

So...

AUTUMN/WINTER 2015

THE SCHOOL OF SOCIAL SCIENCES MAGAZINE

NOTTINGHAM
TRENT UNIVERSITY



THE LIFE AND WELLBEING OF OLDER PEOPLE IN PRISON

FOOD SHOPPING, INDEPENDENCE AND LATER LIFE | NTU PUBLIC HEALTH CREW VISITS UGANDA | BUILD UP YOUR CV

So...

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The UK has an ageing population. According to a study by Age UK, the number of people aged over 60 in the United Kingdom is set to exceed 20 million by 2030.¹ In this we aren't alone; population ageing is taking place across the globe and by 2050 it is thought that those aged 60 years or over will make up 21.1% of the global population.²

For most students in the School of Social Sciences, old age will undoubtedly seem a long way off. It's easy to think that as a young 19 going on 20-something-year-old that these issues won't affect you. In fact, the reality is quite different.

Population ageing is set to be one of the biggest challenges facing the UK in the 21st century. It will have a profound impact, politically, socially and economically and will affect people of all ages, from all walks of life. How will we balance the needs of our ageing population, whilst at the same time, providing for and supporting the aspirations of young people?

This edition of **So...** magazine will examine some of the issues surrounding our ageing population, from evaluating end of life care received by elderly prisoners to investigating the importance of shopping to elderly people as a means of maintaining independence and social networks.

This issue also includes articles designed to help you with your employability, from our top tips on creating a great LinkedIn profile, to helpful hints on how to build up your CV during the academic year.

¹Accessed 16.06.15: http://www.ageuk.org.uk/Documents/EN-GB/Factsheets/Later_Life_UK_factsheet.pdf?dtrk=true

²United Nations, Department of Economic and Social Affairs, Population Division (2013). World Population Ageing 2013. ST/ESA/SER.A/348

Welcome to the 2015 autumn/winter edition of So... magazine



It's the start of what will be an exciting academic year in the School of Social Sciences. If you are returning to NTU after the summer break, welcome back! If you have recently joined our School community, I hope you are settling into life here at NTU and that your time with us will be both enjoyable and rewarding.


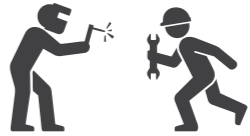
This edition of **So...** magazine focuses on the issues surrounding the UK's ageing population. People today are living longer and whilst on the one hand, this is good news for all of us, this also presents its own challenges. This issue will look at the diverse ways in which our ageing population affects our society, with expert opinions on a range of topics from end of life care for older prisoners to the importance of shopping for elderly people.

As ever, I am proud and delighted to have the opportunity to share with you the fantastic achievements of our staff and students. This summer the School's Criminology team was presented with the National Award for Excellence in Teaching Criminology and you can find out more about this and other successes from within the School on the following pages.

I hope that you enjoy finding out about the activity going on within the School of Social Sciences and that this edition leaves you feeling inspired and motivated to achieve your own personal and academic goals during the year ahead.

Kathie Moore
Dean of the School of Social Sciences

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So... Do you want to be a contributor?

Are you a budding journalist? Do you have a great idea for an article, or a story that you think we should cover? We welcome contributions from staff and students from across the School of Social Sciences. To find out more about how you can get involved, email s3.enquiries@ntu.ac.uk



Criminology team receives national teaching award

The Criminology team in the School of Social Sciences has been celebrating after winning a national award that aims to highlight and acknowledge best practice in criminology teaching.

The team was presented with the National Award for Excellence in Teaching Criminology at the British Society of Criminology's (BSC) annual conference at Plymouth University on 1 July. The award was presented by Dr Marty Chamberlain, a member of the executive committee of the BSC and chair of the BSC Learning and Teaching Network.

The award, supported by SAGE and the Higher Education Academy, is given to the individual or team that judges feel has contributed most to the positive learning experience

of criminology students during the current academic year.

The BA (Hons) Criminology degree – one of the first undergraduate degrees of its kind to be taught in the UK – is run from within the School of Social Sciences' Division of Sociology.

As part of the course students undertake a service learning placement module, which sees them complete a focused piece of research or a period of voluntary work for an external organisation such as the police, charities or housing authorities.

Last year a new policing pathway was introduced, which enables students to be recruited as special constables during the course. This innovative collaboration means undergraduates can tailor their

learning by choosing to apply for the pathway early in their first year, if successfully accepted as a special constable by Nottinghamshire Police.

Special constables are volunteer officers who have the same powers as regular officers and undertake a variety of tasks such as serving warrants, vehicle checks, town centre patrols and neighbourhood policing.

The criminology degree gives students the chance to examine crime and law and order from a number of perspectives.

Dr Jason Pandya-Wood, Head of Sociology at Nottingham Trent University, said: "We pride ourselves on innovating and thinking differently and are absolutely delighted that our work has been recognised in this way.

"This is a major award for the team and their continued efforts to ensure criminology can make a real difference – not just for the students themselves, but to the wider world."

The 2015 British Society for Criminology conference – 'Criminology: Voyages of Criminal Discovery' – was attended by more than 250 of the world's foremost thinkers in the fields of criminology and criminal justice.

It included keynote addresses by leading academics from the UK, United States and Australia, as well as workshops and discussion groups tackling a range of topical subjects.

NTSU Outstanding Teaching Awards

Sociology lecturer Andy Sutton has been awarded the NTSU Teaching Award of Outstanding Academic of the Year for the School of Social Sciences. The awards were announced at a ceremony that took place in the Students' Union building on 5 May 2015.

The Outstanding Teaching Awards aim to recognise the fantastic work carried out by teaching and support staff across the University.

The awards are voted for by students and recognise staff members who have made the most positive impact upon students' learning and university experience during the academic year.

Shortlisted nominees for the Outstanding Academic of the Year Award in the School of Social Sciences included last year's winner, Eva Zysk, and Rowena Hill, both lecturers in the Division of Psychology.

