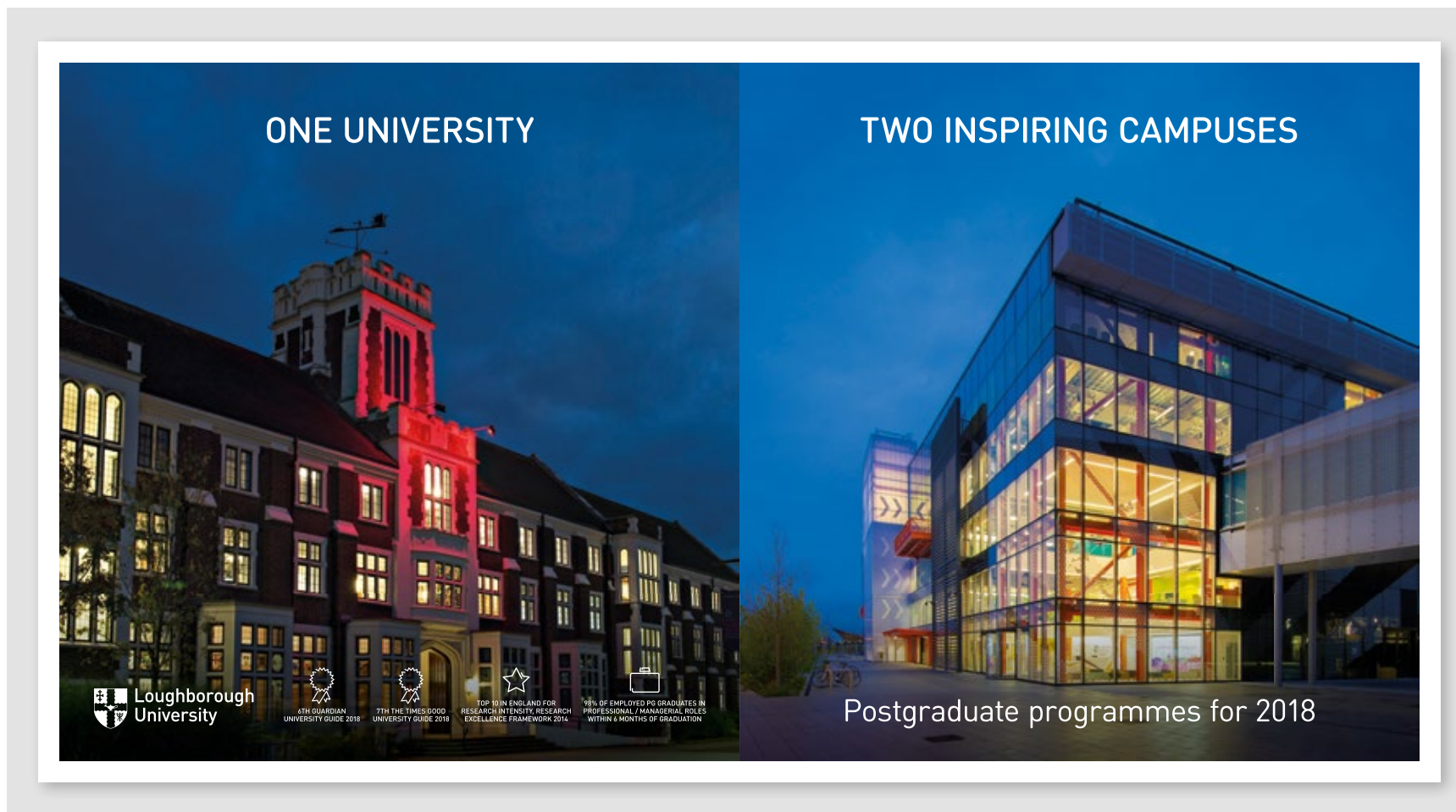


Lamp post banners.



Billboard poster.





Billboard poster.



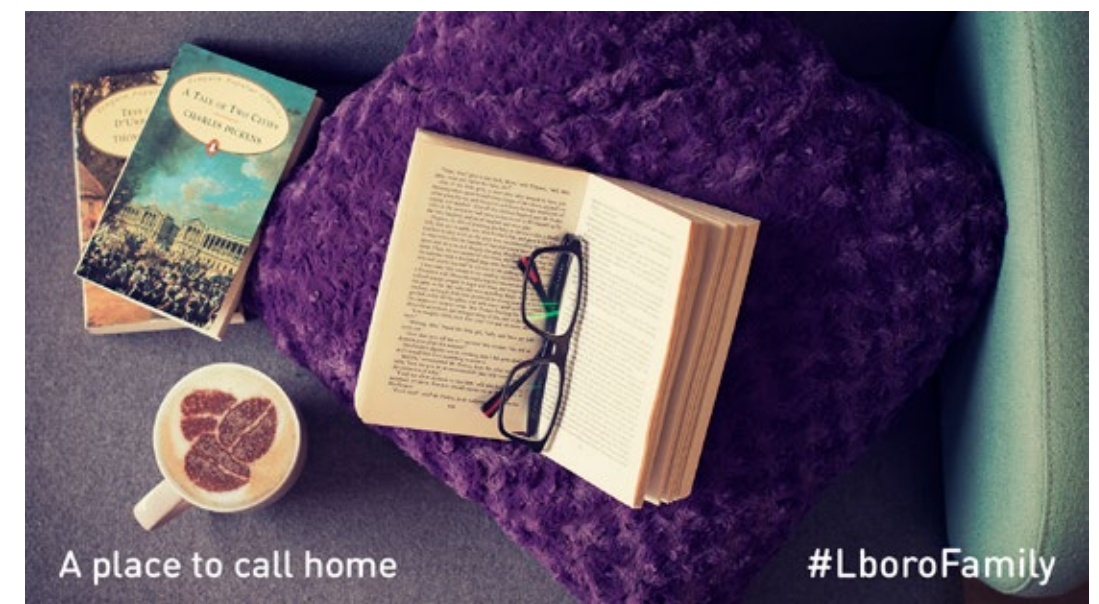
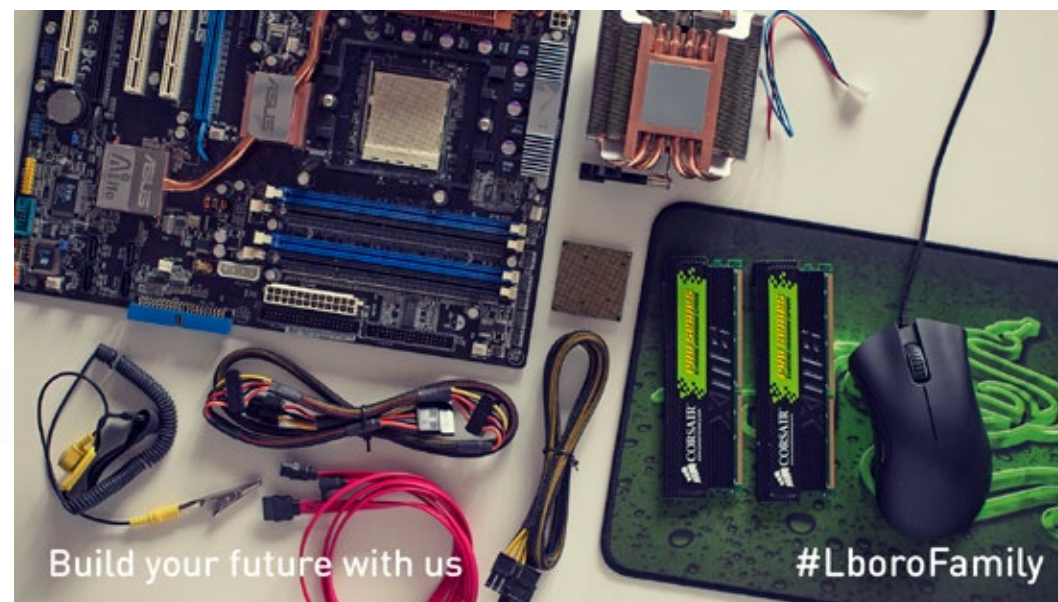
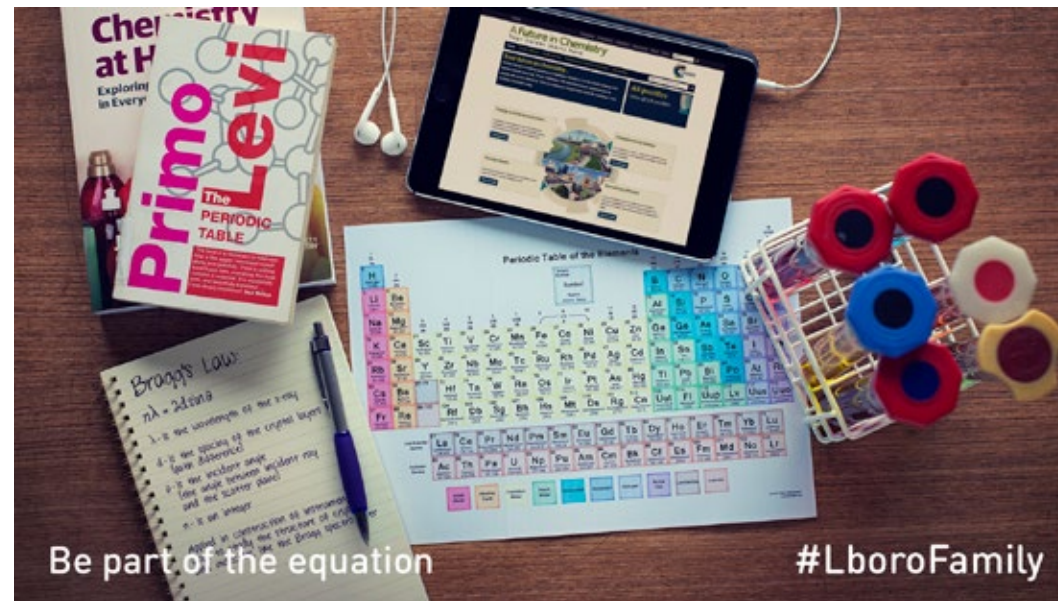
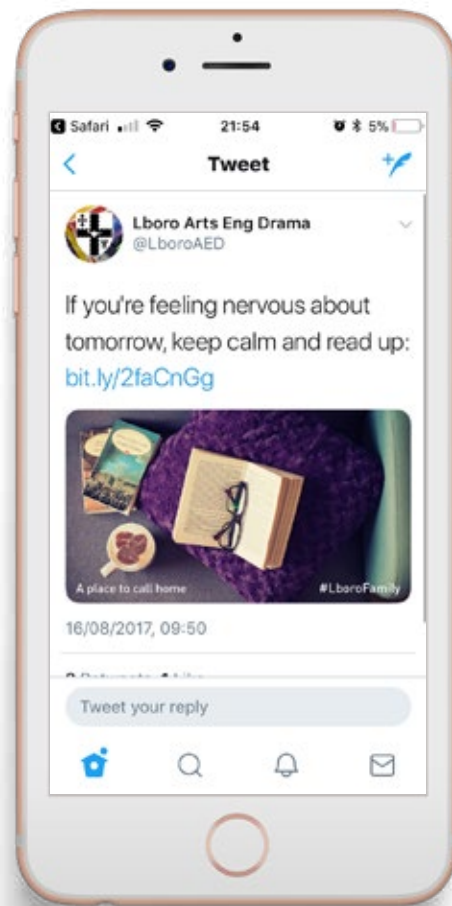
University accolades.



Loughborough University student recruitment

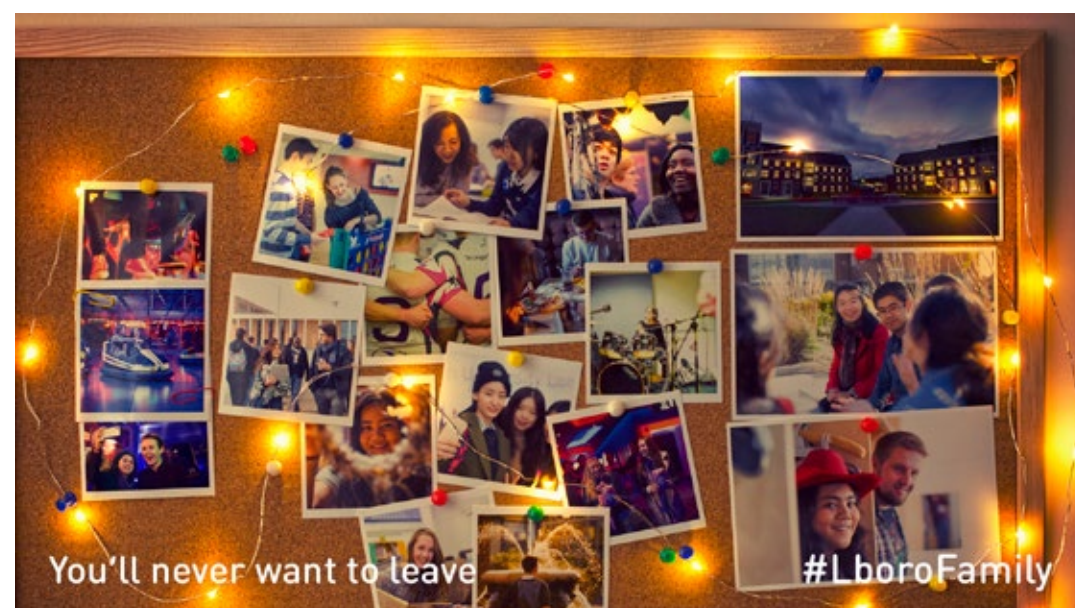
Social media (Snapchat, Instagram, Twitter, Facebook) and email campaign for building student engagement up to the clearing process.

Supporting web chats and online Q&A sessions for Chemistry, Drama, English, Electrical Engineering and Geography departments.



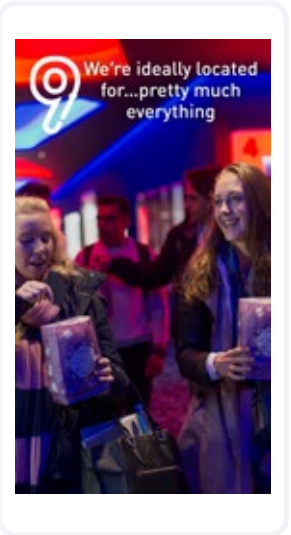
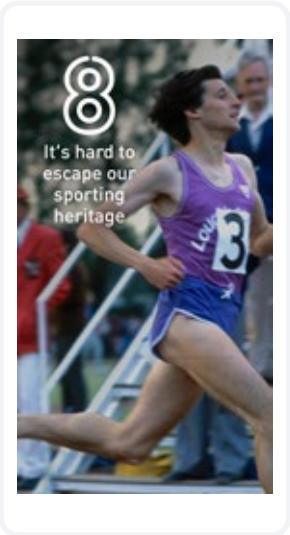
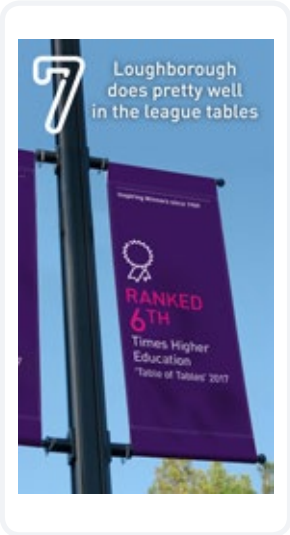
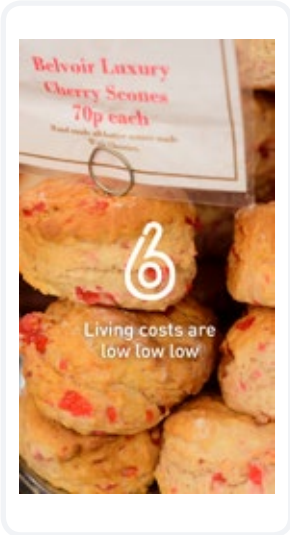
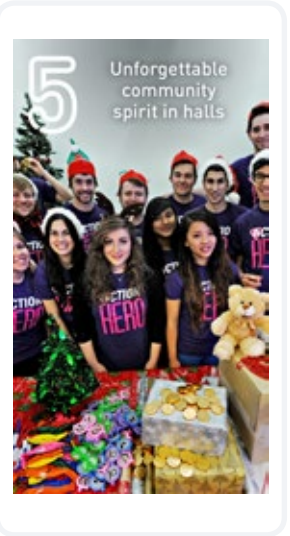
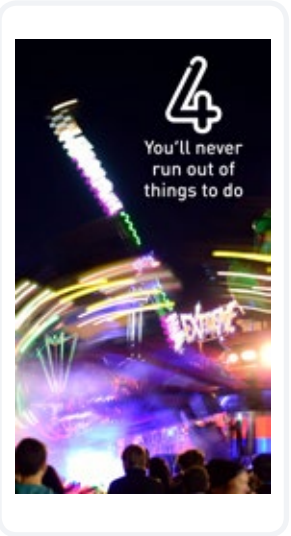
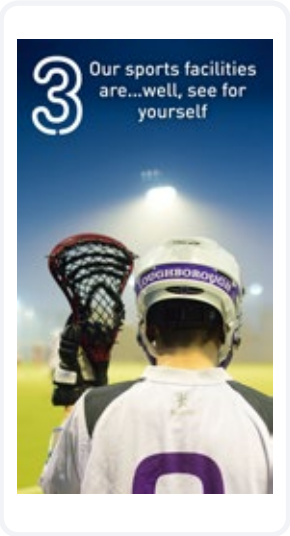
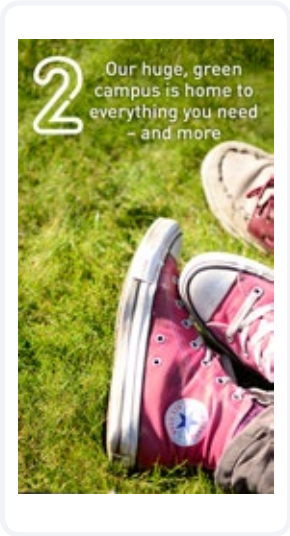
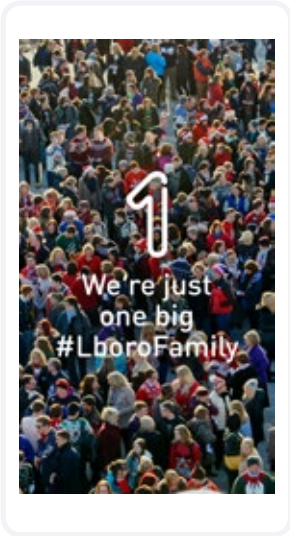
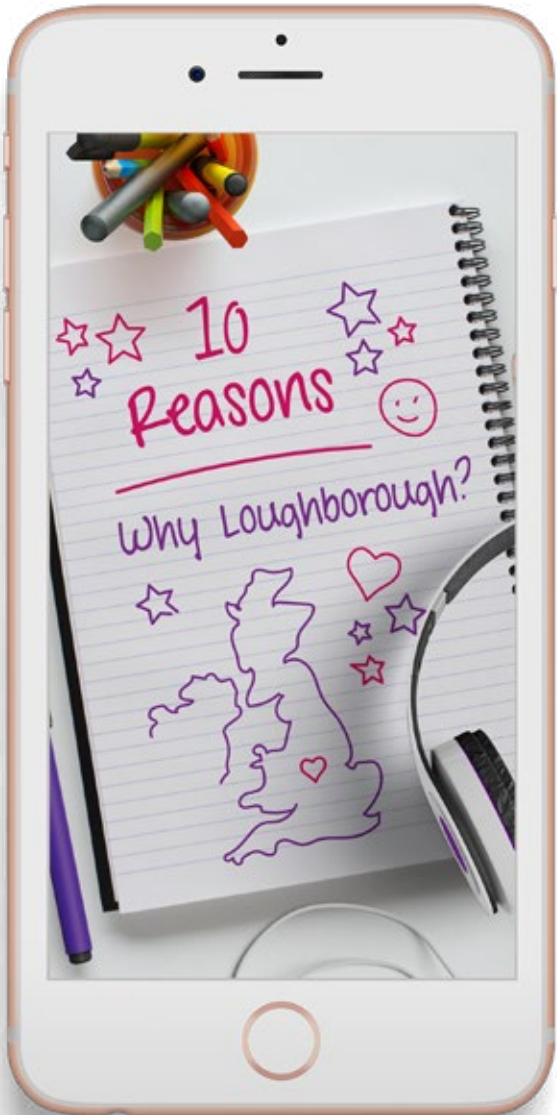