The winner of the award for Outstanding Support Staff of the Year went to Dennis Birks, Subject Administrator for the Division of Politics and International Relations, with Disability Support Worker Denise Cardy shortlisted as the runner-up.

The School of Social Sciences was also shortlisted for the award of Outstanding School of the Year.



A successful outcome following a recent Periodic School Review



The School of Social Sciences has received confirmation of a successful outcome following the recent Periodic School Review, a process which assures that the School is providing high quality, valid, relevant and inclusive learning opportunities that enable students to achieve the University's awards and qualifications.

The process, which takes place every five years, also assures that the School effectively manages quality assurance and enhancement procedures and processes and it also aims to support Schools in the continuing evaluation and enhancement of their provision.

The outcome of the review confirmed that the School's

standards and quality management meets NTU and UK expectations and that the quality and enhancement of students' learning opportunities provided by the School are commended. The School also received four commendations regarding aspects of quality enhancement, which included the strategic, systematic and evidence based approaches to enhancement and innovation together with a willingness to embrace new ideas.

Staff, students and stakeholders were all involved in the successful review which is organised by NTU's Centre for Academic Development and Quality on behalf of the University's Academic Board and the Academic Standards and Quality Committee.

In the press...

Many of our academics in the School of Social Sciences regularly provide expert opinions on current affairs and are featured in the local, national and global press.

In the past few months academics from across the School have been featured in the *Financial Times*, the *Daily Mirror*, *The Independent*, *The Times*, the *Daily Mail*, the *Daily Express*, the *Sunday Times*, the *Hindu*, *Tech Times* and *The Conversation*, and featured on

CNN and Reuters, to name but a few. Professor David Crundall from the Division of Psychology also appeared live on BBC Breakfast to discuss young drivers.

If you want to keep up to date and find out which of your lecturers have been featured in the press, make sure you follow the School of Social Sciences on Twitter and Facebook. Find us at www.facebook.com/NTUS3 or follow us @NTUSocSciences.

SOCIETIES IN THE SCHOOL OF SOCIAL SCIENCES

Here at NTU there are over 70 societies that you can get involved in. From art and Amnesty International to drama and debating, you can take part in a whole range of activities outside of your academic studies.

In the School of Social Sciences our Politics, Criminology and Psychology societies are a brilliant way of making friends, meeting new people on your course and learning about your subject from a different perspective.

In this issue we take a look at the Criminology Society and the sorts of opportunities it offers to its members.

Introducing... Criminology Society

The Criminology Society is an academic society bringing like-minded people together to discuss criminology-related issues, learn and socialise. Criminology studies the social context of how crime happens, why it happens and how it affects society as a whole, not forgetting how crime can also be combatted, as well as how criminals are rehabilitated back into society.

As one would probably guess, we love to debate and discuss these topics, but that is not the only thing we do; we also like to see them in action. Trips to the local police station, talks with officials inside the criminal justice system from local policemen to court judges and beyond, as well as trips to the courts, are just some of the many ways in which we try to bring the criminal justice system to you.

As of September the Criminology Society has a brand new committee. All of us are dedicated to building membership, creating more social events and doing our best to get members involved. This includes our plan to have representatives from first year on the committee, as well as lecturers from Criminology and other departments within the School of Social Sciences to increase involvement, as well as make as many voices as possible heard within the society.

So how can you all get involved? Becoming a member is step one, however there is much more you can do, especially during Welcome Week. We have many activities planned including themed events, such as Cops and Robbers Capture the Flag and a Cluedo version of the traditional pub crawl. For those who prefer a quieter setting or have families, we have events such as movie nights and bowling, where families are not only welcome, but encouraged to attend. You can find out more information about these events inside the Welcome Week planner.

Outside of Welcome Week we have many more things planned. These will include a variety of social events every month as well as some amazing guest speakers and hopefully some get-togethers with the University of Leicester's Criminology Society for events and friendly competitions.

If you are interested in joining the society or even joining us for some events, come and meet us at the Freshers' Fair during Welcome Week or sign up on our membership page.

See you soon!

William
Social Secretary



Youth Studies students take part in Employability Spa Day

In readiness for graduation, the Youth Studies team hosted an Employability Spa Day for second and final year Youth Studies students. The event took place at Nottingham Conference Centre on Thursday 4 June and was supported by a range of staff, including the Youth Studies academic team, the Succeed with Social Sciences employability team and Ann Allen, the Associate Dean.

The idea behind the Employability Spa Day was to give students the opportunity to prepare for graduation by selecting from a range of employability 'treatments'. These ranged from an advice session on how to prepare for interviews, a personal branding class to help students manage their online profile, a LinkedIn information session and the opportunity to have a one-to-one mock interview. Students were also treated to a motivational speaker session and had the opportunity to talk to recent Youth Studies graduates about their current roles.

Angela Vesey, Principal Lecturer in the Division of Sociology said:



"The employability experience was launched with an inspirational and participatory session from Pete Hawkins of Windmills, whose energy and enthusiasm was infectious and provided a fantastic platform to ensure that students really rose to the challenges presented to them throughout the course of the day.

"Youth Studies alumni were warmly welcomed back to NTU by both the course team and the students to share their post-graduation experiences. Their contributions formed an important part of students' learning on the day, as did the forum to talk to a range of mentoring, enterprise and volunteering professionals as part of a networking activity.

"The course team ensured that the students did not leave empty handed and departed with a professional photograph of themselves for future use in their own employability ventures, as well as a professional folio to facilitate their future career applications and a range of other useful goodies!"

Safe sex and the city: students run health promotion campaigns on campus

Final year Health and Social Care students had the opportunity to hold health promotion campaigns in key locations around NTU's City site and Clifton campus. The aim of the campaigns was to raise awareness about a whole range of health-related issues.

The campaigns took place in March and were the culmination of months of hard work and research into specific issues that affect young adults including safe sex, drug awareness, safety on a night out, cancer awareness, mental health and wellbeing, nutrition, and health.

As part of their work, students were encouraged to engage with a range of internal and external stakeholders. These included a range of charitable organisations such as Nightline and Macmillan Cancer Support, as well as NTU's Student Support Services and the Global Lounge. Students also had the exciting opportunity to put forward a business case to the Dean of the School of Social Sciences to try and win funding for their health promotion campaigns.

Students were encouraged to consider the ways in which they could make their campaigns sustainable after the formal campaigns had finished. Many of the groups created Facebook and Twitter pages so that they could continue their campaigns online. The posters created by the Say No to Molly campaign group, which examined the issues surrounding the use of MDMA, will also be used in the future by Chill Out Sound Support in Nottingham, a charity that provides a free and confidential service for non-injecting drug users aged 18 and over.

Giving students the opportunity to use their academic knowledge and passion for their subject, and enabling them to transform this into something tangible that has a real impact on the local community, was a central part of the health promotion campaigns. As Tim Harrison, Senior Lecturer in the Division of Social Work and Health explained: "The value of this module is that it integrates and embeds skills development, as well as knowledge development. The module is outward facing and feeds forward in terms of careers development."

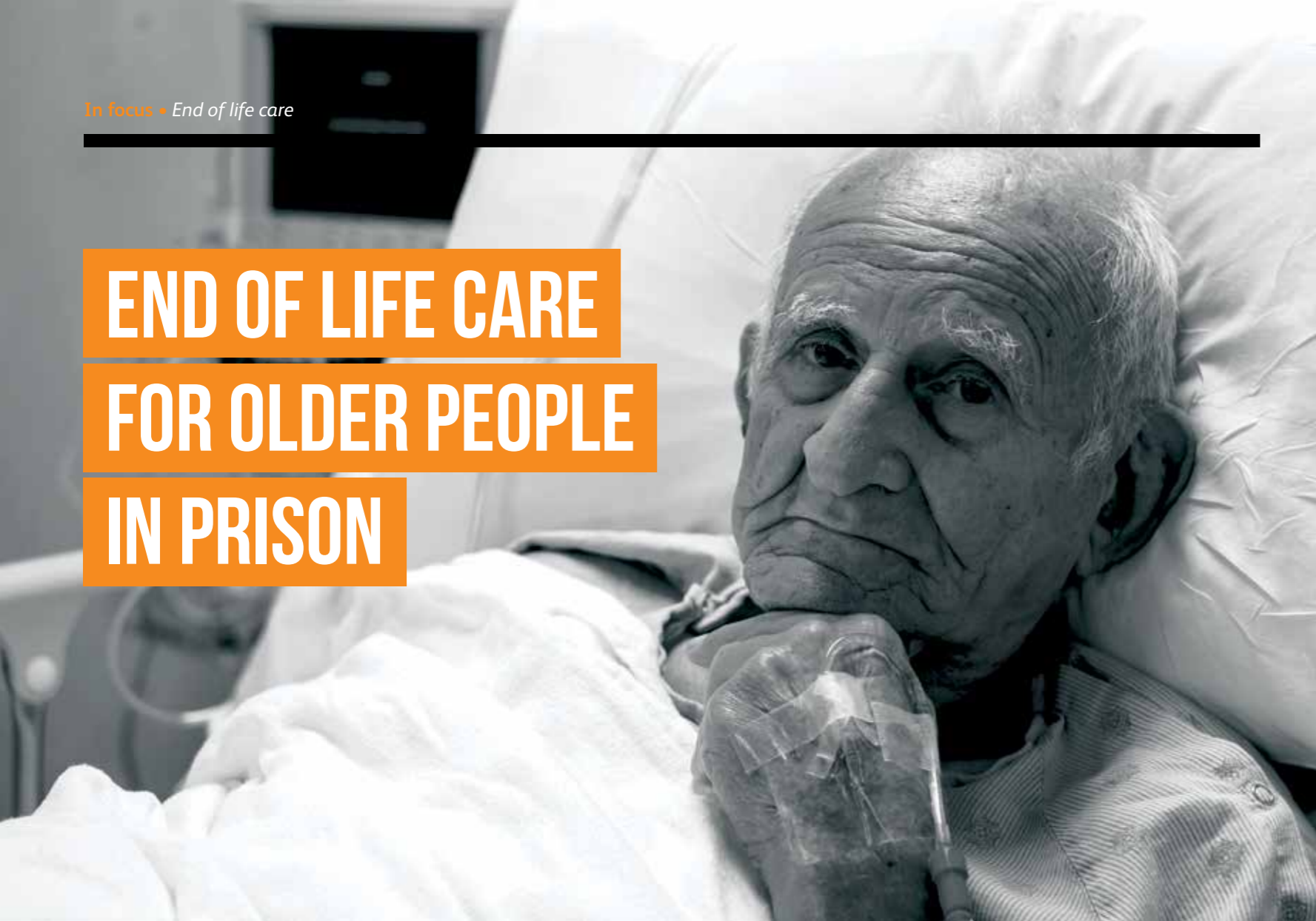
The response from students who ran the campaigns demonstrated just how valuable the whole experience was. Jasmine, from the campaign group Feel 'U' Check, said: "Something that really sticks out for me is how an individual we talked to about potential signs and symptoms made an appointment with their doctor after speaking to us. It really made the campaign worthwhile seeing that people were taking on board what we were saying, didn't shy away from the topic and were willing to listen to what we had to say.

"Running the campaign enabled me to gain valuable practical skills and experience. Being involved with the whole process of planning and creating a campaign over a number of months enabled me to fully work as part of a team, to communicate and involve various stakeholders, to create resources and put theory into practice.

"Although it was a lot of hard work it was extremely fun and rewarding and something that really didn't feel like an assignment at all. I'm really proud of what we achieved and would happily do it all again."



END OF LIFE CARE FOR OLDER PEOPLE IN PRISON



In England, life expectancy has steadily increased since 1981 and today an estimated 0.3% of the population are expected to live to 95 years or older (Public Health England 2015). As a result of the introduction of the National Health Service (NHS) and more effective health management (Tapia Granados 2012) this is one of the oldest life expectancies on record and one that illustrates the extent of England's ageing population (Public Health England 2015).