Social media, website banner advertising, email blast and countdown messaging for student engagement and building the #LboroFamily message.



Loughborough University student recruitment

Social media Snapchat story for student recruitment and engagement campaign.

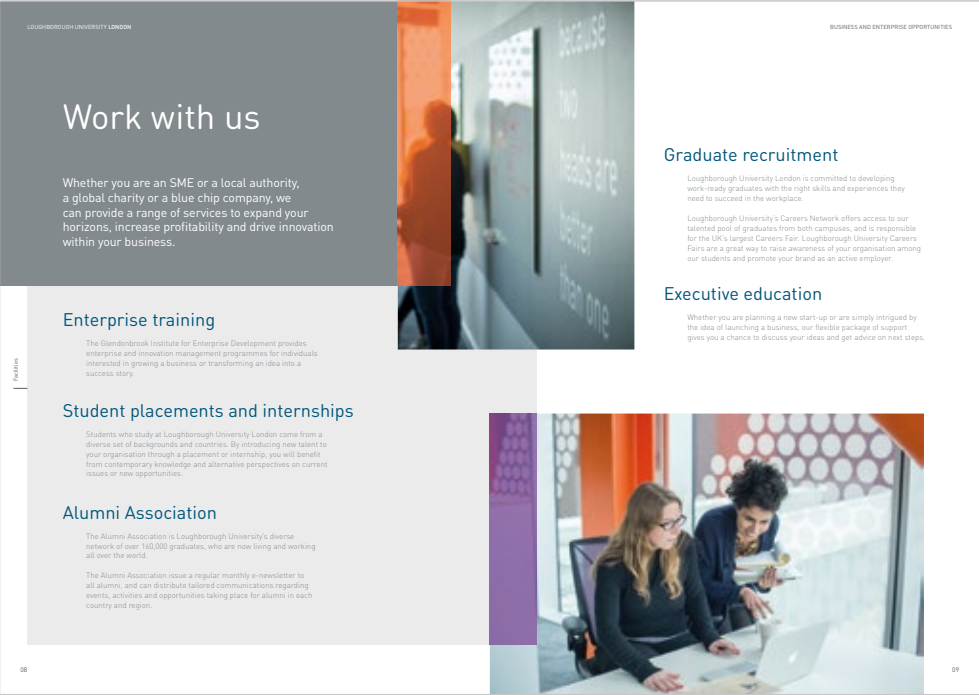
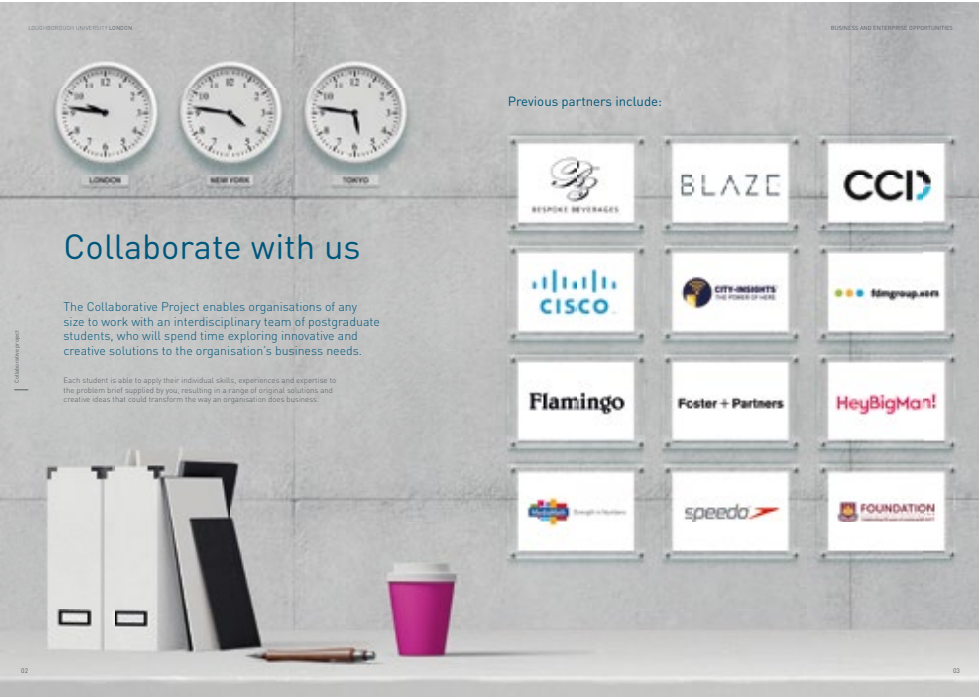


Student engagement via social media, 'One word' and 'Decision day' splash graphics.



Loughborough University London brochure

Employer engagement brochure for Loughborough University London.



Loughborough University brochures

EPSRC Centre for Innovative Manufacturing in Regenerative Medicine – yearly report brochure.

Regenerative Medicine Manufacturing: Towards 2020



EPSRC Centre for Innovative Manufacturing in Regenerative Medicine

How we define regenerative medicine manufacturing

Regenerative medicine is a high value field of healthcare with the potential to transform lives for the better. It covers a wide range of therapies designed to enable damaged, diseased or defective cells, tissue and other tissues – and even whole organs – to work normally again.

The regenerative medicine manufacturing sector needs to translate these therapies to the clinic in sufficient quantity and in safe and cost effective ways to ensure the viability of the industry as a whole.

Our Centre works to equip the industry with manufacturing tools, technologies and platforms to consider the supply chain from end to end. We utilise a systems approach to draw together the many processes involved in transferring the right therapies to the right patient at the right time.

What is an EPSRC Centre for Innovative Manufacturing?

The sixteen EPSRC Centres for Innovative Manufacturing are part of a novel approach to maximise the impact of research funding for the UK, supporting existing industries and, more importantly, opening up new industries and markets in growth areas. Each Centre receives five years of funding to retain staff, develop collaborations and carry out feasibility studies. Centres vary from medical devices and regenerative medicine to photonics and liquid metal engineering.

The EPSRC Centre for Innovative Manufacturing in Regenerative Medicine was created in 2012 and is led from Loughborough University, in partnership with complementary groups at Keele University and The University of Nottingham.

About our funder, the EPSRC

The Engineering and Physical Sciences Research Council (EPSRC) is the main UK government agency for funding research and training in engineering and the physical sciences, investing more than £800 million a year in a broad range of subjects. From mathematics to materials science, and from information technology to structural engineering.

EPSRC
Engineering and Physical Sciences Research Council

“The UK has the chance to be a leader in this field [regenerative medicine] and the opportunity must not be missed. The UK could and should be a world leader in this field.”

Professor David Williams and Technology Research Committee Report on Regenerative Medicine, July 2012

Research portfolio: Manufacturing and automation

As regenerative medicine products evolve, regulation is clarifying the requirements of platforms to deliver the medicines to the patient and systems for the manufacture and supply of the products. The EPSRC Centre addresses the challenges of the manufacturing community, the effective supply of cellular therapies by developing tools and technologies that will equip the growing industry.

Case studies

The EPSRC Centre team are investigating alternative manufacturing models that will more appropriately satisfy the **comparability** requirements of regulators – where products made at two or more different sites must be shown to be of equivalent quality.

HepatoCOOL™ was designed to engineer a unique system to mimic components of the physiological niche, increasing stem cell recovery and survival post-transplantation. HepatoCOOL™ is a rapid and effective means of reducing the dissolved oxygen concentration of cell culture media to minimise oxidative stress during stem cell recovery.

The team have also worked to test and validate a platform **Regenerative pressure growth chamber** from Invitro™. Currently applied hydrostatic pressure delivered by the bioreactor can independently stimulate bone growth and also act synergistically with soluble factors added into the cell culture media to enhance bone development in the laboratory.

Researchers have worked with TAP Biosystems and other companies to design manufacturing platforms that minimise the requirement for manual intervention in cell production and provide opportunities for **automation** of manufacturing.

The viability of such manufacturing platforms is further investigated using tools such as **next of goods** and **COGS** analysis.

In conjunction with companies and other researchers are investigating the regulatory and operational logistics of **meas-factories** or clinics close to the bedside.

Key outputs

Patent application pending for HepatoCOOL™.

Demonstration of a range of applications for an advanced micro bioreactor system, the ‘next’ phase TAP Biosystems.

PA3 03/2012: Developing human cells for clinical applications in the European Union and the United States of America (EU, 2012).

Recognition of projects and work evidence from David Williams in House of Lords Science and Technology Committee Report on Regenerative Medicine, July 2013.

Industrial collaborations

“Collaborating with commercially driven UK researchers is resulting in developing novel automation, which will secure future sustainable production of affordable cell therapies.”

David Williams, CEO, TAP Biosystems

“The EPSRC project has provided the essential proof of principle for HepatoCOOL, and through such support has better ensured positive outcomes both in terms of the application of biological production and adding value to the Russian business.”

Prof David Thomas, UK Commercial Sales Manager, Novartis



“To view all our research projects, visit our [BIO-UK website](#).”

EPSRC

Ways of working with us

“Our fruitful collaboration with the EPSRC Centre at Loughborough University has given us access to manufacturing science expertise and specialist equipment to support the progress of two of our flagship projects.”

Professor David Williams, CEO, TAP Biosystems

Collaborative research

We collaborate with academic, clinical and commercial organisations on a wide range of funded research, both within our existing EPSRC Centre funding and in applying for new funding for co-designed projects. We are building a precompetitive community of academic to share best practice in regenerative medicine manufacturing. Cost effective ways of working with us include part or full sponsorship a PhD studentship.

Contract research

Colleagues within the EPSRC Centre are available to assist the commercial research projects for commercial clients. Subsequent cost commission the Centre's researchers to work in production specific to their needs.

Facilities and services

We collaborate with academic, clinical and commercial organisations on a wide range of funded research, both within our existing EPSRC Centre funding and in applying for new funding for co-designed projects. We are building a precompetitive community of academic to share best practice in regenerative medicine manufacturing. Cost effective ways of working with us include part or full sponsorship a PhD studentship.

Knowledge Transfer Partnerships (KTPs)

KTPs are relationships formed between a commercial organisation and a university, delivering a high transfer of knowledge, technology and skills to which the commercial partner currently has no access. Projects can vary in length from 6 to 36 months and support can be provided in preparing the funding application.

Investment and licensing

Opportunities arise from time to time for tools and technologies to be licensed to commercial organisations or for select companies to be licensed. Potential investors or licensees are invited to contact us.

To discuss joining our group of collaborators through any of the above ways of working, please contact us using the details on the back cover of this document.

Key collaborators:

- Amgen
- Athlete
- Baker Hughes
- Bio-Link/Pharm Systems Group
- BIO
- CCRM
- Cell Therapy Catalyst
- GE Healthcare Life Sciences
- GLS
- Harvard Stem Cell Institute
- Heidi Hall University
- Invitro
- International Organization for Standardization
- i-Site
- Knowledge Transfer Network
- LAB
- Local Therapeutics
- Medline East Midlands and West Midlands
- MSB
- NCBS
- Research
- Research open (TAP Biosystems)
- NHS Blood and Transplant
- NHS
- Alkermes
- Scottish National Blood Transfusion Service
- Smith & Nephew
- TAP Biosystems
- University College London
- University Hospital of Leicester NHS Trust
- University of Bath
- University of Birmingham



Rising stars in regenerative medicine manufacturing

To maintain the UK's global research standing in the context of increasing international competition, UK research councils focus a significant proportion of their investment in supporting those individuals who are deemed to have the most potential to deliver the highest quality research which meets UK and global priorities. The regenerative medicine manufacturing sector provides a perfect environment for such fellowships as considerable growth is required to ensure the success of the industry and the developing leaders can integrate their work into the wider innovation system.



Nick Medford
Loughborough University

Nick is conducting research at Loughborough University into the production and delivery of regenerative medicines under an EPSRC Manufacturing Fellowship. His research lies in the application of ultrasound, optical and microfluidic techniques for non-invasive characterisation of live cells, fibroblasts and tissue. The focus of Nick's Fellowship is the development of microfluidic ultrasound techniques to develop tissue properties for improved disease diagnosis and to track therapeutic cells inside the body used in regenerative medicine.



Melissa Mullins
The University of Nottingham

Melissa holds an EPSRC Career Acceleration Fellowship at the Institute of Biophysics, Imaging and Optical Science, based at The University of Nottingham. Her research lies in the application of ultrasound, optical and microfluidic techniques for non-invasive characterisation of live cells, fibroblasts and tissue. The focus of Melissa's Fellowship is the development of microfluidic ultrasound techniques to develop tissue properties for improved disease diagnosis and to track therapeutic cells inside the body used in regenerative medicine.



Robert Thomas
Loughborough University

Robert is an EPSRC Early Career Fellowship holder at Loughborough University. He is developing tools and processes for haemopoietic cell manufacture. Haemopoietic cells can give rise to multiple clinically useful cell types from red cells to immune cells to progenitors. The team aims to develop manufacturing technology that can deliver significant jumps forward in control, cost reduction and scalability of manufacture to facilitate the clinical impact of these cell therapies.



Lisa White
The University of Nottingham

Lisa has secured a prestigious Marie Curie International Outgoing Fellowship, a European Commission programme designed to enable researchers to undertake their research in a country outside Europe. Lisa's research focuses on developing innovative experimental fluid decontamination technology. She will be based within Stephen Barker's lab at the University of Pittsburgh for 15 months before continuing her research within the Tissue Engineering Group at The University of Nottingham for a further 12 months.





Loughborough University London

Careers Network
Skills Guidance Placements Employment

Postgraduate Employability and Achievement Award

www.lboro.ac.uk/careers/PEAA



Question Prompts

To help you to articulate your submission and reflect on the past academic year, consider the following questions:

1. What have I done?
Provide details including dates and a brief summary of the activity

2. What have I learnt?
Detail the skills and knowledge you have developed

3. What have I achieved?
What activities are you really proud of or passionate about and why?

4. How have I developed personally?
Once starting your course consider your personal growth (e.g. confidence, communication, resilience)

5. What do I still need to develop?
Write about the skills and knowledge you would like to develop further to continue being an agile learner

6. How will this help me in the future?
Detail what you will use what you have learnt from your activities to help you stand out (e.g. when applying for jobs or further study, the workplace, networking or enhancing your own business)

7. What would I do differently?
Detail what you could have done better and how you would resolve a similar situation again

8. Have I considered the Loughborough University Graduate Attributes?
While reflecting on your experience have you thought about how you have developed the Loughborough University Graduate Attributes? Why?

For more details look at the Careers Network Loughborough University London module in LEARN

Loughborough University Graduate Attributes

The Careers Network team have worked with academic staff, students and employers to define the skills and behaviours that define a Loughborough graduate from their peers. These 'Attributes' are outlined in the framework shown below. As part of your submission for this award please ensure that your evidence demonstrates the extent to which you have developed and applied these attributes.