Due to increased life expectancy, older people experience a range of illnesses and diseases that may be terminal or untreatable and require end of life or palliative care (Senior et al., 2013). This is a growing issue during older age and has practical implications for environments that house older people, such as

residential care homes, hospices, and prisons.

Literature has suggested that deaths amongst older prisoners tend to be due to natural causes rather than self-inflicted (Howse 2003) although that is not to say that older prisoners never commit suicide (House of Commons Justice Committee 2013). Recent figures from the Prison and Probation Ombudsman (2014) have identified that between 2013 and 2014, natural deaths in prison rose by 7% from the previous year while figures illustrate that 58% of individuals who died in prison were aged 60 years or over, emphasising the increased older prison population and the demands that end of life places on the prison service (Prison and Probation Ombudsman 2014).

The philosophy for end of life or palliative care for people in England

and Wales is based on the work of Dame Cicely Saunders, who opened the St. Christopher's Hospice, London in 1967 (Richmond 2005). Dame Saunders implemented the belief that quality care should be provided to all who are dying, regardless of their location and who they are (ibid). Academic research on palliative care has applied a similar philosophy and encourages the belief that end of life care should be achievable for all (Clark et al., 2005; Katz 2005). Research has explored the interpretation of dignity across a variety of environments and calls for criminologists to explore this term within prison environments (Tiff and Stevenson 1985).

The UK End of Life Care Strategy (Department of Health 2008) referred to palliative care in prison and stressed that the same principles

“In England, life expectancy has steadily increased since 1981 and today an estimated 0.3% of the population are expected to live to 95 years or older”.

of care applied to the community population should be implemented in a prison environment. In addition, the strategy stressed the importance of treating prisoners with dignity and respect and providing them with as much autonomy as possible within the constraints of a custodial environment.

However, research has identified that this strategy is not implemented equally in the prison environment and prisoners are only referred for end of life care when they have an estimated three months left to live, which is three months less than they are eligible for in the community (Stone, Papadopoulos and Kelly 2011). This highlights the treatment imbalance between community patients and prison patients. Indeed, it also suggests that terminally ill prisoners may receive less end of life care than they are entitled to, even when government strategies recommend equal treatment. Research has highlighted the criticism fielded by the government and prison service from the British media when providing equal treatment to prisoners, believing that palliative care is special treatment (Turner, Payne and Barbarachild 2011).

Studies have identified that fear and uncertainty feature heavily in the lives of older prisoners (Johnson 1999; Jewkes 2005) and they are prone to experiencing intense fear of death within the prison estate. Feelings of anxiety towards death have been found to significantly reduce life satisfaction amongst an older population (Princy 2013). In one of the earliest studies of older prisoners, Cohen and Taylor (1972) concluded that future plans for life after prison are rare in the prison population as futures are uncertain and death in prison is a real possibility. As a result, inmates refrain from making future release plans.

Literature has indicated that the fear of death in prison is reinforced when prisoners witness the death of other inmates within the prison and foresee a similar future for themselves (Flanagan 1981). Wilson and Vito (1986) found that a fear of death amongst the older prison population is expressed more so within an age segregated environment and may mean that when facing end of life, older prisoners experience less distress if

they are within an age integrated environment where they are not faced with other older peers facing end of life; this contributes to the integration versus segregation debate. Tesu-Rollier (2013) expanded on these discussions and suggested that witnessing death in prison results in feelings of bereavement and that these feelings of loss are exacerbated due to the constraints of the prison environment.

Flanagan (1981) illustrated that older prisoners are particularly concerned with the related shame and stigma associated with dying as a prisoner. Byock (2002, p. 107) supported this, contesting that “dying in prison is what inmates dread most, as they fear spending their last hours in agony, alone, separated from family outside and from friends within prison walls”. Dubler and Post (2001) argued that terminally ill inmates should not remain in prison and should be granted early release so that they can die as free men, although these views have been the subject of much debate due to the controversy surrounding prisoners' rights (Byock 2002; Turner and Payne 2011; Turner, Payne and Barbarachild 2011).

Dying as a prisoner is made even worse by the use of security aids and restraints during palliative care in outside hospitals or hospices (House of Commons Justice Committee 2013). Forms of restraint to prevent escape such as handcuffs and supervision of prison officers applied during end of life care are associated with risk and suggest the individual is dangerous, symbolising the power of the prison service over the inmate (Evans, Herzog and Tillman 2002). Studies have stressed that although some older prisoners may be physically less mobile or experience cognitive degeneration, it should not be assumed that they pose no danger to other inmates, staff, or to the community and thus restraints are unnecessary (Kerbs 2000; Williams et al., 2012). However, other research has found that the frailty of

older prisoners means they are less of a risk and pose less of a danger to their younger inmates (Newman, 1984; Steffensmeier and Motivans 2000). The study recommended that this be taken into consideration when judging the necessity of physical restraints during palliative care.

The location of death is an important aspect of palliative care for patients during their final days, and provides a sense of autonomy and control (Mahon and McAuley 2010). Similarities are found with a prison population and prisoners become attached to the prison environment as a result of the social interaction and familiar schedule of their institution (Rowles 1978). It is this sense of familiarity and comfort

“The location of death is an important aspect of palliative care for patients during their final days, and provides a sense of autonomy and control”.

that increases individual satisfaction and wellbeing when they are provided with the autonomy to choose their location of death (Phillipson 2011).

The comfort of an environment to which an inmate is accustomed can be more appealing to an older person who is dying in prison than the alternative of being released to a lonely and unfamiliar setting. Prisoners will often choose this option despite the fact that being released would offer more freedom in terms of no constraints (Aday 2003) and the difficulties faced by prison staff when managing medicine and levels of pain (Stone, Papadopoulos and Kelly 2012). Indeed, this form of prisonisation (Clemmer 1940) results in a desire

to remain in the familiar and socially functioning environment of a prison, even if this means accepting the constraints of a prison environment.

Increased life expectancy means that end of life or palliative care in prison is now a big issue for the prison service. The philosophy of palliative care promotes a comfortable death for all who need it, although older prisoners seem to receive end of life support at a much later stage than their community counterparts, thus suggesting that they may experience long periods of discomfort and pain. Older prisoners seem to experience anxiety and show concern over a number of aspects related to palliative care, including experiencing a general fear of death which is often exacerbated by witnessing fellow inmates dying in prison. This emphasises the mental and emotional support that older prisoners may benefit from, although literature has not indicated that this support is available.

A lack of autonomy and control over the location and arrangements of death also causes concern, while passing away with the prisoner label also contributes to feelings of shame and humiliation. The prison service should pay attention to the increasing ageing population and consider more effective methods to manage the palliative care needs of the older prison population.

Claire de Motte
Research Assistant and
PhD Researcher
Division of Social Work and Health



FOOD SHOPPING, INDEPENDENCE AND LATER LIFE

The provision of low-level support to maintain older people's independence around the home has long been recognised as important. Such support, from adaptations around the house to help and support with mobility and care needs, not only prolongs independence but also reduces the chances of access to residential or nursing care. Research by Dr Chris Towers, of the Division of Social Work and Health, studied four voluntary sector groups within Nottinghamshire to investigate how or to what extent the maintenance of one's ability to shop for food maintains independence in later life.

Respondents varied in age, some in their 50s and others in their 80s and 90s, but all had rich stories to tell and thoughts on shopping and its value. The work explored not just the issues of shopping and independence but the wider values and meanings older people associate with food shopping, such as its consideration not just as a means to an end but as a social activity in itself, helping to maintain health, wellbeing and social

networks. Individual interviews and focus groups both in rural and urban locations explored what food shopping has meant and continues to mean for older people. The role of new technology and attitudes towards internet shopping were explored as older people reflected on the relative value and importance of shopping both online and in person and its place within their lives. Older people resisted using the internet, even if it may help in a practical sense.

Interviewer: How would you shop if living in a rural location?

Respondent: I'd still do in person shopping and would not do an internet shop, even if I had to get two buses.

Female, Early 80s.
Urban location

One older person suggested that her social connections with others had reduced since she retired early and so the interviewer asked her about the importance or otherwise of food shopping pre and post retirement.

Interviewer: If you retired later would food shopping still have a social value?

Respondent: No, because if I worked longer I would still have people to talk to. It is mainly that, the need to get out and talk. I can do that on the way to the shops.

Shopping also helped to maintain independence although many also saw themselves as interdependent, connected to others or seeking connection with others who might help them with their shopping. Older people also had various strategies in relation to shopping involving buses, taxis, cars and scooters. Friends and family were critical as a means of support.

Some strategies were very complex and many older people showed great resilience and resourcefulness as they clung on to their food shopping and perceived independence.

The full report will be available in due course and Chris seeks to liaise with older people's groups in the dissemination of his findings. He will also seek collaboration with others for a wider research project. He will present findings to this year's annual conference of the British Society of Gerontology.

Dr Chris Towers
Division of Social Work and Health

An ageing society

The steady increase in the average human life span in many countries during the 20th century reflected a decline in childhood death rates due to immunisation before World War II and the development of antibiotics to treat infectious diseases immediately following this.

But recent years have seen an unanticipated decline in death rates in later life and the life expectancy of those who reach old age is steadily increasing. Advances in medicine and surgery have provided increasingly effective treatments for diseases, and mitigated the impact of those which cannot be cured, (although less so in the case of conditions such as dementia).

Individuals now reaching retirement age commonly remain in good physical and psychological health for 10 - 15 years, live an active life and are involved in various activities including caring for younger grandchildren, voluntary work, hobbies, sport and travel. Only in their 80s do most people then experience increasing disability

and poor health as they approach the end of life.

So many individuals are benefitting a great deal from their increased longevity: however their increasing pension costs, and the health and social care services required for a much larger older population, are arguably unaffordable by society as a whole. This has led population ageing to be seen primarily as a problem for public policy. Health and social policy are focused on reconciling the demands of an increasing older population with the resources available. Reducing or delaying the demand for care is a significant aspect of this. Very significant investments in health research, clinical practice and in technology are taking place to reduce the development of conditions such as dementia, and to mitigate their impact on those who develop them and their carers.

The insights and application of social sciences provide a useful counterpoint to this emphasis on the problems of societal ageing.

The British Society of Gerontology's Annual conference in July showcased a range of work responding to ageing in society, recognising the opportunities this presents as well as its challenges.

“Health and social policy are focused on reconciling the demands of an increasing older population with the resources available.”

There was a welcome emphasis on measures promoting healthy and active ageing (using insights from biology and health sciences), and work which celebrated the opportunities presented by a longer life and challenged stereotypes which problematize and marginalise

old age. One exciting example involved older people from four European countries choosing films which most effectively exemplify active ageing, and then learning to make short films of their own with the same theme (see cinageproject.eu/en). A set of learning materials will shortly be published on open access for other institutions to use.

Teaching and research in the School of Social Sciences provides us with opportunities to bring the insights these sciences provide to bear upon the challenges of population ageing and to seize the opportunities this presents. For instance, it's particularly important that teaching stresses how social psychological insights underpin best practice in dementia care. NTU's new strategic focus also puts us in an excellent position to develop intergenerational learning opportunities for young and old alike, and truly enrich society in Nottingham.

Chris Ring,
Division of Social Work and Health



NTU Public Health crew visits Uganda

Deborah Ilaboya, an MA Public Health student, tells **So...** magazine about the fantastic opportunity she had earlier this year to spend three weeks in Uganda.