Active, collegial and inclusive	Professional, creative and enterprising	Resilient, reflective and inquisitive
Versatile teamworker Collegial and collaborative	Innovative and enterprising Research-minded and inquiring	Resilient and adaptable Determined and motivated
Caring, ethical and with integrity Diversity-minded Thriving in diversity	Reliable and committed Setting things done, and done well	Reflective and articulate Critical and analytical thinkers
Active participant Proactively engaged	Competitive, high achiever Flexibility potential, demonstrating leadership	Agile lifelong learner Resilient and proactive

PASSIONATE, PRINCIPLED AND PROUD

These are useful to consider when you reflect on how you have developed over the past year.

Submission

You can choose to submit your application for an award in many ways and you can be as creative as you wish. Examples could be:

- Video
- Podcast
- Infographic
- Powerpoint
- Photo
- Storyboard
- Podcast
- Report
- Movie
- Report

All submissions must have an endorsement from a professional. This could be an individual from an organisation with which you have worked, an academic or a member of Loughborough University London or LCU London staff. The endorsement can be written or delivered as a video.

For more details look at the Careers Network Loughborough University London module in LEARN

Timeline

Postgraduate Employability and Achievement Award submission timeline.

1
Attend the phase 2 Employability Profiling assessments in April. Attendance is compulsory and an essential element of your submission to the award

2
Talk to a member of the Loughborough University London Careers Network team if you have any questions about the award or if you need any additional support in making your submission
London-employability@lboro.ac.uk

3
Ask an appropriate professional to endorse your submission (e.g. an individual from an organisation with which you have worked, an academic or a member of Loughborough University London or LCU London staff)

4
Create your submission

5
Email the Loughborough University London Careers Network team when you are ready to submit and clarify the method of submission (e.g. video, report, PPT etc.)
London-employability@lboro.ac.uk

6
Send in your submission by Wednesday 15 June 2016

NOTE: We may wish to use your submission for future marketing, please let us know if you do not wish to take part.

For more details look at the Careers Network Loughborough University London module in LEARN



Loughborough University

School and College Liaison

Activity Guide

www.lboro.ac.uk/school-college-liaison



Welcome

Loughborough University's School and College Liaison team offer a range of interactive and inspiring activities that can be delivered both off and on our campus. Each session can be tailored to suit different ages and group sizes and is designed to encourage students to succeed with their future study and career ambitions. All activities are offered free of charge and can be delivered at a time to suit your own circumstances. If you would like more information about any of the sessions or would like to book, please contact wp@lboro.ac.uk or call 01509 222488.

Raising aspirations

Suitable for students aged 13 and upwards, our range of Higher Education activities are designed to increase awareness of routes into undergraduate learning and dispel myths associated with universities. By understanding the diverse range of student backgrounds and the barriers that others have overcome it is hoped that your students will feel encouraged to explore the idea of attending university themselves.

Interview a student: Working in small groups, students have the opportunity to spend time with one of our Student Ambassadors. Each group receives a selection of case studies detailing the different experiences of Loughborough's current undergraduate students as well as a question sheet for them to discuss with their Ambassador.

The A - Z of university: With more than 30,000 degree choices on offer from over 150 different institutions there is a lot of choice for those interested in university. During this quiz-based session students consider the range of subjects that are on offer to them and think about where they might like to live whilst attending university.

Make me a model student: This session encourages students to get creative and imagine themselves as an undergraduate. Working individually or in small groups, they need to consider all elements of university life to design the student they hope to become.

UCAS advice: For students aged 18 and upwards there will be a number of significant decisions that need to be made to ensure that they can pursue their chosen ambitions. We offer a range of UCAS related sessions to help them navigate the university application process, including: choosing the right A Levels/BTECs, writing a personal statement and student finance.

VIP campus tour: A chance for your students to take a tour of our 400-acre campus. Delivered by one of our current undergraduates, this activity can be tailored to cover the parts of campus that your students most want to see, including accommodation, the library and the Students' Union. When possible we will also incorporate a chance to visit our academic departments and sports facilities.

Academic sessions

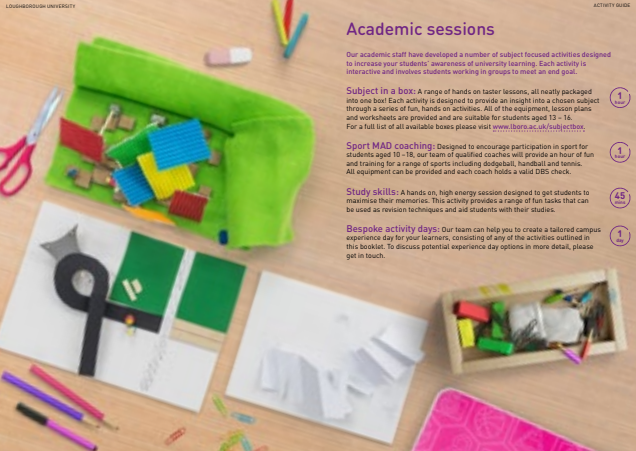
Our academic staff have developed a number of subject-focused activities designed to increase your students' awareness of university learning. Each activity is interactive and involves students working in groups to meet an aim and goal.

Subject in a box: A range of hands-on starter lessons, all neatly packaged into one box. Each activity is designed to provide an insight into a chosen subject through a series of fun, hands-on activities. All of the equipment, lesson plans and worksheets are provided and are suitable for students aged 13 - 16. For a full list of all available boxes please visit www.lboro.ac.uk/collectives

Sport MAD coaching: Designed to encourage participation in sport for students aged 10 - 18, our team of qualified coaches will provide an hour of fun and training for a range of sports including badminton, basketball and tennis. All equipment can be provided and each coach holds a valid DBS check.

Study skills: A hands-on, high-energy session designed to get students to maximise their memories. This activity provides a range of fun tasks that can be used as revision techniques and aid students with their studies.

Bespoke activity days: Our team can help you to create a tailored campus experience day for your learners, consisting of any of the activities outlined in this booklet. To discuss potential experience day options in more detail, please get in touch.



Skills development

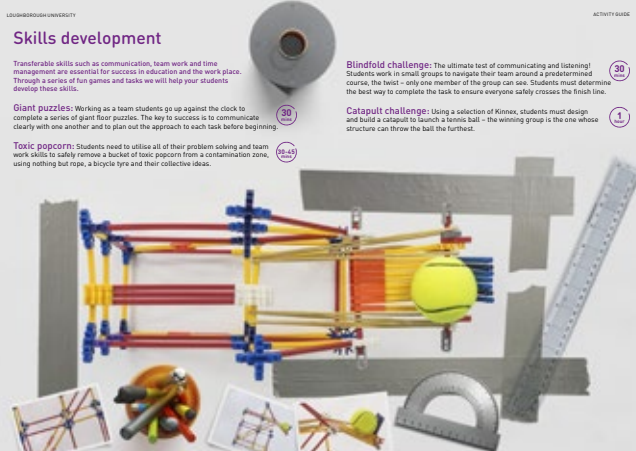
Transferable skills such as communication, team work and time management are essential for success in education and the work place. Through a series of fun games and tasks we will help your students develop these skills.

Giant puzzles: Working as a team students get up against the clock to complete a series of giant floor puzzles. The key to success is to communicate clearly with one another and to plan out the approach to each task before beginning.

Toxic popcorn: Students need to utilise all of their problem solving and team work skills to safely remove a bucket of toxic popcorn from a contamination zone, using nothing but rope, a bicycle tyre and their collective ideas.

Blindfold challenge: The ultimate test of communicating and listening! Students work in small groups to navigate their team around a predetermined course, the twist - only one member of the group can see. Students must determine the best way to complete the task to ensure everyone safely crosses the finish line.

Catapult challenge: Using a selection of K'nex, students must design and build a catapult to launch a tennis ball - the winning group is the one whose structure can throw the ball the furthest.



Loughborough University Careers Network

The guidebook, how to excel in applications and interviews brochure.



Loughborough University



pwc

Careers Network

The Guidebook

How to excel in applications and interviews

www.lboro.ac.uk/careers

Career skills

Application forms

CVs

Covering letters

Interviews



THE GUIDEBOOK
KEY SKILLS

THE GUIDEBOOK
KEY SKILLS

Key Skills

SKILLS EMPLOYERS ARE LOOKING FOR

INFLUENCING

SELF-AWARENESS

NETWORKING

LEADERSHIP

COMPUTER LITERACY

COMMERCIAL AWARENESS

SELF-CONFIDENCE

PROBLEM-SOLVING

NEGOTIATING

TEAMWORK

WILLINGNESS TO LEARN

TIME-MANAGEMENT

ANALYTICAL ABILITY

PRESENTATION SKILLS

INITIATIVE

DECISION-MAKING

PLANNING

WRITTEN AND SPOKEN COMMUNICATION

RESEARCH

date of birth / relationship status etc.

PREPARATION

Typical questions / Assessments and tests

Knowledge of company / industry

Questions to ask

02

03

THE GUIDEBOOK
CV EXAMPLE

THE GUIDEBOOK
CV EXAMPLE

CV Example

No need to include: date of birth / relationship status etc.

Shows transferable skills such as team work

New page = new section

Use of action words

Includes relevant work abroad and course participation

2 full pages in length, uses the space available but doesn't waffle

International students can add permission to work in the UK here

Clear headers / titles

Bullet points make it easy to read

Talks about responsibilities

Separate from the more relevant work experience

Doesn't need to list every GCSE

04

05

THE GUIDESBOOK
COVERING LETTER EXAMPLE

THE GUIDESBOOK
COVERING LETTER EXAMPLE

Covering Letter Example

Showing knowledge of the company. This example is also relevant to the role.

Discusses relevant work experience and shows knowledge of partner company.

International students: Consider adding your eligibility to work in the UK here.

Introduces self, states where she found the job advert, refers to CV.

Quoting statistics to back up positive result.

Please note:
Dear Mr / Ms = Yours sincerely
Dear Sir / Madam = Yours faithfully

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This Covering letter is an example and the contents and contact details used are for illustrative purposes only.

Second brochure in the series for Careers Network, How to secure a placement or work experience.



Loughborough University

RATEMY PLACEMENT

Careers Network

How to secure a placement or work experience

www.lboro.ac.uk/careers

Placements

Finding opportunities

Work experience

Advice and support

THE GUIDESBOOK
INTERVIEW PREPARATION

THE GUIDESBOOK
INTERVIEW PREPARATION

Interview Preparation

How do I prepare?

- Read through the details sent through about the interview – have they asked you to prepare a presentation?
- Read through your application as the interviewers are likely to refer to it.
- Research the company and the role. A common question is “what do you know about our organisation?” They expect you to know the answer. If the company has interview advice on their website, make sure you follow it!
- Research your labour market information and where the company fits within this.
- Create a list of skills and experiences that you would like to cover at some point during your interview and revise them almost as if you were preparing for an exam.
- Practise your answers with a friend, family member or a member of the Careers Network.
- Plan how to get there in plenty of time. Do you have to book a train ticket or taxi?
- Dress appropriately. If you aren't sure what to wear it is always better to look too smart than too casual.

Interview checklist for the night before

- Have you got your clothes ready/ironed?
- Have you read the interview details thoroughly?
- Are you leaving plenty of time to get there in case of traffic/unforeseen circumstances?
- Have you got a map/route plan of where you're going?
- Have you stored the company's contact details in your phone just in case you need them?
- Have you packed all the relevant documents including interview details, your CV, a printout of your application, a notepad and pen, certificates, presentation (memory stick) and hand-outs?
- Have you thought of questions you would like to ask the company?
- Have you got your research on the company to revise on your journey?
- Have you given yourself enough time for a good night's sleep?

22

23

HOW TO SECURE A PLACEMENT OR WORK EXPERIENCE
CHOOSING TO DO A PLACEMENT OR OTHER WORK EXPERIENCE

Graduate attributes

Loughborough students have a reputation for having a wide range of positive attributes which employers are looking for.

The University has developed a set of 'Graduate Attributes' which define a 'distinctive student experience'. The skills and qualities you gain during work experiences will make a positive contribution to developing these attributes whilst at Loughborough.

You will become more familiar with the Graduate Attributes, but here's a taster. Phrases used to describe Loughborough students and graduates include:

Versatile teamworker
Collegial and collaborative

Caring, ethical and with integrity
Globally minded, thriving in diversity

Active participant
Positively engaged, getting involved

Innovative and enterprising
Research minded and inquiring

Reliable and committed
Getting things done and done well

Competitive, high achiever
Reaching potential, demonstrating leadership

Agile lifelong learner
Rounded and grounded

Reflective and articulate
Critical and analytical thinker

Resilient and adaptable
Determined and motivated

Principled, passionate and proud

"Completing a placement provides students with the opportunity to gain invaluable experience whilst becoming an inquisitive, versatile and active participant within a professional environment."

RateMyPlacement

Further resources

For all types of placement and work experience opportunity, search the vacancy database Careers Online on the Careers Network website: www.lboro.ac.uk/CareersOnline. Look out for relevant placement and work experience opportunities advertised by your School Placements Team.

www.lboro.ac.uk/careers

04

HOW TO SECURE A PLACEMENT OR WORK EXPERIENCE
CHOOSING TO DO A PLACEMENT OR OTHER WORK EXPERIENCE

"A placement year has escalated my understanding and awareness of real life problems, not just in engineering but in multiple disciplines."

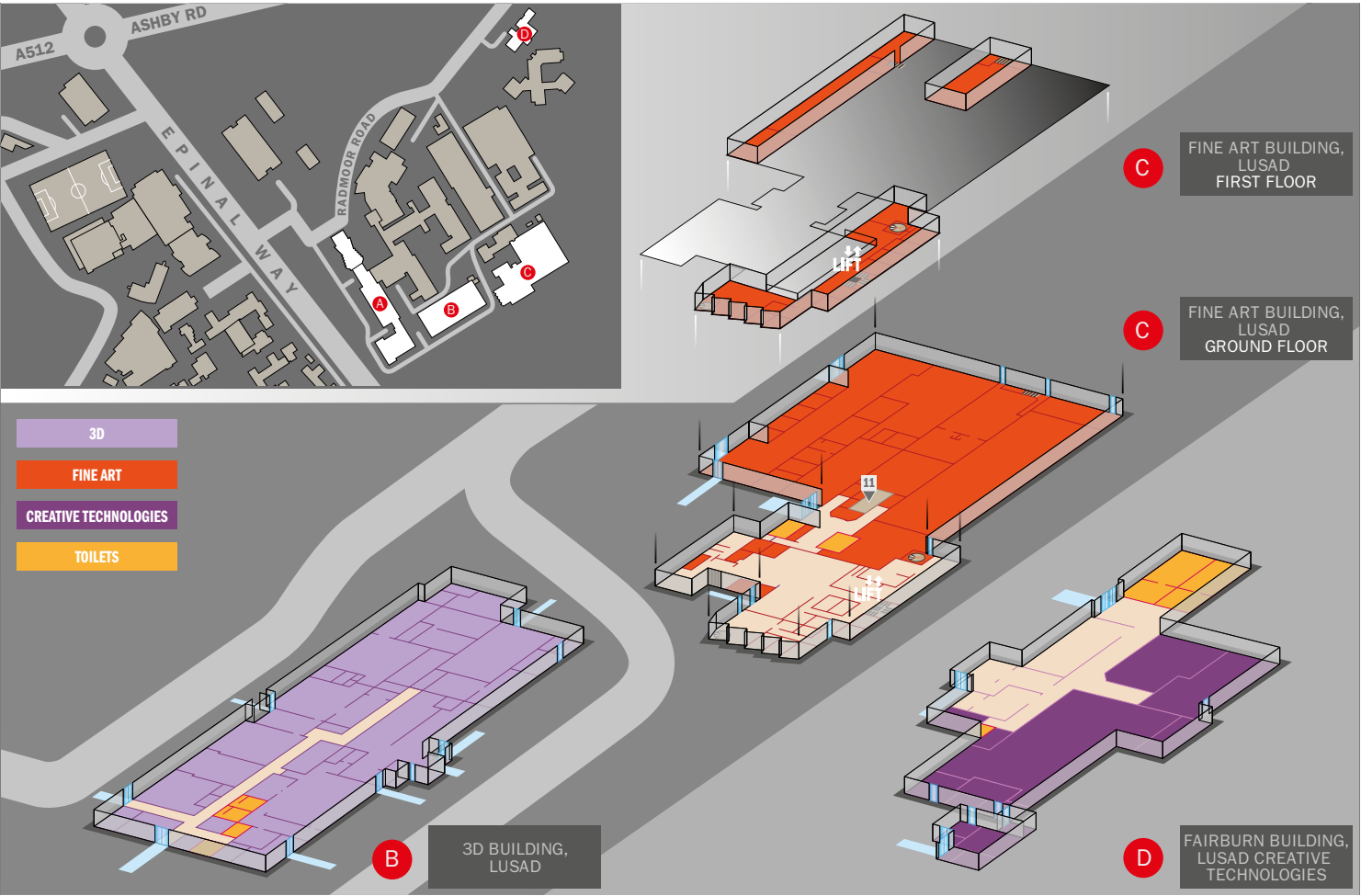
SANJIV SAGAR
BEng Product Design Engineering
Worcester Bosch Group

05

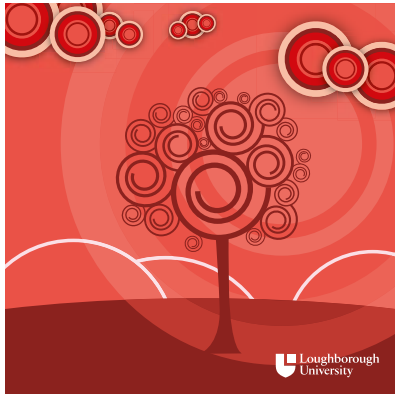
Loughborough University School of Art and Design

Loughborough University School of Art and Design course handbooks, including illustrations for department and campus layout.