About five months before the completion of my MA in Public Health, I had the opportunity to embark on a life-changing journey to Uganda with Dr Linda Gibson - the MA Public Health course leader - and Yesmean Khalil, a visiting research fellow in the School of Social Sciences. Together we formed a small group that came to be known as the NTU Public Health crew. I received partial funding from the School of Social Sciences, which covered travel expenses to and from Uganda where I spent three weeks involved in a number of activities.

At the start of the trip I attended and presented at the 12th Annual Scientific Conference organised by Makerere University Environmental Health Students' Association (MUEHSA). The conference took place over two days and my presentation, entitled 'Studying the social model of health - reflections on the MA Public Health programme at Nottingham Trent University', focused on my experiences as an international student studying on the MA Public Health course at NTU. I also had the chance to represent the University at other activities such as an alumni meeting and drop-in sessions for prospective NTU applicants.

Whilst in Uganda I had the opportunity to collect field data for my MA dissertation, 'Investigating perceived barriers to early breast cancer detection in Uganda using a multilevel approach'. During my field research I explored the lived experience and social reality of breast cancer as a public health challenge in Uganda by conducting interviews and focus groups. I became interested in this particular topic because Uganda, like other African countries, is plagued with the increasing burden of breast cancer and other non-communicable diseases (NCDs). Breast cancer, however, is often detected late resulting in high mortality rates. This is in part a result of the prevalence of infectious diseases - particularly HIV/AIDS and malaria - which means that NCDs such as cancer are neglected and not prioritised as a health issue.

My research explored the perceived barriers to the early detection of breast cancer in women within a multilevel framework. This multilevel approach was used based on a socioecological framework that recognises that barriers to early detection go beyond individual barriers, encompassing communities and organisations, as well as policy barriers.

In addition, I volunteered on a THET (Tropical Health and Education Trust) project, which is a partnership project between the NTU Public Health Department and School of Public Health at Makerere University. The project aims to strengthen the community health workers' programme for health improvement in the Wakiso District of Uganda.

The trip ended with a rather emotional but eye-opening visit to In Need Home, a charity organisation in Kampala. The organisation is primarily a support facility, set up to help meet the needs and hopefully raise the standards of living of vulnerable children living in the slum of Namuwonogo, where about 90% of the households live below the absolute poverty line.

Prior to my visit to Uganda the department organised a cake sale to raise money for the charity, with the help and support of MA Public Health students and other staff within the School of Social Sciences. During our visit to In Need Home we were also pleased to present the children with stationery and other materials on behalf of the International Development Office at NTU.

Through my experiences in Uganda I have gained a valuable insight into the realities of public health practice, particularly within an international context. At the time of my application to the programme last year, I never imagined that I would get the opportunity to conduct international research or that I would get to represent the University and present at an international conference. This experience has been the highlight of my MA course and I know I could not have done it without the constant support of staff from NTU.

I hope to return to Uganda, not only to disseminate the findings from my research, but also to take advantage of the opportunities that there are to make a difference to people's lives through international partnerships.

If you would like to find out more about Deborah's visit to Uganda, visit the School of Social Sciences' Go Global blog: <https://ntus3global.wordpress.com>



The School of Social Sciences' Go Global blog

Are you spending a term or even a whole year abroad studying in another country? Are you attending a conference at a foreign university? Does your research have an international focus? If the answer is yes, then we want to hear from you!

The Go Global blog aims to showcase the international activity going on in the School of Social Sciences. We are looking for staff and students from within the School to contribute blog posts, images and video content which can be featured on the blog.

If you'd be interested in getting involved, or would like to find out more about this opportunity, please email s3.enquiries@ntu.ac.uk

60 seconds with... Helen Reed



“Make sure that you broaden your horizons and look at all the options that are open to you.”

Helen Reed is the Employability Coordinator for the School of Social Sciences. **So...** magazine sat down with Helen to chat about employability, graduate jobs and long distance walking.

Tell us about your role as Employability Coordinator for the School of Social Sciences

As Employability Coordinator I am the link between the academic School of Social Sciences, the central employability team, and other stakeholders including employers and outside organisations. I work with a whole range of people including course teams, prospective students and undergraduate and postgraduate students. I run the Succeed with Social Sciences events and provide support with creating work experience opportunities and activity in the curriculum, such as employability days.

What aspect of your role do you most enjoy?

My role is really varied. I get to work with a wide range of people from small, medium and large organisations, from different Schools at NTU and with students and staff from across the University.

Empowering students to succeed in their chosen careers is an important part of your work.

What was your first job after graduating from university?

My first job was working for Marks and Spencer. I then decided to study Career Guidance at NTU. Whilst I was still at university I had a job in the bar of my halls of residence and did marketing for Rock City!

Tell us something that Social Sciences students may not know about you.

I am a member of the Long Distance Walkers Association. When I am out walking, I'll often walk more than 40 miles!

What has been the most challenging thing you have ever done?

The most challenging thing that I have done is walk 105 kilometres from London to Brighton in order to raise money for the British Heart Foundation.

What is your favourite pastime?

In my spare time I enjoy going to the cinema, reading – especially crime novels – going to the pub or a restaurant and taking my dog for a walk.

What advice would you offer to Social Sciences students regarding their employability?

The advice I would offer to students would be:

- Make sure that you broaden your horizons and look at all the options that are open to you. You don't have to find employment in a role that is directly related to your degree; there is nothing to stop a Criminology student becoming a chartered accountant!
- Be confident – you have a lot to offer potential employers, so you need to be able to recognise your own strengths.
- Make sure you gain work experience over the course of your time at university. Even if you are in your first year, you should be thinking about getting experience of some kind, whether through volunteering or paid employment over the summer.
- Attend our Succeed with Social Sciences events and remember to make the most of all the employability support that is available to you!

Build up your CV

It's the start of a new academic year, so what better time to start thinking about how you can build up your CV? Whilst the holidays are the perfect time to get yourself a placement or a few weeks' work experience, developing your skills and workplace knowledge doesn't have to stop as soon as term begins.

Here are a few simple ways in which you can make sure that your CV stands out from the crowd.



Visit www.ntu.ac.uk/studentlife to find out more.

Are you LinkedIn?

We're living in the age of social media and employers are increasingly looking at not only how good you are on paper, but at your online profile too. Online vetting has become a vital aspect of recruiters' selection processes, with employers viewing applicants' LinkedIn, Facebook and Twitter pages to get a sense of what kind of person they are and what they have to offer them.

As Susan Vogel, Business Development Consultant at NTU says, having a professional online presence like LinkedIn could have a really positive impact on your employability prospects too. Susan explains: "Although graduate recruitment is increasing, there will always be a lot of competition for the best opportunities. Being on LinkedIn makes you stand out from the crowd through networking with industry professionals, researching potential employers and finding jobs. It also means you can be found, so get your profile right and your dream job could come to you."

We've come up with some top tips on how you can go about building a great LinkedIn profile:

- **Profile picture – An image speaks louder than words.** Leave your holiday snaps on Facebook and make sure that your profile picture shouts 'employable' rather than 'party animal'. Use a head and shoulders photograph that demonstrates your professionalism.
- **Headline – Read all about it!** Promote yourself with a short, to-the-point, professional slogan, something like: "Enthusiastic NTU student aspiring to become successful PR consultant".
- **Summary – Keep it snappy.** Remember, this is a brilliant opportunity to sell your skills and experience to potential employers. Make sure your summary is interesting, engaging and to the point. This should only be three or

four short paragraphs and should demonstrate the interests, skills and experience that make you stand out from the crowd.

- **Experience – Think outside the box.**

Experience doesn't just have to mean paid work. Whilst having paid employment is great, don't forget you can include a whole range of other activities too. Whether you're a course representative, help run a society, have your own blog or are an amateur photographer, this is all relevant experience that demonstrates your creativity, ability and enthusiasm.

- **Skills – You've got them!**

This is a great opportunity to demonstrate what exactly you can do. If you're tempted to lie – don't! You will have plenty of skills, even if you haven't used them in a professional working environment. Think about the sorts of skills that recruiters might be looking for (check out job descriptions for roles that you're interested in for ideas) and see if you can include these skills on your profile.

- **Get connected!**

Groups that you've joined appear on your profile page. You can search groups by entering a business name or employment area in the search bar at the top of your LinkedIn page and then selecting 'Groups' from the dropdown menu. Joining groups is a great way of showing that you want to build up your own professional network.



Upcoming Succeed with Social Sciences career events

All current students and graduates from the School of Social Sciences are invited to a series of workshops specifically designed to help you realise your employment opportunities with a Social Sciences degree.

Succeed with Social Sciences: Welcome lunch and wellbeing event

Wednesday 21 October
1.30 pm – 3 pm, Newton LT1

Kick off the new term by coming along to our welcome lunch and wellbeing event. You'll have the chance to find out about wellbeing and related employment opportunities in the public and private sector.

Postgraduate study event

Wednesday 4 November
1 pm – 3 pm, Newton LT1

Thinking about postgraduate study? Get all the information you need on the application process and how to search for and apply for postgraduate funding.

For more information visit www.ntu.ac.uk/swss

Planning and managing your career

Wednesday 11 and 25 November
1 pm – 2 pm, Newton LT1

Find out how to make those all-important career decisions. Discover the sorts of jobs that might appeal to you and the steps you need to take to ensure that you have the best possible chance of succeeding in your chosen career.

Social Sciences Assessment Centre Day

Wednesday 25 November
12 pm – 5 pm

An interactive workshop giving you the opportunity to experience the whole process of assessment centre days, including group tasks and psychometric assessments.

Postgraduate and Professional Open Events

Our open events are a fantastic opportunity to get a taste of what it is like studying one of our postgraduate and professional courses. You will have the chance to discuss your study options and career plans with a member of the course team and find out more about fees and funding opportunities.

These will be taking place on:

Wednesday 11 November 2015, 4 pm – 6 pm
Wednesday 27 January 2016, 12 pm – 2 pm
Wednesday 16 March 2016, 4 pm – 6 pm
Wednesday 22 June 2016, 4 pm – 6 pm

To find out more please visit www.ntu.ac.uk/s3openevent

So... what are they doing now?

Emily Macaulay (MBE)

Course: BA (Hons) Criminology

Year: 2003

Job title: Senior Supervisor - Operations

Employer: Exeter Library

What does your current role involve?

Exeter Library is the flagship for Devon Libraries and, being responsible for its operations, I ensure the whole staff team delivers high standards of customer care and works to make sure every visitor has the best experience they can. With over 2,000 people visiting every day this takes planning, motivation and a problem solving approach focusing on the changing future of libraries in a challenging economic climate.

What is a typical day for you?

No two days are the same. Every day I will do the staffing timetable for the next day and if any big events are happening in the library in the next couple of days I'll work with colleagues to ensure we are ready. Throughout the day I will be supporting the frontline staff, either solving barriers to them delivering excellent customer service, such as shaky I.T, or speaking with dissatisfied (and sadly sometimes aggressive) members of the public. The diversity of library users is immense and I'll try to spend some time each day ensuring we are meeting their needs.

Can you share details of how your career has developed since leaving NTU?

After NTU I moved back home in order to be able to fund postgraduate study and then moved to Devon to take a job in Devon and Cornwall Constabulary. Two years later I was employed as a project manager for the Devon and Cornwall Criminal Justice Board to deliver the Community Justice project. When the funding for that post

ended I moved to the Police Authority where I was for four years. My final year there was working for the newly created Office of the Police and Crime Commissioner. Whilst this was a fascinating and unprecedented year I could not agree morally with this political element of the criminal justice system so looked outside policing for development opportunities.

How has your experience at NTU - the learning environment, academic and social life - shaped or helped you in your career?

The most striking element of my course at NTU was the practical insight the lecturers had. Through their previous involvement with the criminal justice system they were able to make the theory interesting and relevant, and add further depth to debate about application.