STUDENT HANDBOOK 2009
SCHOOL OF ART & DESIGN
MASTERS PROGRAMME
MA ART AND DESIGN (STUDIO PRACTICE)



STUDENT HANDBOOK 2009
SCHOOL OF ART & DESIGN
FOUNDATION STUDIES



STUDENT HANDBOOK 2009
SCHOOL OF ART & DESIGN
ILLUSTRATION



STUDENT HANDBOOK 2009
SCHOOL OF ART & DESIGN
GRAPHIC COMMUNICATION



WELCOME

Welcome to the School of Art and Design at Loughborough University. Having chosen to undertake your degree with us, I am sure you are aware already that all of our undergraduate programmes have an outstanding reputation in their field, that our School is one of the top-ranking art and design departments in the UK, and that Loughborough University has an international record of research and teaching excellence. But what can you expect while you are with us for the next three years?

That question is the focus of this Handbook, designed to provide guidance to you over the coming years as you make the important transition from student to early-career professional, whether as an artist or a designer-maker. Being a University degree student is not the same as being in school. During the next few years, you will be challenged by the breadth, depth and level of study you encounter; you will need to take a proactive role in your learning and an increasingly independent responsibility for the direction of your work. Our academic, technical and support team are here to assist you in developing your intellectual and creative abilities through sustained research and practical work, but the impetus for that work must come from you.

Use this Handbook wisely – read through it straight away, but also keep it somewhere safe for reference during the years to come, when more detailed queries concerning your programme, learning and teaching methods, feedback and assessment arise through your own engagement with your programme. My colleagues and I are here to assist in any way we can as you direct your time as a student productively and take advantage of all that the School of Art and Design has to offer.



PROFESSOR MARINA MESKIMEN
Head of Department

YOUR ACCESS TO INFORMATION ABOUT THE UNIVERSITY

The University aims to provide all students with clear and accurate information about their programmes of study and the services and facilities available.

There are many sources for this information, including your Welcome to Loughborough University pack and this Handbook. Important information is also available in the University Student Handbook.

By registering as a student of Loughborough University you undertake to familiarise yourself with the contents of these Student Handbooks and to abide by the regulations, ordinances, codes and policies of the University.

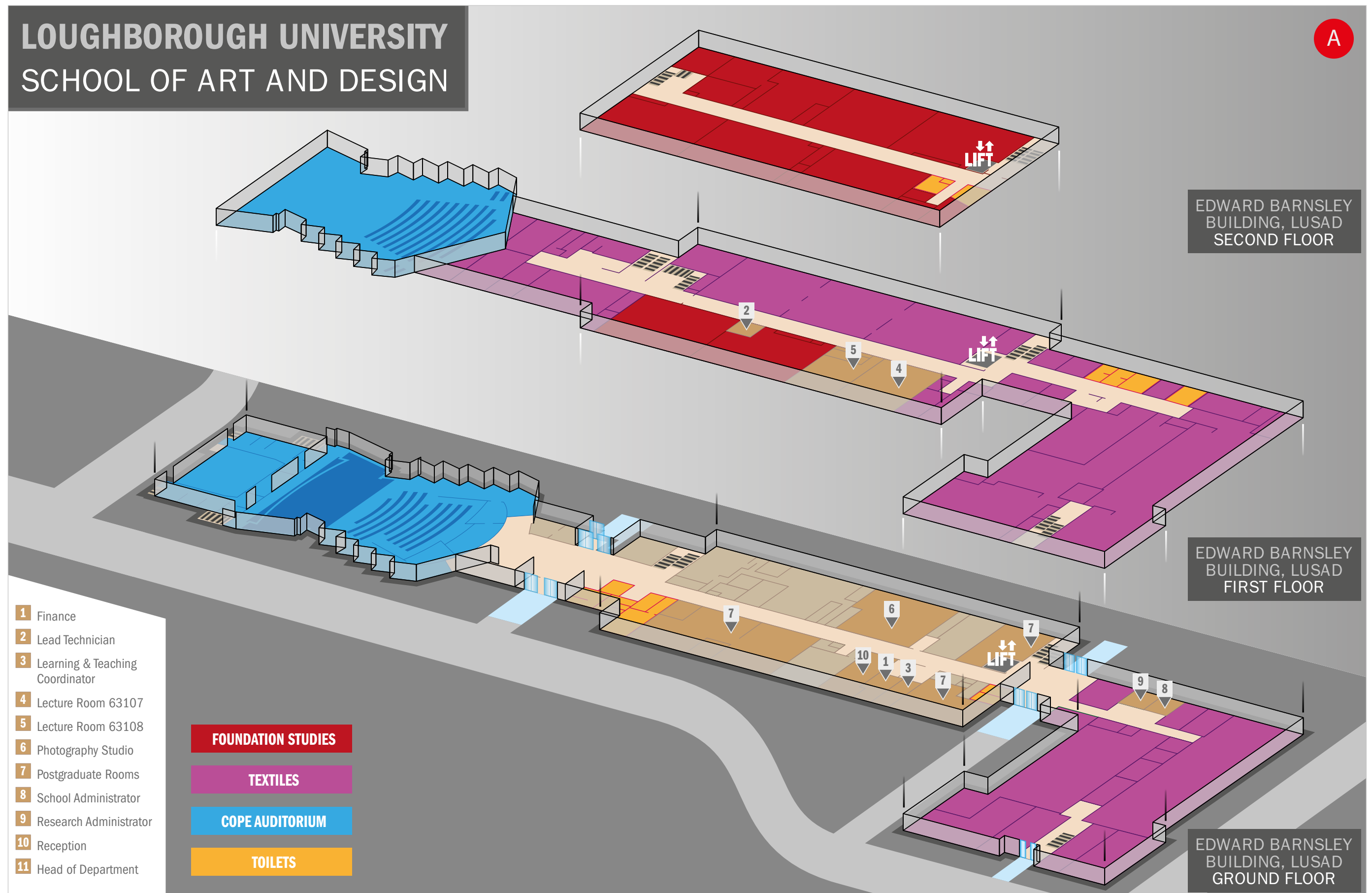
The University Student Handbook is published on the web at: <http://www.bham.ac.uk/college/arts/design/handbook/>

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- ADMIN AND SUPPORT STAFF
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- AIMS OF THE PROGRAMME
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- SCHOOL OF ART AND DESIGN CAMPUS MAP

LOUGHBOROUGH UNIVERSITY SCHOOL OF ART AND DESIGN

A



Faith in Families

Annual review brochure for Faith in Families adoption agency, external client of Loughborough University.

faith in families

Annual Review 2016-2017

from our traditional roots... their future blossoms

Our Year 2016/2017

Faith in Families is pleased to introduce Laura Payne, our new Head of Professional Services.

I joined Faith in Families in February 2017 and although appointed to the Head of Professional Services role I am currently managing the Adoption Team following Chris Mulvaney's retirement in March. This has been a great opportunity to get to know the team and to understand the systems here, whilst we recruit a new Adoption Manager. My role going forward will be a more strategic one with management oversight of the whole Adoption Service and Schools Social Work Service.

Previously I was Branch Manager of another Voluntary Adoption Service for many years. I have experience of all aspects of adoption work, including work with adopted adults and adoption support.

I have been made very welcome by a lively, enthusiastic and hardworking team. I have been impressed by their level of training and desire to learn more. This year we have continued to develop the use of Therapy with some great feedback from parents, and one worker has been trained in Non Violent Resistance, a technique which helps families who have to manage aggression in older children. We look to build on this and hope to expand and develop the range of adoption support services both to our own families and to be able to take referrals from other agencies.

The Agency has a professional and vibrant School Social Work team who provide excellent support to children and families across the region. I am looking forward to working with the manager to further develop the service.

Finally, it's been a difficult couple of years for all adoption agencies as the numbers of children with adoption plans has fallen dramatically after an appeal court judgement in 2013. Consequently everyone has made fewer placements and this impacts on our budget. However we are beginning to see an upturn in both the numbers of children and have a healthy number of new applications going into 2017, so we are hopeful that numbers will begin to rise again.



Laura Payne
Head of Professional Services

Print

2

70 Year anniversary

As most of you will be aware, Faith in Families has strong historical roots from when it began in 1948 as a Catholic mother and baby home. Next year marks the Agency's 70th birthday and we plan to celebrate in style throughout the year. If you have any ideas about how we can celebrate or fundraise please get in touch, we'd love to hear from you.

If you have a story about your involvement with the Agency over the years, please let us know. We would like to collect and share as much of our history as we can. For more details, contact enquiries@faithinfamilies.org

Volunteer with Faith in Families

We owe a lot of thanks to our wonderful volunteers for the work that they do and this year we plan to do even more with your support. If you have a bit of spare time and want to give back to your community then we could really use your help. Activities include:

- Supporting the children's groups and trips to places such as White Post Farm and Alton Towers
- Helping out at our fundraising events, including organising and on the day
- Organising and coordinating our 70 years celebrations
- Adopting a Champion:
 - Find passionate about adoption? We need people to help us share the messages about adoption through social media
 - Attend "adoption recruitment" events to encourage others to adopt
- Become a member of the Board and bring your knowledge and expertise to the table

Volunteering with Faith in Families is a great opportunity to join our very friendly group of volunteers who offer an invaluable contribution to the work of the charity. We welcome and value all our volunteers whilst ensuring we provide full training and continuing support.

To find out more about working with Faith in Families email our Volunteer Coordinator at enquiries@faithinfamilies.org

We look forward to hearing from you

0115 955 8811 | www.faithinfamilies.org 3



Quotes from the latest Ofsted report...

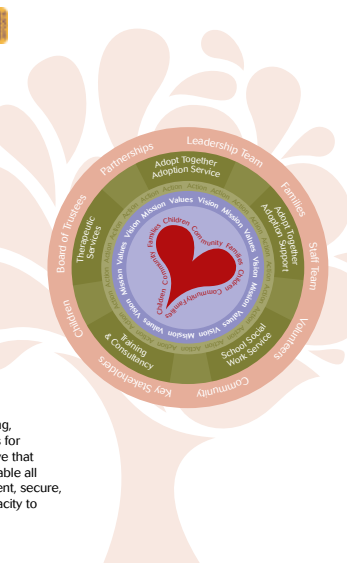
"...the quality of the service, from the first contact with the agency, are outstanding"

"There is a high level of satisfaction from people who use the service"

"...an outstanding adoption agency in all respects"

"Adopters are exceptionally well supported"

"We had an amazing service, I can't fault it"



Our Vision

Our vision is to provide nurturing, innovative, high quality services for children and families. We believe that the services we provide will enable all children to develop into confident, secure, caring individuals, with the capacity to reach their full potential in life.

Welcome

This has been a year of significant challenge and change for the agency. Important political and policy developments continue to impact on adoption services nationally and whilst there are more children in care fewer children were released for adoption.

During the year key members of the Leadership team have moved on or retired and we wish them well. I am pleased to welcome several new staff who join us with a wealth of experience, passion and energy.

A particular mention for Jean Jackson who was awarded the Adoption Social Worker of the Year, which is a fitting testament to her contribution to adoption over many years, and recognition of the standard of service the agency offers to the children and families. The Schools Social Work Service has helped more children and parents than ever before and is piloting various new therapeutic interventions, such as group work with children and families.

Our Ofsted rating of Outstanding made mention of the following:

"The agency has made a number of significant improvements since the last inspection, when they were judged outstanding, showing that it is not complacent and is ambitious for constant re-evaluation and positive change."

The agency continues to develop partnerships in formulating the East Midlands Regional Adoption Agency and in doing so we take pride in sharing our expertise and acknowledged best practice. We continue to provide and plan to expand our high quality training services to parents, children, and other professionals.

I would like to thank the trustees for their strategic vision and service, my colleagues for their hard work and dedication and our volunteers for their on-going support. Collectively this enables us to provide outstanding services to children and families.

I do hope you find this annual review helpful and that it encourages you to support our self-changing work.

Lynda Fletcher
Chief Executive Officer

A Message from the Board of Trustees



This last year has been one of significant change for the Agency. Our CEO, Samuel Ram, left to join a national charity and has been replaced by Lynda Fletcher, previously the Deputy CEO and a long serving member of the Agency. Lynda has taken on the challenge of leading the Agency through what looks like being a period of significant change. In addition, three Trustees have also moved on to other roles and I would like to thank Phil Hey, Donna Jackson and Martin Cooper for their service over the past year. I am very pleased to welcome Saranya Kumar and Jay Padmore as new Trustees. You will see from their resumes later that they bring wide experience to the Board.

"Early in my first year as the new bishop I was introduced to the essential work of Faith in Families which is the care and welfare of children. So I am very keen to encourage the good working relationship that exists between the various diocesan agencies and Faith in Families."

Bishop Patrick McKinney,
Bishop of Nottingham

Our next task is to develop the property we have acquired next door to our current offices, which will enable us to develop our therapeutic work and to provide much needed office space for our Schools Social Work team. The national structure for adoption is currently going through significant change and we are committed to ensuring that the values and quality of Faith in Families will continue to bring hope and support to the children and families with whom we work.

Finally, I do ask for your support financially in any way possible. Fundraising activities, legacies and donations are all vital to us being able to continue the remarkable work that we do. Our work is too important to disappear so please remember us in your charitable giving.

Edward Hayes
Chair of the Board of Trustees

0115 955 8811 | www.faithinfamilies.org 1

Adoption



In 2016/17 we found loving families for 22 children and approved 15 new adoptive families. If you feel that you could adopt or would like to find out more please visit our webpage at www.faithinfamilies.org or call 0115 955 8811.

Some of our achievements this year are:

- 100% of children we placed were "ready to place" children - this is due to their needs or ethnicity or being in a sibling group.
- We have been awarded two successful Practice Improvement Fund Grants to further the preparation and training of adopters and to share good practice.
- We have fully engaged with the development towards Regionalisation and are one of three local VAs to be included in this.
- We have continued to invest in training, particularly Therapy and Non-Violent Resistance.
- We are able to offer commissioned services to local authorities, both to individual families and for group training.
- Our Home Finding Workers continue to keep up strong partnerships with nearby local authorities and work hard to match our families once approved.
- Most of our families have been linked with a child within months of being approved.

"The Therapy exercises have really worked. We are back on track and things are going really well, especially with school."

Adoptive parent

"Thank you, I loved the party."

Adopted child age 10

"I had so much fun!"

Adopted child age 5

"Lovely as always, very child focused and friendly. Thank you."

Adoptive parent

Adoption Support

Our Adoption Support team continues to offer a range of services including:

- Individual support to families, including sourcing or delivering therapeutic packages via the Adoption Support Fund.
- Regular social events such as our annual picnic and Halloween and New Year discos.
- Some new initiatives for adopters with children in placement have included group Therapy, and the Little Movers dance and movement group.
- Supporting historical adoptions for both adopted adults and birth parents.
- A range of training and support groups for adoptive parents.



Our adopted children's groups are increasingly popular and provide a chance for children to meet with other adopted children. As well as having fun, there are opportunities to explore adoption thoughts and feelings in a safe environment. Activities this year have included a trip to the City Farm, a canal boat expedition, bowling and the pantomime.



Our Adopters

Michael and Sandra

We married in 2011 and enjoyed spending quality time together as a married couple. After a few years, friends began asking the usual questions: "So, when are you going to start a family?" These questions are so innocent when asked but can be like a knife in a wound to a couple struggling to conceive. We had tried for a number of years to have our own children. What a journey it has been!

After years of fertility appointments, blood tests, even equipping about IVF, we realised as Christians that it was God's plan for us to adopt. My heart had wanted to adopt since I was a child. This is something we, as a couple, had discussed and talked about but we certainly didn't realise it was to work out the way it has. We finally decided to stop trying for our own family, grieved for that loss and went down the route that felt right for us... adoption.

There is no doubt in our mind that all the waiting, talking and deliberating meant that our timing into the world of adoption was perfect in every way.

We now have two beautiful children who have turned our lives around in ways we could never expect. Ours is a journey which has a lot more to come and we are beyond excited.

We had heard about Adopt Together through a loose connection and they were highly spoken of. Another friend had rung up to enquire a year previously and had mentioned the warm reception she had felt over the telephone. We decided to look online and find out about it. From this, we heard about First Thursdays and one we did in a couple weeks. We put it in the calendar and attended. There was no going back for us after that day.

The best part of adoption for us is caring for our children in a way they never were able to be cared for before.

Giving them the best opportunities and changing their lives so that they can hopefully become successful adults in whatever they choose to do. There have been MANY challenges along the way but we are committed to each other and to our children.

We have had fantastic support from Faith in Families, particularly in the initial stages when you can feel in the dark and overwhelmed at times.

The children's local authority has been fantastic too and we feel like we are as equipped as we can be to do as much research as possible. Then make an informed decision. You CAN change lives. Really! It is not a journey we expected, full of ups and downs, but the end result is truly breath taking.

It is not as simple as anyone thinks but it is also more rewarding than you can ever imagine.

*Names have been changed to protect identities

0115 955 8811 | www.faithinfamilies.org 5

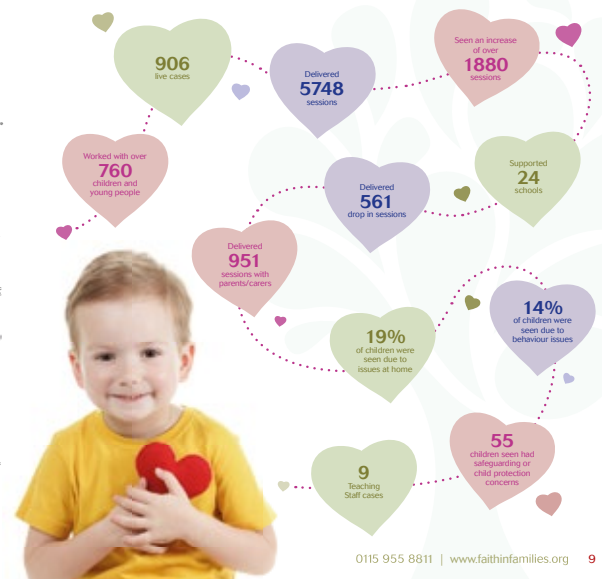
Schools and Communities

The Agency's specialist School Social Work service continues to work in both Secondary and Primary schools to ensure every child has the chance to fulfil their potential. By providing early intervention and offering direct support, the service aims to reduce the barriers to learning, addressing the needs of the students, teaching staff and wider community.

This past year we provided an even larger number of sessions with children in schools and meetings with parents. The work carried out within the schools enables vulnerable children and families to cope with difficulties they are experiencing and gives a much needed platform for advice and support.

Providing a holistic approach to families with the right intervention not only benefits the families but also frees up valuable time for teaching staff to focus on the educational needs of the students.

This year's exciting developments have included the integration of group programmes within schools. The impact of mental health issues on young people has been widely recognised nationally and Mindfulness groups have been a successful part of our work.

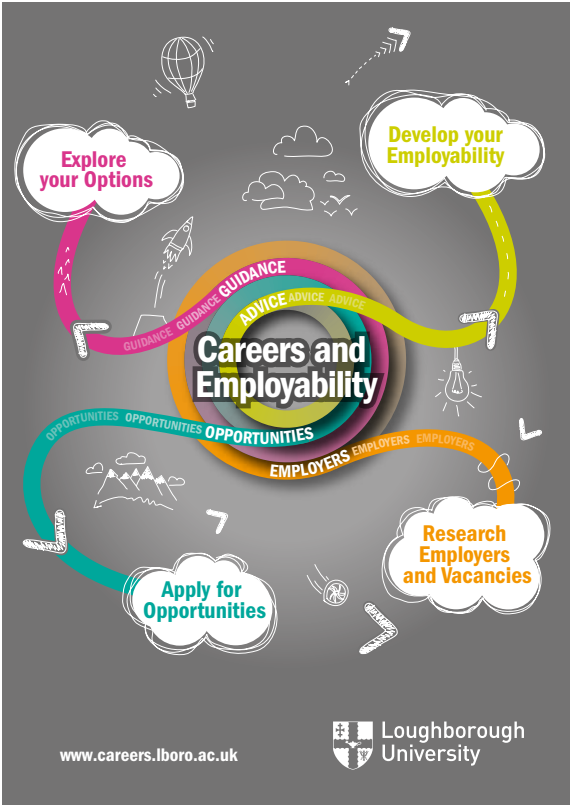


8 from our traditional roots... their future blossoms

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Loughborough University Careers Network

Careers Network – Guide to services brochure and double page spread advert.



DIRECT > YOUR CAREER

A series of open access presentations and workshops to help you develop your employability. Attend for advice on identifying and securing work experience and employment, producing powerful written applications and tackling interviews and assessment processes.

Develop Your EMPLOYABILITY

Loughborough Employability Award

Stand out from the crowd!

The Loughborough Employability Award provides a framework through which you can record your employability activities (volunteering, work experience etc.) and reflect on the employability skills you have developed through being part of these.

Consider the award with:

- > how you recognise and articulate the skills you have that employers want. Identify any skills gaps and decide how you can address these with you are at university.
- > support you during the recruitment process, helping you to prepare and articulate examples of your skills and experience for potential employers and to write your application about your achievements.
- > connect you with relevant opportunities at your co-curricular activities (volunteering, work experience etc.) and help you to secure the support you need to succeed.
- > develop your self-awareness of the skills and competences needed to support your career planning.

For more information, visit our website www.careers.lboro.ac.uk

Employability Skills

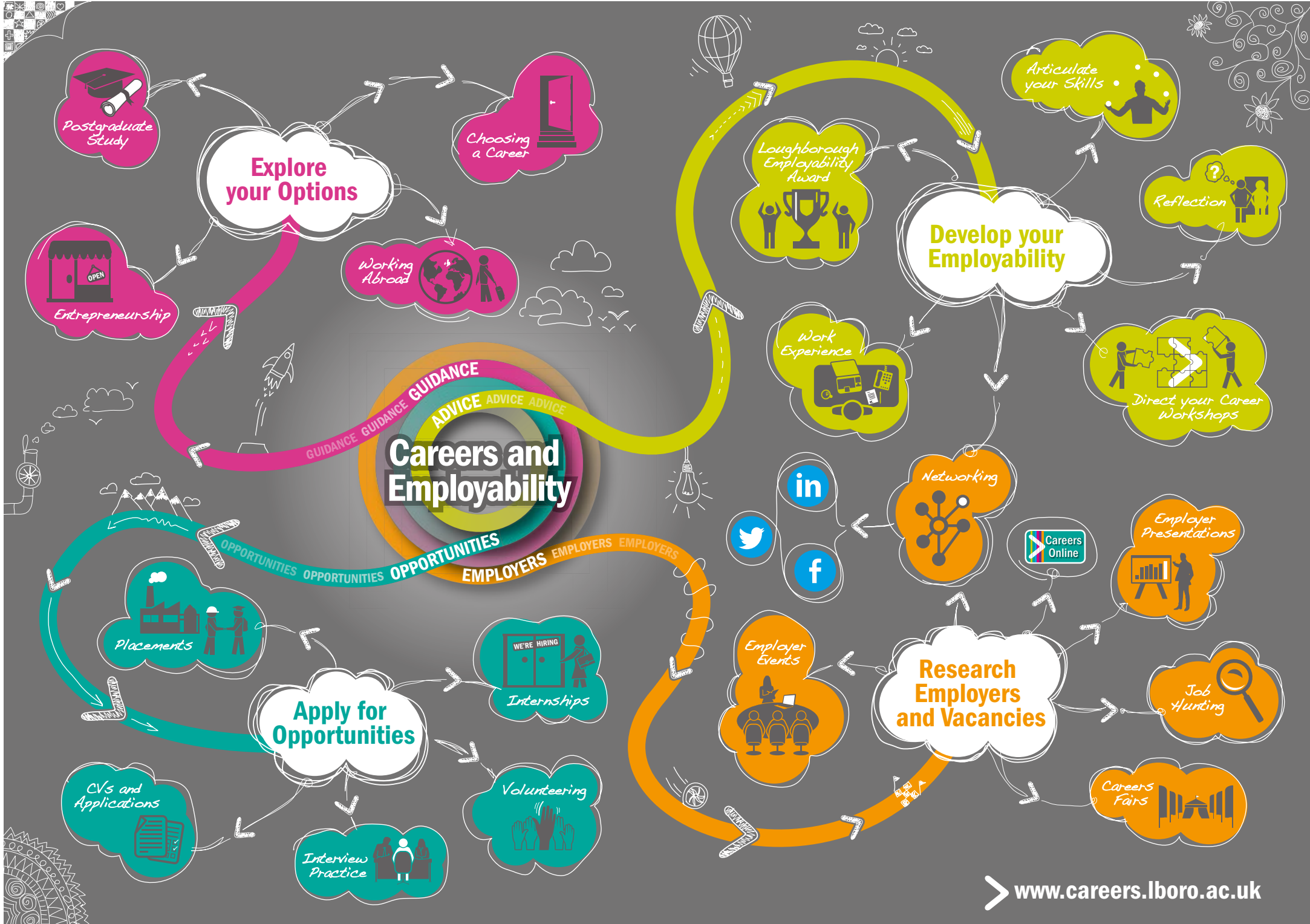
- > Communication
- > Teamwork
- > Problem Solving
- > Creativity
- > Initiative
- > Leadership
- > Resilience
- > Self-awareness
- > Self-management
- > Social skills
- > Learning skills
- > Digital skills
- > Global skills
- > Entrepreneurial skills
- > Professional skills

Available at all stages of your course, you can attend as many sessions as you like, to help direct your career planning and to equip you with the skills you need to succeed.

Careers Online

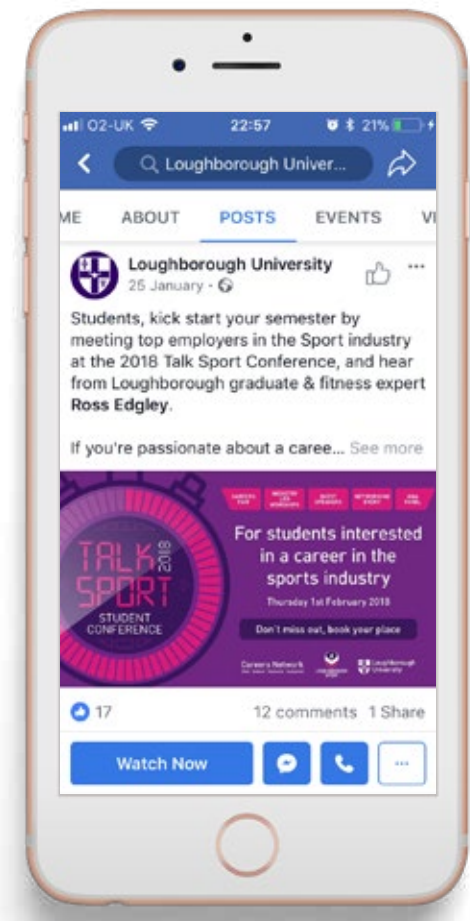
To find out more and sign up online, visit www.careers.lboro.ac.uk

Print

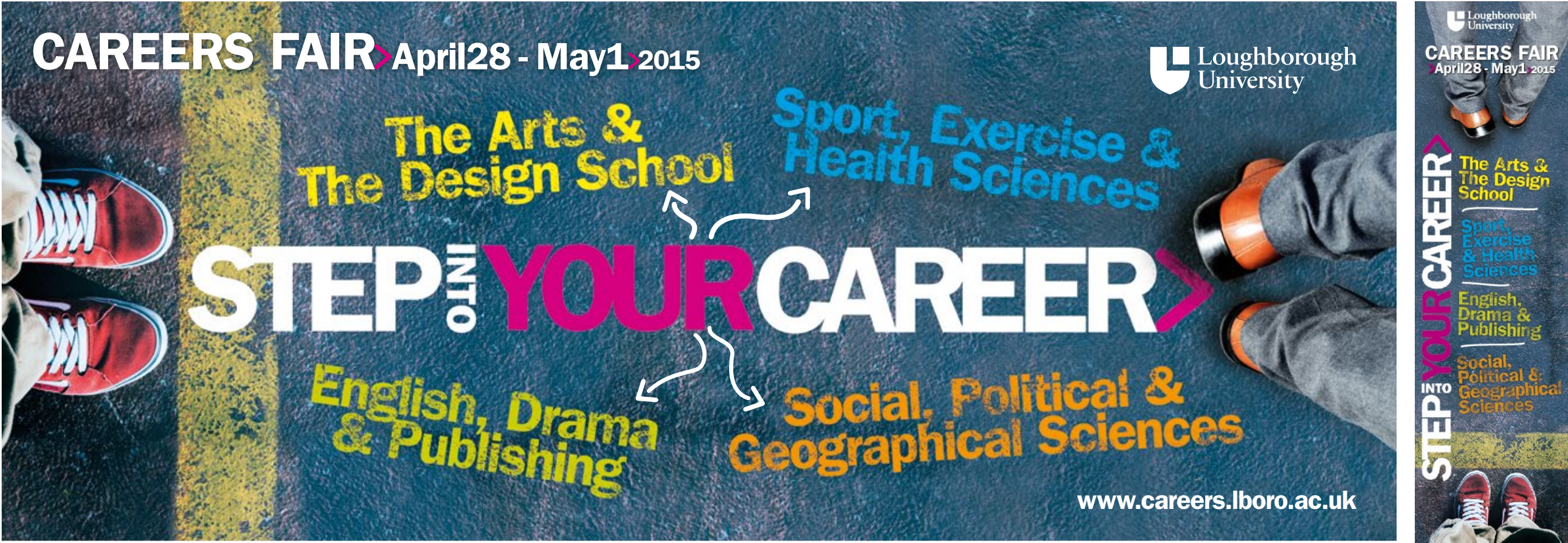


Loughborough University Careers Network

Talk Sport 2018 conference and careers fair, assets created for both digital and print.



Student 'Step into your career' careers fair, assets created for both digital and print.



Loughborough University careers fairs

Loughborough University careers fairs,
digital assets and printed collateral.

Web

Social media

Print

**Loughborough University**

Careers Network
Tuesday 23rd February 2016
11am – 3pm
Sir David Wallace Sports Hall
www.careers.lboro.ac.uk

Spring Graduate Recruitment and Placement Fair




This fair is kindly supported by ALDI

1st year students' Placement Fair



Wednesday 27 April 2016
James France Exhibition Area
11am – 3pm


This fair is kindly supported by ALDI

Careers Network
Skills | Guidance | Placements | Employment
www.careers.lboro.ac.uk

**Lboro CareersNetwork**
[@LboroCareers](https://twitter.com/LboroCareers)

We ❤️ a fair, so it'll be no surprise that we're having another tomorrow at 11-3! Don't miss out on the great advice, networking & freebies!

Placement, Internship and Vacation Work Fair

Wednesday 10 May 2017
James France Exhibition Area
11am – 3pm

09/05/2017, 15:10

**Lboro Student Life**
[@LboroLife](https://twitter.com/LboroLife)

The @LboroCareers fair is not to be missed! Make sure you find time on the Mon 24th or Tues 25th of October to head down to SDW.

Graduate Recruitment and Placement Fair
Largest in the UK

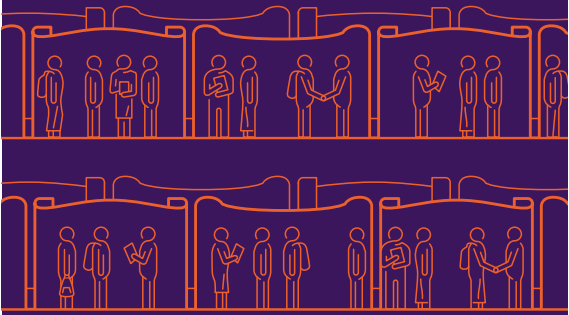
Mon 24 and Tues 25 October 2016
11am-4pm / Sir David Wallace Sports Hall

Tweet your reply

Careers Network

Graduate Recruitment and Placement Fair
Largest in the UK

Mon 24 and Tues 25 October 2016
11am-4pm / Sir David Wallace Sports Hall
www.lboro.ac.uk/careers



This fair is supported by



Careers Network
Skills | Guidance | Placements | Employment
www.careers.lboro.ac.uk

Spring Graduate Recruitment and Placement Fair

Tuesday 23 February 2016
11am – 3pm, Sir David Wallace Sports Hall



This fair is kindly supported by





Careers Network

Graduate Recruitment and Placement Fair
Largest in the UK

Mon 24 and Tues 25 October 2016
11am-4pm / Sir David Wallace Sports Hall
www.lboro.ac.uk/careers



This fair is supported by



2 DAY EVENT

Graduate Recruitment and Placement Fair

TODAY
Sir David Wallace Sports Hall

This fair is supported by



Loughborough University Careers Network

Loughborough University Careers Network promotional suite of digital assets and printed collateral.



Loughborough University communications



Communications to inform students of the support available for exam preparations.

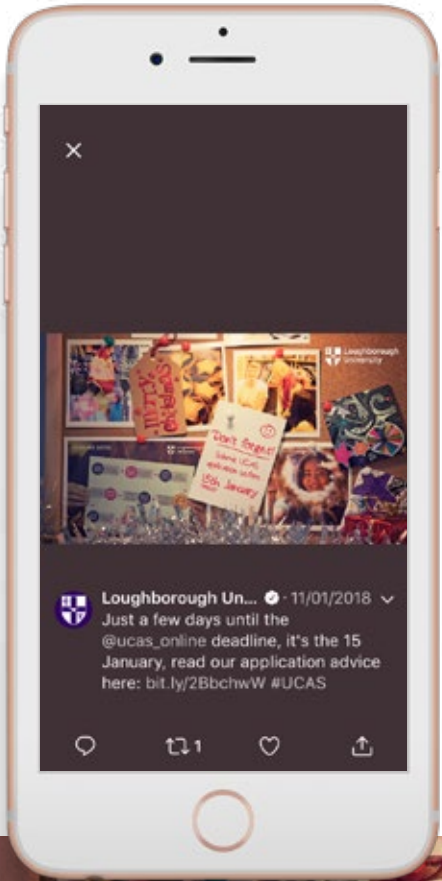
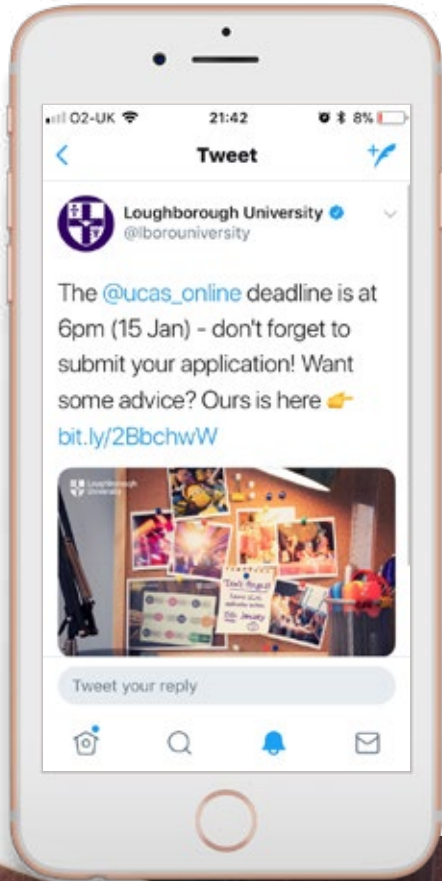


Communications to inform students of the rules around exams and academic misconduct.



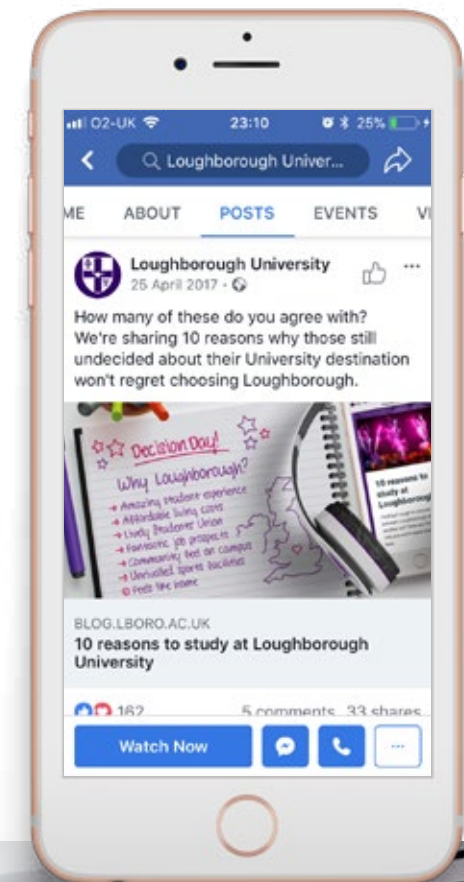
Loughborough University communications

Communications to remind potential students of the UCAS deadline dates for university applications.





Communications to inform staff and students of the availability of free training resources.



Communications to future students, promoting the benefits of studying at Loughborough.



Meet Lynda

Free technology, business and creative skills video tutorials for staff and students

Lynda.com
FROM LINKEDIN



Decision Day!

Why Loughborough?

- Amazing student experience
- Affordable living costs
- Lively Students' Union
- Fantastic job prospects
- Community feel on campus
- Unrivalled sports facilities
- 😊 Feels like home

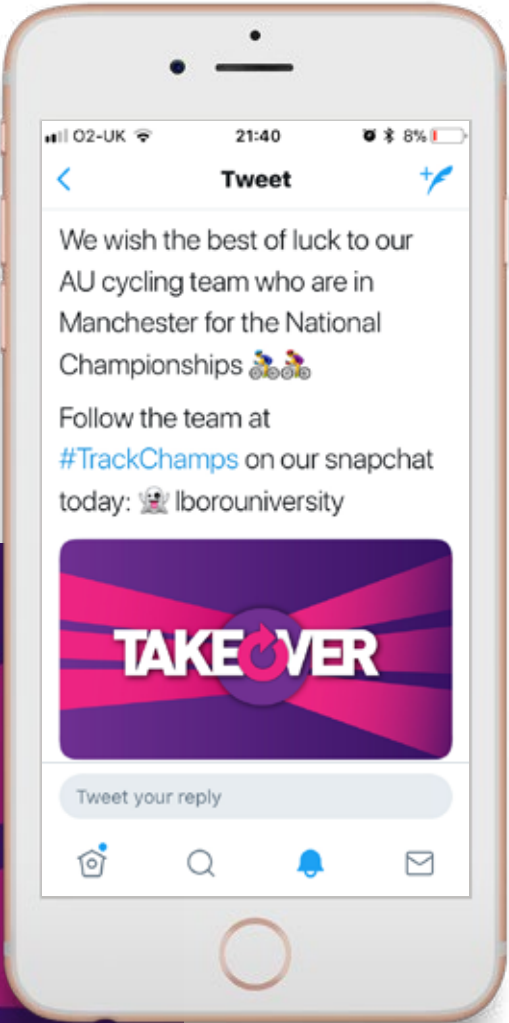
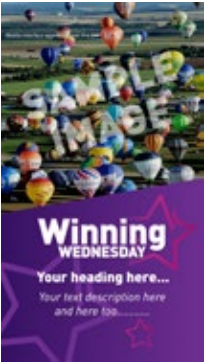
10 reasons to study at Loughborough

Finding it tough to choose between Loughborough and another uni? Here are 10 reasons why you won't regret studying here.

Loughborough University Snapchat channel

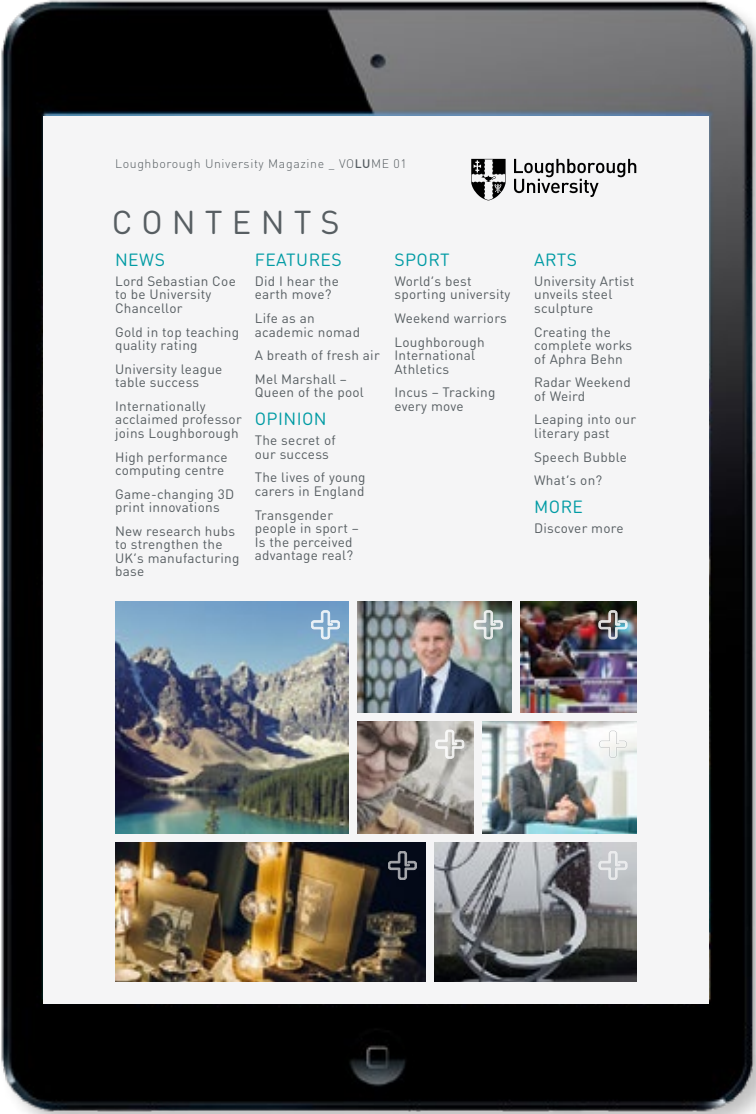
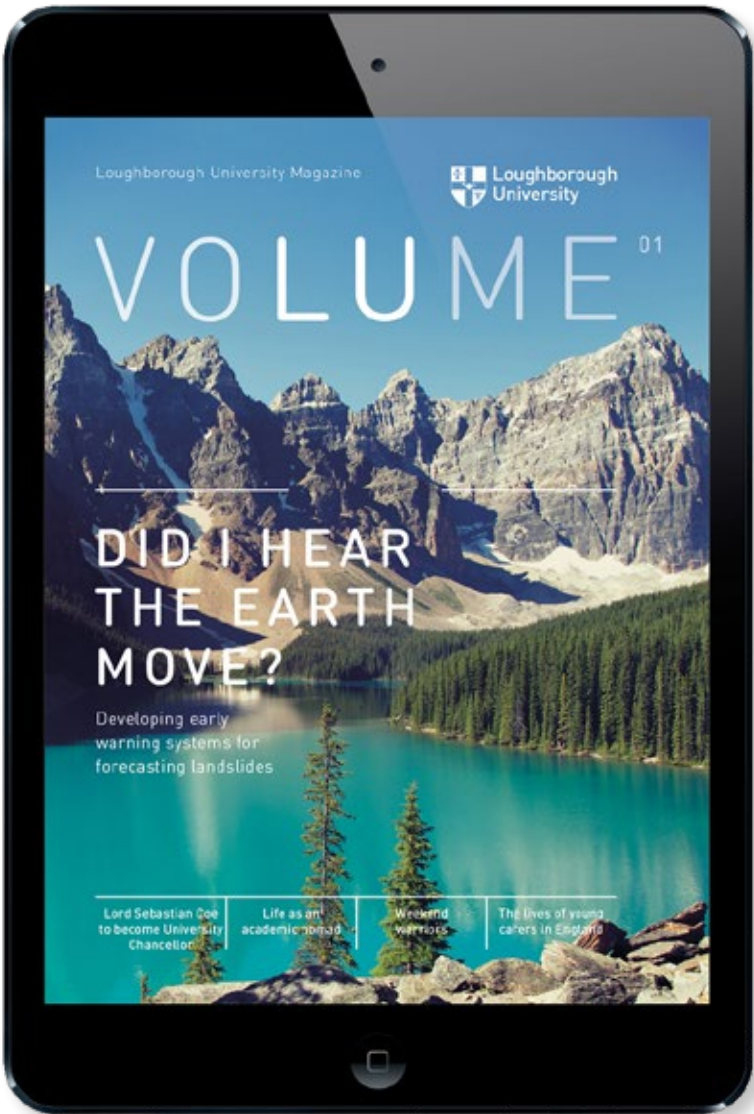


Snapchat templates setup for the social media team to create their own content for events.



Loughborough University digital magazine – VOLUME

Top tier digital magazine platform for the University. Available for tablets and mobile on IOS, Google Play stores and also PDF format.





Words by
KSENIA CHMUTINA
Lecturer in Sustainable and Resilient Urbanism
School of Civil and Building Engineering

Many people find international travel for work tiring and time consuming. For me, international travel is a doorway to new opportunities. As an early career academic, the opportunities I have had so far as a result of travelling the world are opportunities that I believe I may not have had otherwise.

My research area is sustainable and resilient urbanism. We live in a rapidly urbanising world and the way in which cities are planned, built, operated and redeveloped is ever challenged by social, environmental and economic factors. Sustainable solutions are needed, and there is so much innovative thinking coming from teams of talented researchers around the world. By travelling overseas I get to meet these people and collaborate with them. I get to hear their ideas and share my own.

I also get to experience new cities, more importantly though I get to see the challenges these cities are facing first hand. I get to see the work that is being done in action, and meet the local stakeholders and decision makers that can help make new ideas happen.

In the last year, I've travelled to over 12 different countries, chasing the excitement of new opportunities, and I can't wait to see what opportunities my travels lead to in the future.

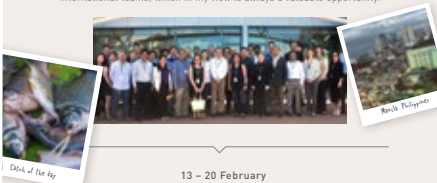
12 – 13 January Starting in Europe

My first trip of the year – Brussels for a European project review. I'd been a researcher on a project looking at the dimension and complexity of the concept of security in the EU and its neighbours. It was a great collaboration, with various institutions from Europe. Hopefully – despite Brexit – there will be more opportunities for us to work together.



23 – 30 January South East Asia

With less than 10 days back at home, I flew out to Manila in the Philippines to attend a Newton Fund Researcher Links workshop. Organised by the British Council, these events are great for meeting career researchers from the UK working in a similar field, as well as local researchers. During the workshop we developed an idea for integrating climate change adaptation and disaster risk reduction in policy. Although it was just an exercise it allowed us to work in transdisciplinary and international teams, which in my view is always a valuable opportunity.



13 – 20 February On to Indonesia

The following month I headed back to South East Asia for another British Council workshop. This time in Yogyakarta, Indonesia. This had been organised by an academic from Coventry University, who I met in Malaysia the year before. He invited me and another participant, Dr Jo Rose, to share our experiences in resilience research. During this trip Jo and I discussed our research interests, a conversation which led to a research grant for a joint opportunity in the future.



12 – 16 March Urban dreams

Another month, another British Council event! The opportunities they provide are just too good to miss; particularly as this one was in Astana, Kazakhstan. The city is an urbanisation researcher's dream, as it is very rare that you see a city developed from scratch.



Volume includes an array of news and features that give just a flavour of Loughborough – from our pioneering research to the arts, culture and sport that are an integral part of our University. Higher education today is more expensive than ever before, so in this constantly evolving sector, how do we define what constitutes success?

Much is made of the plethora of league tables that are published each year and rank us on a range of criteria. Heavy emphasis is placed on the National Student Survey, which garners the views of final year undergraduates on their academic experience. We have the Research Excellence Framework, which assesses the quality and impact of universities' research. Alongside that we now have the TEF, the Teaching Excellence Framework, which 'classifies' our teaching as gold, silver or bronze.

The heart of a university

These are, of course, all significant indicators, but crucially they do not capture the impact of one hugely important factor – the people, who I believe lie at the heart of any university's success.

At Loughborough, the hard work and commitment of our staff, students and graduates have undoubtedly helped us to position ourselves as one of the country's best universities. They are great as individuals, but it is when they work together towards a common goal that they become truly excellent.

Such partnership working is very much part of our ethos. Whether it is University staff working with one another, or teams from Loughborough working with global companies, our collaborative approach enables us to deliver everything that exemplifies Loughborough today.

Our students and graduates are a key part of the equation too. They are very much our partners. While universities might these days be operating in a more commercial market, at Loughborough our students never have been, nor ever will be, considered as 'customers'. From day one we engage with them to be involved in every aspect of their university experience and it is an approach that I believe is working incredibly well.

Students today are no longer content to be passive about their education. They are investing in the future; they want access to world-class knowledge, to learn from those at the cutting-edge of their subject area, to gain a qualification of real value of which they can be proud.



Dramatic transformation

They also want opportunities to get involved in life-enhancing activities outside the curriculum. By volunteering, raising money for charity, organising dance performances and playing sport, our students seek to gain transferable skills that will give them the extra edge in the competitive graduate employment market.

Essentially students want to leave university with the skills, knowledge and capabilities that will help them on that all-important first step of their chosen career ladder. Successful universities should enable them to do that.

Over the last 20 to 30 years the transformation of this country's higher education has been dramatic and I do not anticipate it coming to a halt any time soon. Different governments, the post-Brexit era and global political shifts will undoubtedly bring further change. Universities will have to be more nimble than they have ever been before. If they are to continue their success, they will have to anticipate possibilities, respond swiftly to the unforeseen and seize new opportunities that any changes might afford.



ARTS

Literature has taught us a great deal. In fact it continues to teach those that delve into it. Literature, in any of its many forms, helps us to see the bigger picture. It provides insight into our past, and encourages us to ask questions. It can take us away from reality but also forces us to consider issues that are relevant to the lives we live.

In the videos below academics from the School of Arts, English and Drama, share their thoughts and interpretations of key literary texts.



THE PICTURE OF DORIAN GRAY by Oscar Wilde

"There's no such thing as a moral or an immoral book, books are well written or badly written, that is all."

Oscar Wilde wrote poetry, short stories, critical essays, plays, book reviews, and hundreds of letters, but he published only one novel, *The Picture of Dorian Gray*. His work first appeared as a 'novellette' in *Lippincott's Monthly Magazine* in July 1890. At this point, the text was only 30,000 words long and had thirteen chapters, but the following year, Wilde expanded it for publication as a novel, adding seven new chapters and his notorious 'Preface', in which he claims that "There is no such thing as a moral or immoral book. Books are well written, or badly written. That is all." It is this version, weighing in at around 80,000 words, which is most widely read nowadays.



In this video, Dr Nick Freeman, a specialist reader in Late Victorian Literature at Loughborough University, discusses the importance of morality and art in Oscar Wilde's novel *The Picture of Dorian Gray*.



PARADISE LOST by John Milton

The best well-known work of John Milton (1608-1674), *'Paradise Lost: A Poem in Ten Books'*, was first published in London in 1667. In 1674, a new edition was published with some amendments and was divided into the twelve books we are most familiar with now.

The 'books' are what we would think of as chapters or sections. The whole book is an epic poem – which is a long story told in blank verse form, with over 10,000 lines of unrhymed iambic pentameter.

The poem retells the story of Adam and Eve from the biblical book of Genesis, testing out the story and imagining the couple's reactions to the events that led to them being expelled from the Garden of Eden (or Paradise).



Here Dr Sara Read, an English lecturer at Loughborough University provides a summary of Book 9 of this epic poem.

Visit our School of Arts, English and Drama website for a [summary of Book 10](#).



SPORT

EXERCISE 'WEEKEND WARRIORS' LOWER THEIR RISKS OF DEATH

Research by Loughborough University has shown that exercise 'weekend warriors' who fit the recommended amount of weekly physical activity into one or two sessions have lower risks of death.

Although it may be easier to fit less frequent bouts of activity into a busy lifestyle, little has been known about the weekend warrior physical activity pattern.

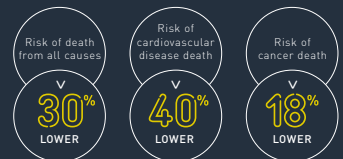
The research suggests that compared to inactive adults, people who perform the recommended amount of 150 minutes of moderate or 75 minutes of vigorous activity in one or two sessions per week, had lower risks for death from all causes, cardiovascular disease (CVD) and cancer.

THE RESEARCH

63,591 participants
Average age almost **59**
Data collected between **1994** and **2012**

THE RESULTS

Weekend Warriors vs inactive adults



Read more on the results of the study, [tap here](#)

← SPORT CONTENTS MORE SPORT →



ARTS

Aphra Behn £1 million international project to create the complete works of Aphra Behn

Aphra Behn was the first British woman to make a living from writing English novels, plays and poetry. Now, a huge project led by Loughborough University in collaboration with institutions across the globe will compile an eight volume anthology of her life's work.

The £1 million project will also see the life labours of history's first female writer of English literature, brought into the digital age and made available to everyone.

The four year venture will utilise the skills of 30 academics from all over the world, including project lead Professor Elaine Hobby, of the School of Arts, English and Drama at Loughborough University.

Until now, her writing, which dates back to the 1600s, has remained separated with no recent compendiums or collections. Funding from the Arts and Humanities Research Council (AHRC) will allow the team to meticulously edit, annotate and organise the historical text into a 6,400-page, eight-volume collection, which is due to be completed by 2022.



Professor Elaine Hobby

A sketch of Aphra Behn (above) drawn from an earlier image. Credit: Rachel Adcock

Professor Elaine Hobby has been working in the field of women's writing from the restoration period for almost 40 years and is regarded as a world-leading figure in this area.

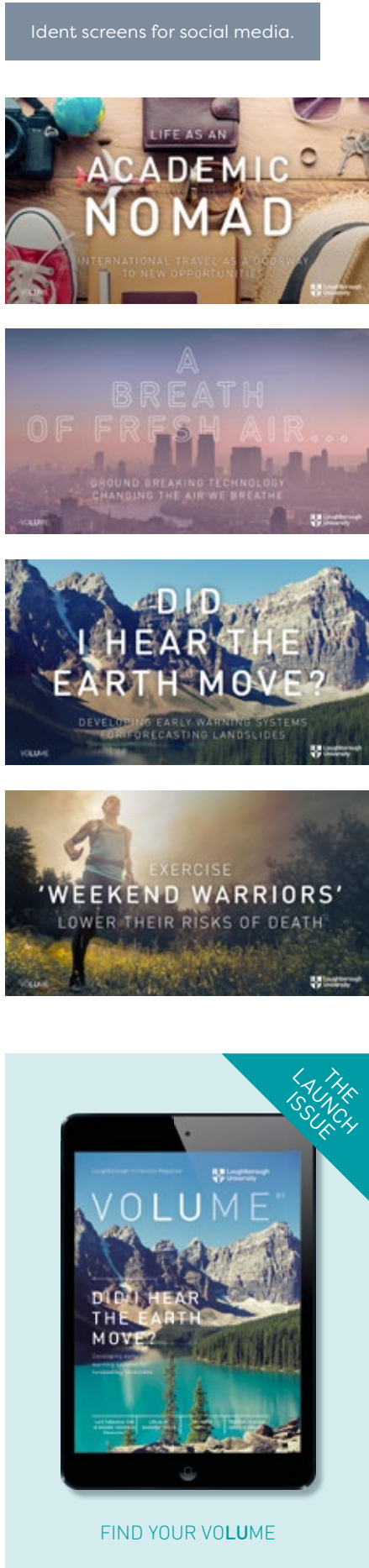
"Until now, we simply did not know enough about this period of women's writing and history for the project to be undertaken."

"My passion is for editing – for annotating and introducing forgotten works so that modern readers can enjoy them. I have also always been interested in working in a cross-disciplinary manner – especially working with historians and theologians, something this project allows."

Professor Elaine Hobby

For more information on the Aphra Behn project [tap here](#)

← ARTS CONTENTS MORE ARTS →



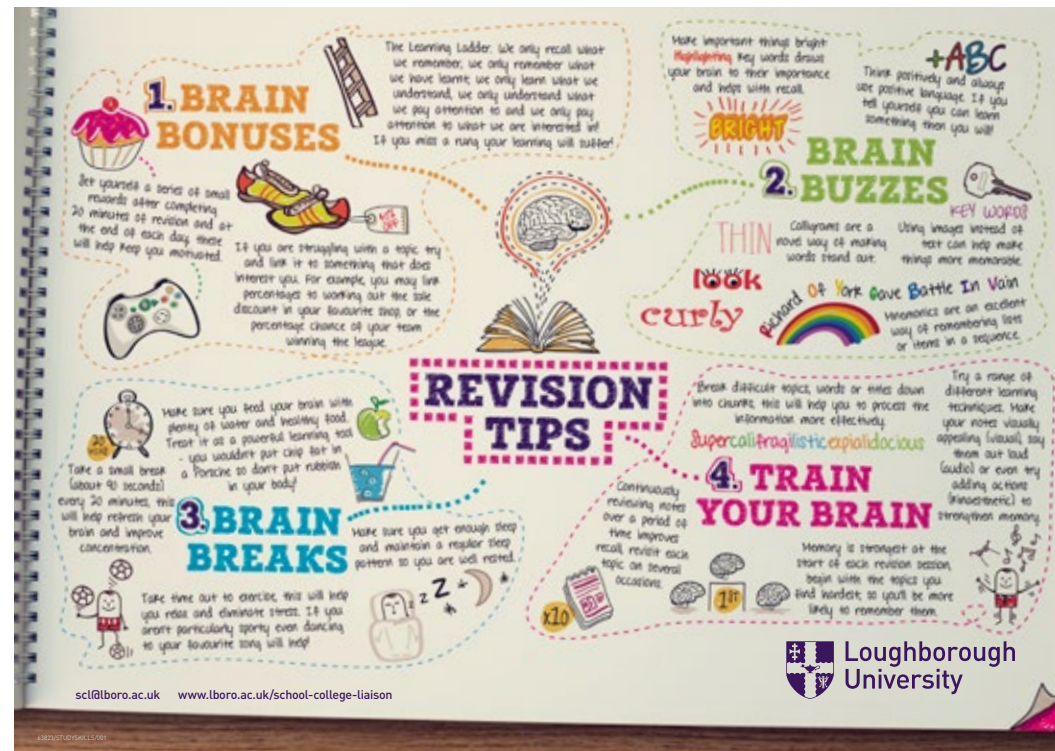
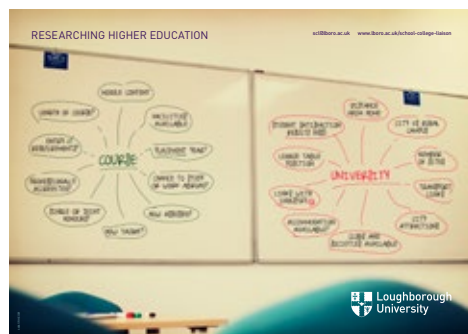
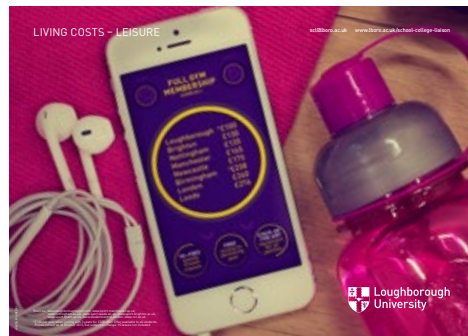
Ident screens for social media.

Advertising material including bus shelters.

FIND YOUR VOLUME

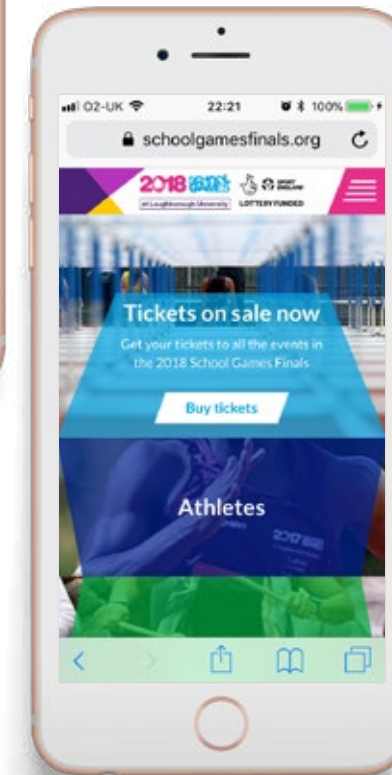
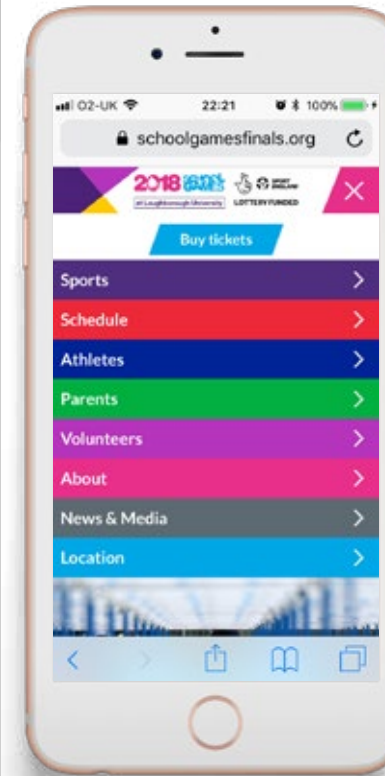
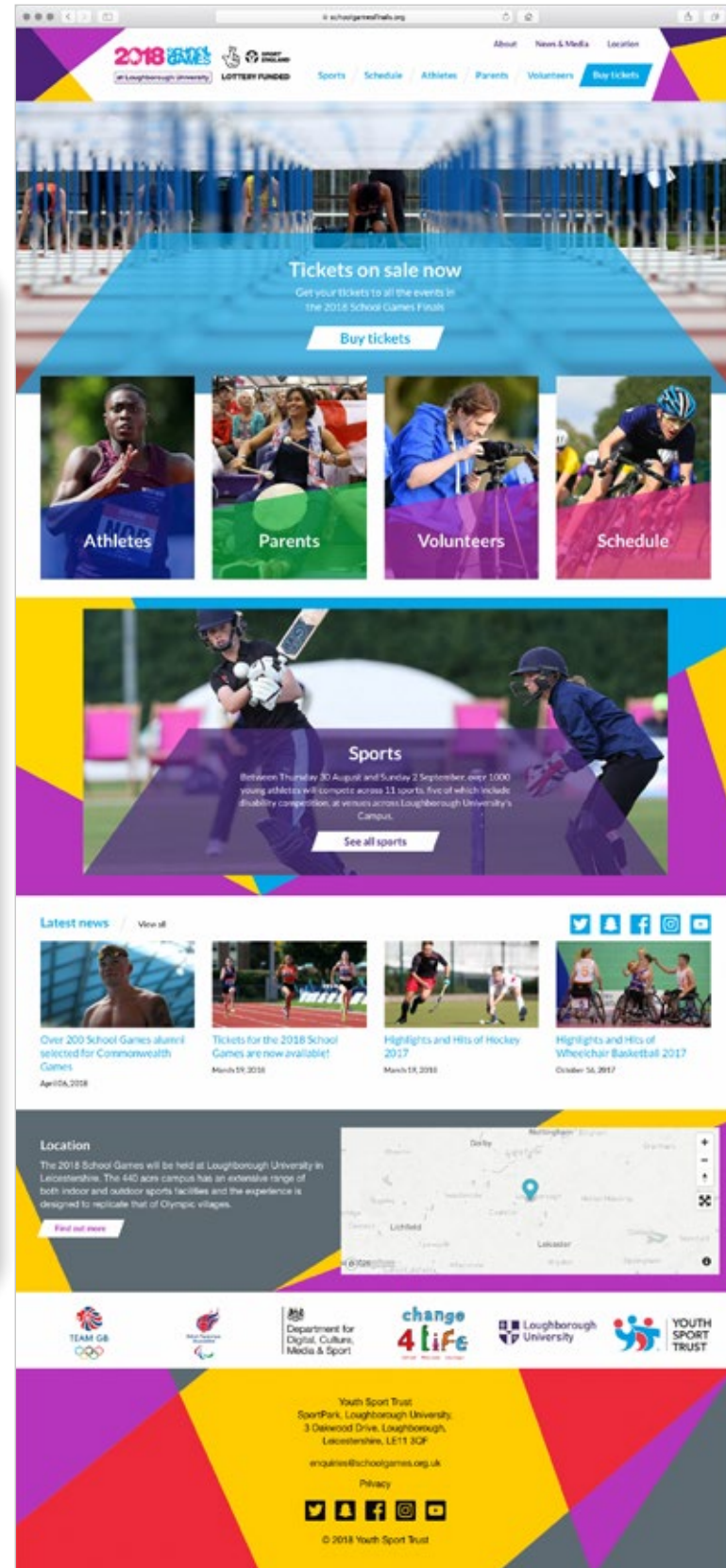
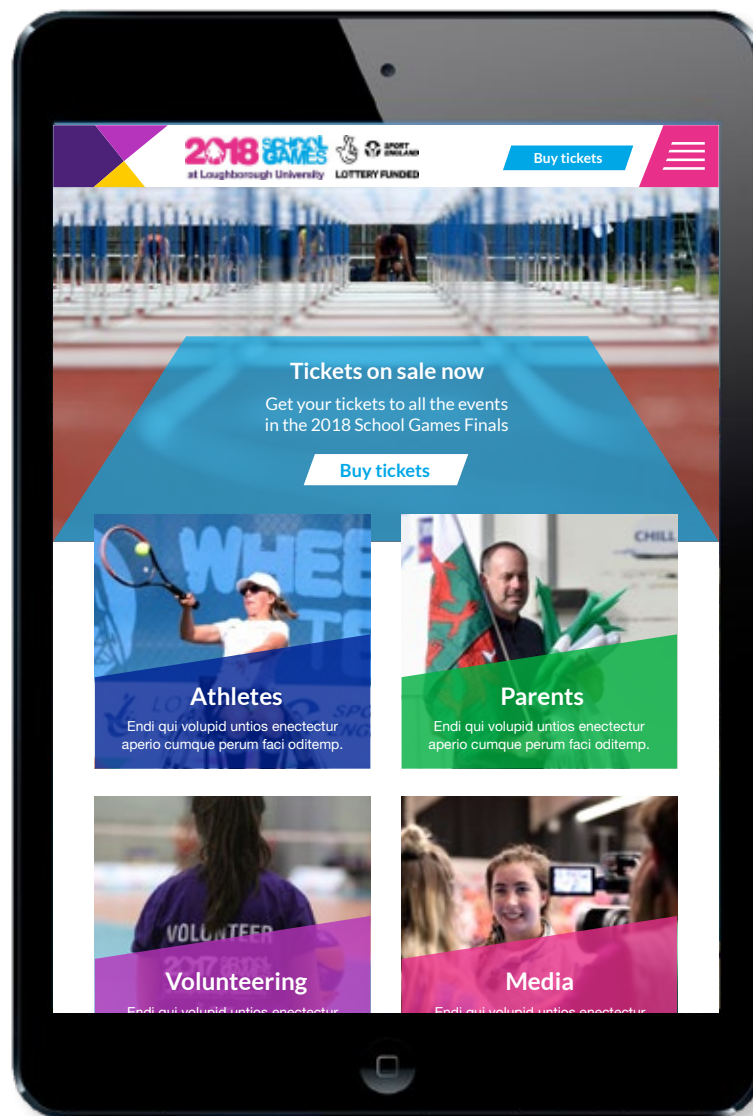
Loughborough University schools and colleges resources

Resource materials for schools and colleges, created as printed handouts and used for website imagery.

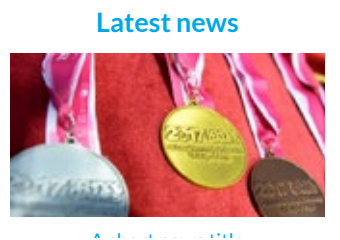
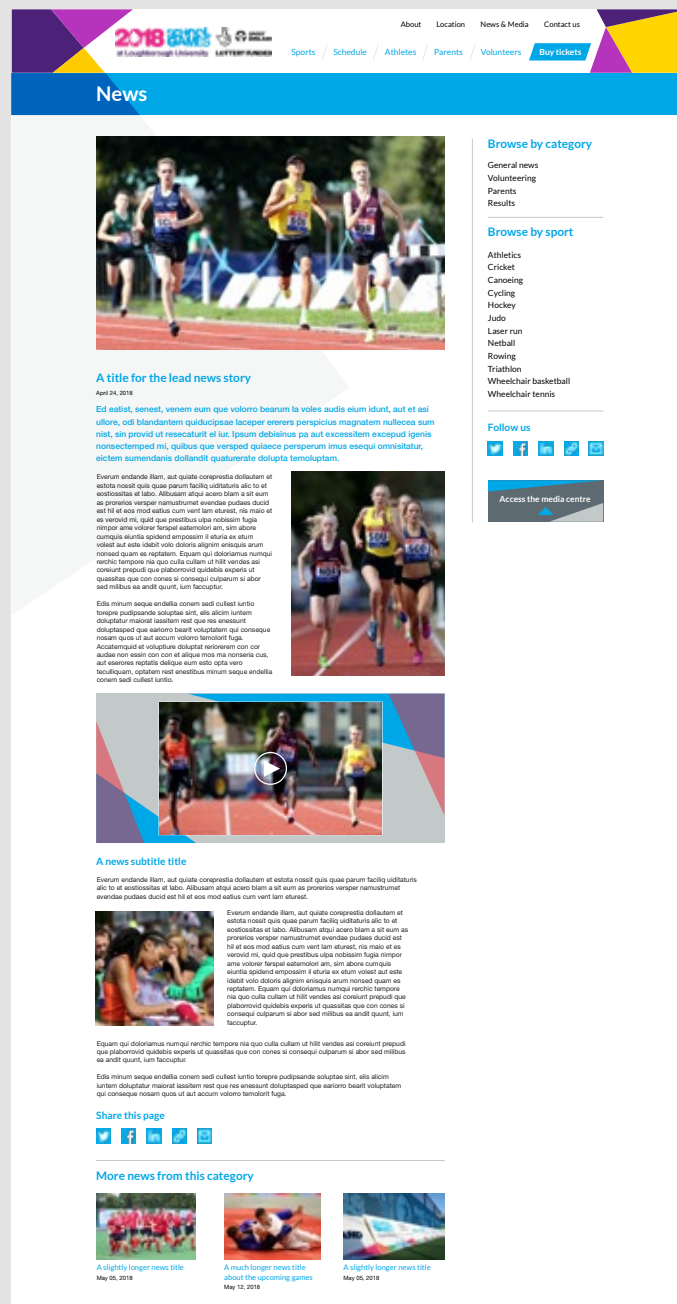
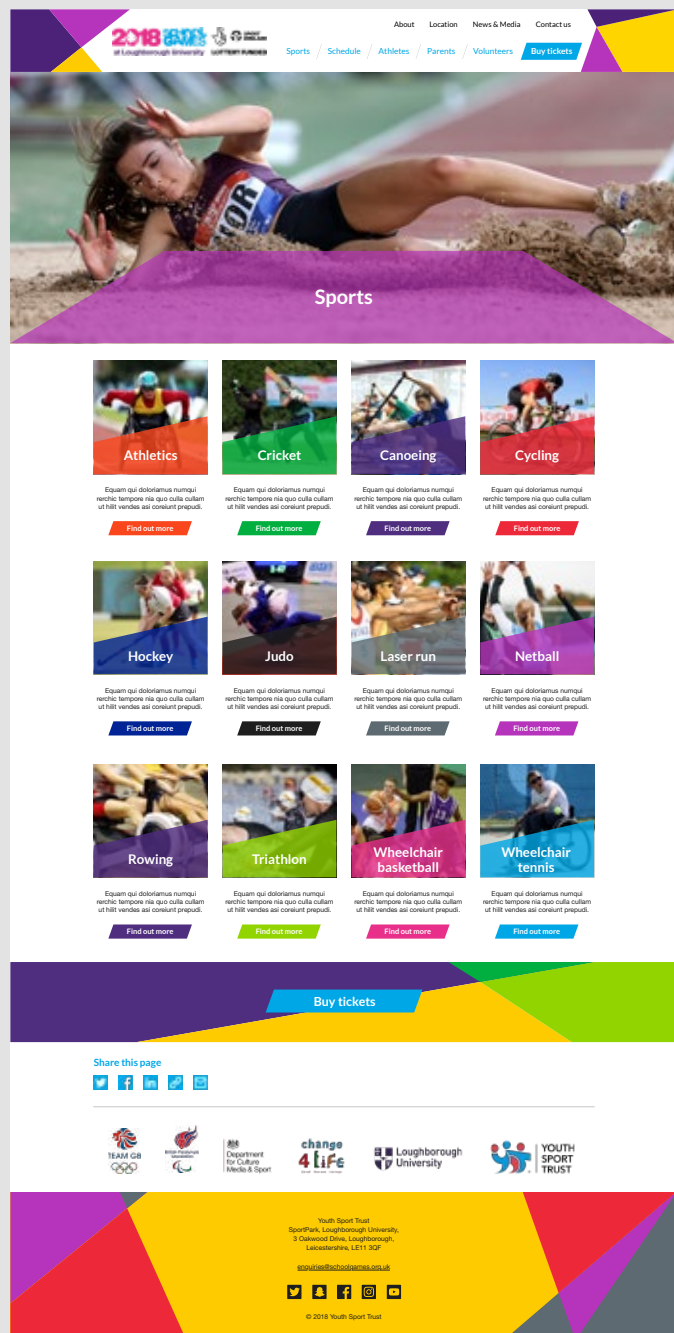


Loughborough University School Games 2018 website

Concepts, pitch and design of the School Games website 2018 (schoolgamesfinals.org), using sketch software.

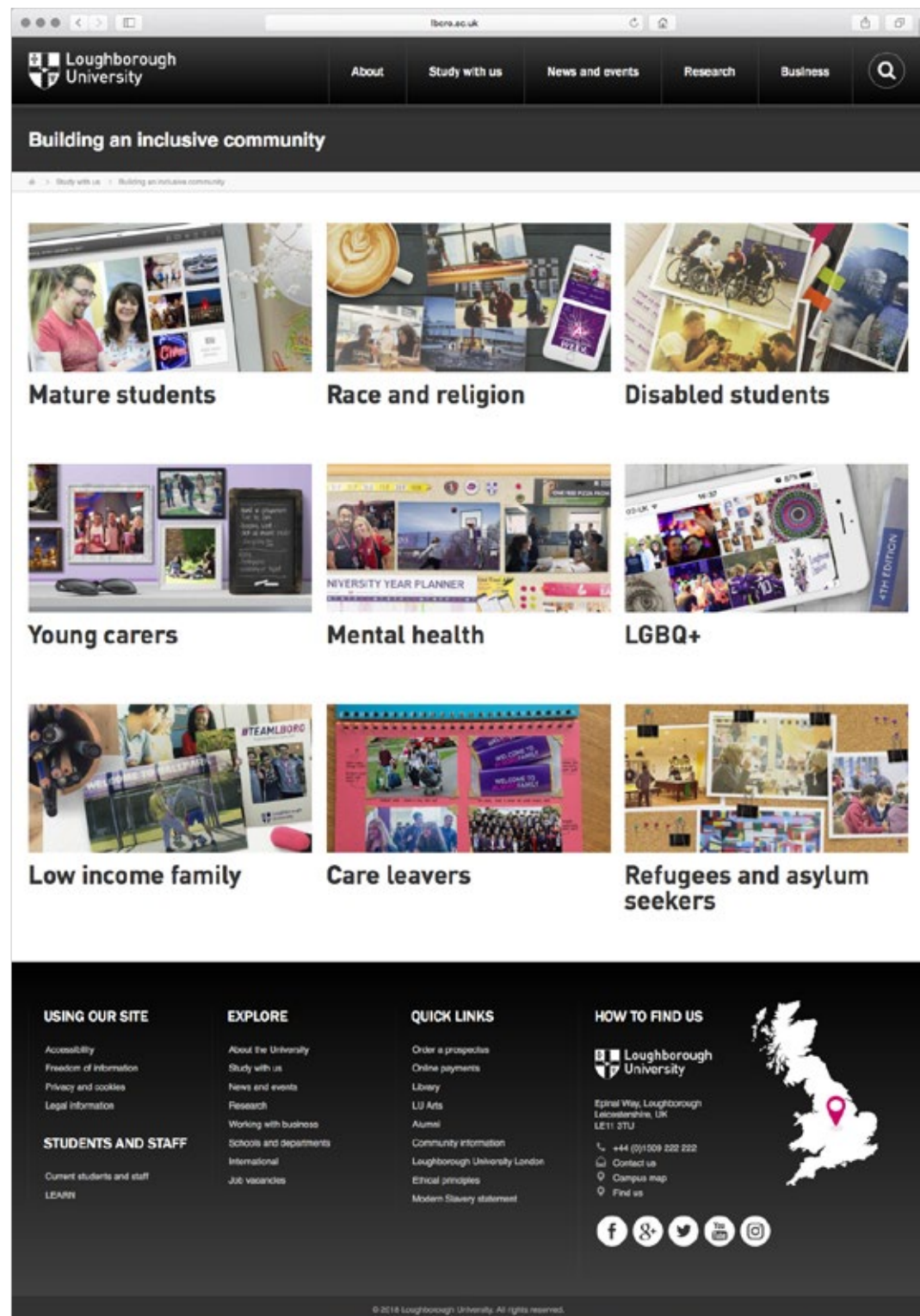


Sketch concepts for website pages for desktop, tablet and mobile.



Loughborough University study support

Images created for inclusive community website headers.





Loughborough University exhibition displays

Backdrop display for UCAS higher education exhibitions.





The image shows a student's workspace. On the desk is a laptop with a screen showing '1st FOR STUDENT EXPERIENCE' and 'TIMES HIGHER EDUCATION STUDENT EXPERIENCE SURVEY 2016'. To the left of the laptop is a guitar and a skateboard. To the right is a cup of coffee and a stack of books including 'CRIMINOLOGY' and 'SOCIAL PSYCHOLOGY'. Behind the desk is a corkboard with a large banner that reads 'THE STUDENT EXPERIENCE SURVEY 2016 FIRST PLACE'. The banner also includes 'TIMES HIGHER EDUCATION'. Other items on the corkboard include a map of the UK with 'LOUGHBOROUGH' marked, a 'LOUGHBOROUGH UNIVERSITY YEAR PLANNER', and several photos of students. To the right of the corkboard is a list of courses offered by Loughborough University.



Loughborough University

www.lboro.ac.uk

Courses

- ACCOUNTING, BANKING AND FINANCE
- ARCHITECTURE
- ART
- BIOSCIENCES
- BUSINESS AND MANAGEMENT
- CHEMISTRY
- COMMUNICATIONS AND MEDIA STUDIES
- COMPUTER SCIENCE
- DESIGN AND TECHNOLOGY
- DRAMA
- ECONOMICS
- ENGINEERING
 - Aeronautical and Automotive
 - Bioengineering
 - Chemical
 - Civil and Building
 - Electronic and Electrical
 - Materials
 - Mechanical and Manufacturing
 - Product Design
 - Systems
- ENGLISH
- FOUNDATION STUDIES
- GEOGRAPHY
- HISTORY
- HUMAN BIOLOGY
- INTERNATIONAL RELATIONS
- MATHEMATICS
- PHYSICS
- POLITICS
- PSYCHOLOGY
- SOCIOLOGY AND CRIMINOLOGY
- SPORT AND EXERCISE SCIENCE
- TRANSPORT MANAGEMENT

Backdrop display for UCAS higher education exhibitions.



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Subject areas

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Art
Biosciences
Business and Management
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Computer Science
Design and Technology
Drama
Economics
Engineering
Aeronautical and Automotive
Bioengineering
Chemical
Civil and Building
Electronic and Electrical
Materials
Mechanical and Manufacturing
Product Design Engineering
Robotics
Systems
English
Foundation Studies
Geography
History
Human Biology
International Relations
Mathematics
Physics
Politics
Psychology
Sociology and Criminology
Sport and Exercise Science
Transport Management
User Centred Design

Decathlon spring promotion, including brochure, posters, in-store point-of-sale and external advertising.



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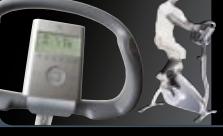
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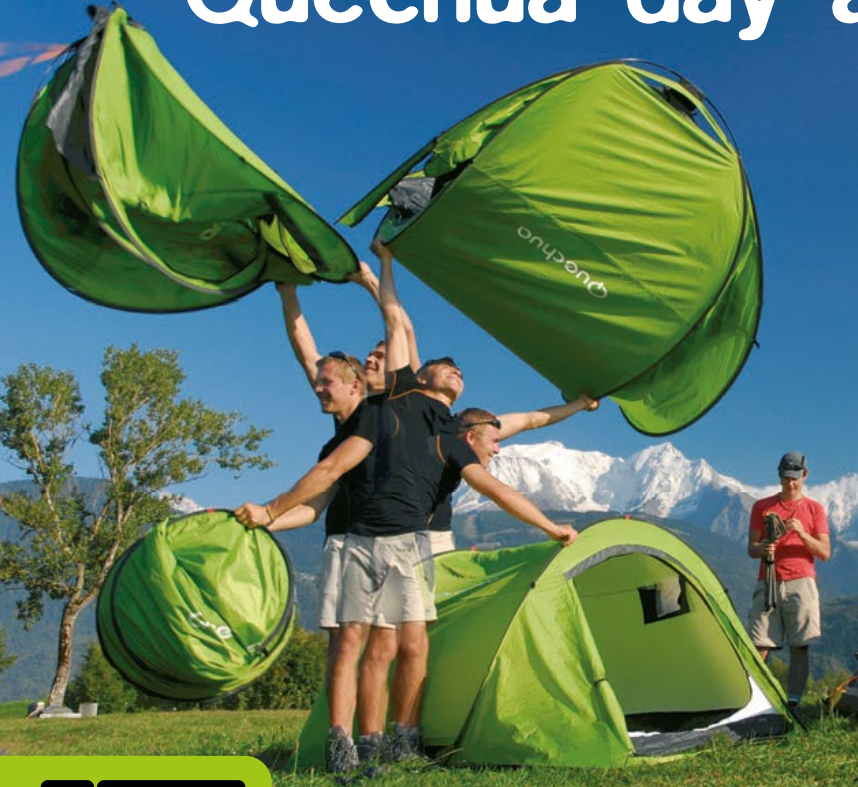
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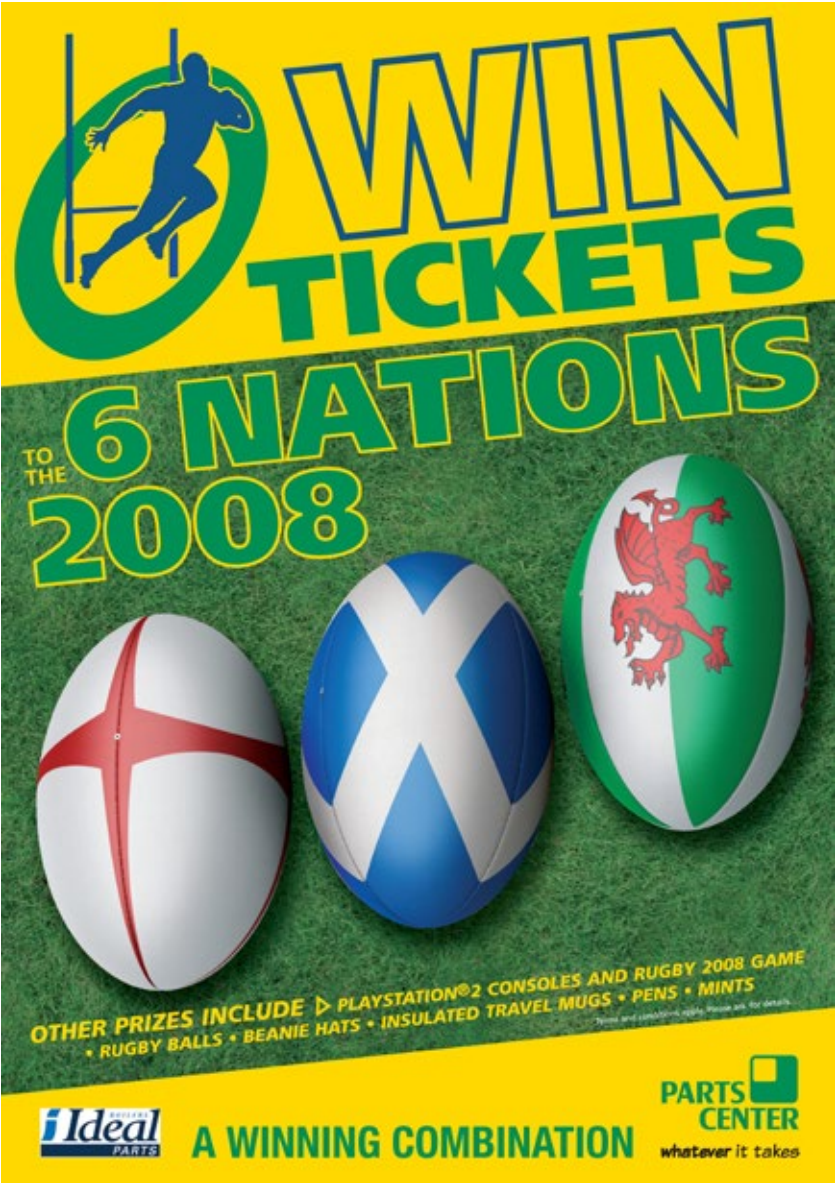
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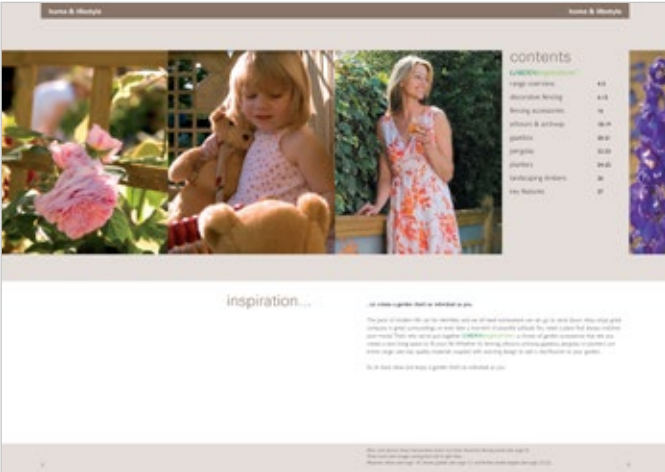
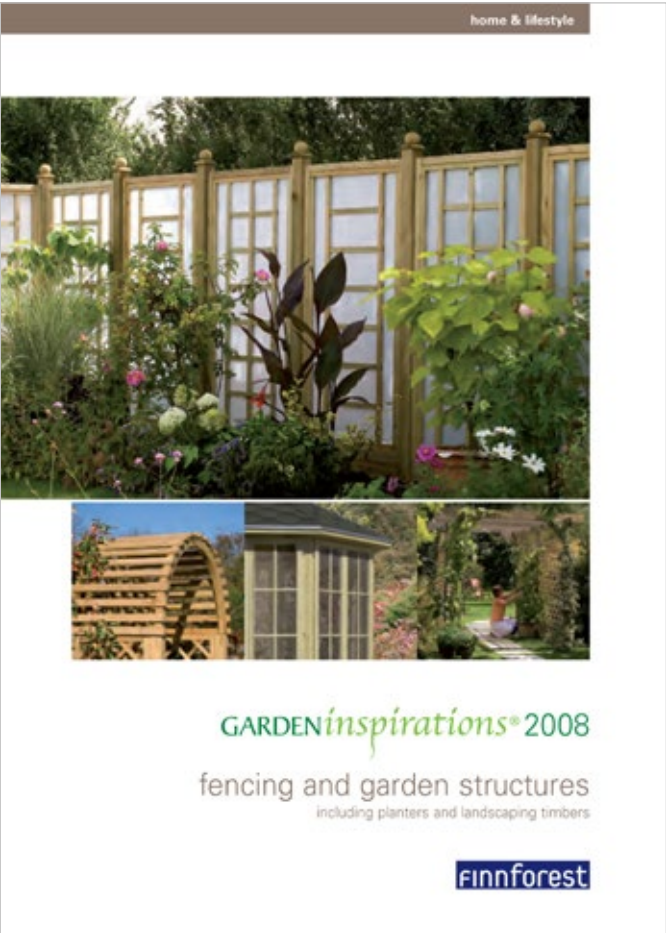
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