What advice do you have for students and fellow graduates e.g. trends or skills required in your field?

A degree may apparently be essential for getting a job, but having some awareness of practical application counts far more in making that job a successful one.

How friendly and supportive an environment did you find NTU to be?

My time at NTU was life changing and the environment within the University and city were key to that. In addition to the close knit feeling of the Criminology department I benefited from involvement with the LGBT Society and played for the badminton team for three years - for

one alongside a future international badminton player. I had a number of experiences made possible by NTU, which means I will always hold the University and my time there close to my heart.

What has been the highlight of your career or personal achievements to date?

I was humbled and thrilled to be awarded an MBE in the Queen's Birthday Honours list in June 2014 for services to equality and diversity. This was the result of a number of years within Devon and Cornwall

Constabulary and as chair of the local Gay Police Association, during which time I was involved in a range of activities seeking to improve equal opportunities for those within the service and equality of access for the public.

Where have you found advice and inspiration?

I am constantly inspired by the memory of Jane Tomlinson, a lady who despite having cancer pushed her body through amazing feats of endurance and raised millions of pounds for charity.



School of Social Sciences Prize Giving 2015

On Wednesday 22 July the School of Social Sciences was delighted to host a prize giving ceremony to celebrate the achievements of recent graduates from the School. The ceremony was attended by students, their families and staff. The Dean of the School of Social Sciences, Kathie Moore, presented each of the prize winners with their award.



Division of Sociology poster exhibition and celebration event

On Thursday 30 April, almost 200 students studying the BA (Hons) Sociology, BA (Hons) Criminology and MA Public Sociology courses took part in a celebration event. The event gave students and staff the opportunity to celebrate the hard work that had gone on within the division over the course of the academic year.

As part of the event students had the chance to display research posters and explain their work to staff and fellow students. The research posters were based on students' Service Learning projects that they had been working on in the second term of the academic year.

Service Learning involves students working in partnership with not-for-profit organisations in the local community on projects that meet authentic community needs. The aim of this is to deepen students' engagement with their discipline, as well as encourage civic engagement.

The event was held in the Newton building and was attended by a range of academics from within the School of Social Sciences, as well as external visitors from local organisations and Matthew Taylor, Chief Executive of the Royal Society for the encouragement of Arts, Manufactures and Commerce (RSA).

Andrea Lyons-Lewis, Lecturer in the Division of Sociology said: "My colleagues and I were delighted by the excellent quality of work displayed by the students at the celebratory poster event, as well as their keenness to engage with the community organisations that had come in to view and discuss the work.

"We were honoured that so many external and internal guests were able to attend and show an interest in this important work, including Matthew Taylor of the RSA. Service Learning is an excellent way for students and staff to engage with important issues being faced in our local communities."



Final year Psychology students take part in the Professional Practice in Psychology Conference

Each year Psychology students in their final year of undergraduate study have the opportunity to take part in the Professional Practice in Psychology conference. This forms part of one of the final year core modules in Psychology, which addresses aspects of professional psychology.

Over the course of fifteen weeks students had the chance to work as part of a project team on a problem from a set of professional scenarios. These scenarios gave students the opportunity to research a particular problem in depth and to use their knowledge of psychology to offer a practical solution. During the conference the project teams then had the opportunity to present their

work in front of fellow students and representatives from external organisations.

Rowena Hill, a principal lecturer in the Division of Psychology and organiser of the Professional Practice in Psychology conference said: "We are very proud of what our students have achieved through this module. We work with a wide range of organisations to ensure our students graduate with an experience of professional project work across a range of applied areas of interest. The conference demonstrated their skill in applying academic content to real world settings, resulting in successful work-based problem solving."



Guest lectures

We have been delighted to welcome distinguished lecturers to the School of Social Sciences over the past few months.

'Protecting citizens: the future of Human Rights' – A guest lecture by Lord Bach



In March, Lord William 'Willy' Bach, the Shadow Attorney General and Shadow Commonwealth and Foreign Minister gave a guest lecture called 'Protecting citizens: the future of Human Rights'.

In his speech, Lord Bach outlined the link between the Magna Carta and human rights law. He discussed recent changes in the civil justice field and the implications of these changes, particularly regarding access to legal aid. Lord Bach went on to examine recent debates on the future of the 1998 Human Rights Act and the prospect of the UK withdrawing from the European Convention on Human Rights.

The lecture was attended by a range of academics, students, dignitaries and Nottingham citizens.

School of Social Sciences welcomes Matthew Taylor to NTU



On Thursday 30 April, the School of Social Sciences was delighted to welcome Matthew Taylor, Chief Executive of the Royal Society for the encouragement of Arts, Manufactures and Commerce (RSA) to Nottingham Trent University.

Matthew Taylor, who is a visiting professor in the School, gave the guest lecture 'The RSA's new world view – The Power to Create', which identifies opportunities for a step change in human flourishing and the barriers that stand in the way of progress. Over 60 people attended the event, with an audience composed of academics, fellows of the RSA and individuals from local charities and organisations.

Femininity in Dissent: The Women of Armagh – An inaugural lecture by Azrini Wahidin

On Wednesday 10 June Professor Azrini Wahidin gave an inaugural lecture, 'Femininity in Dissent: The Women of Armagh'. The lecture was attended by over 60 professionals and academics, from NTU and external organisations, as well as members of the public.

Azrini has conducted extensive prison research focusing on both prisoners and uniformed staff. She has a particular interest in elderly prisoners on both sides of the Atlantic, managing the needs of older offenders, the female prison estate, young offenders, the lifer system and resettlement.

In her inaugural lecture, Azrini charted the contours of women's experiences of imprisonment by contextualising the history of Armagh Prison and the central role it played during the conflict in Northern Ireland. The content of the inaugural lecture was based on the testimonies of former female ex-combatants of the Irish Republican Army (IRA) and examined key moments in the history of the imprisonment of the Armagh women (such as the No Wash Protest and strip searching).



Psychological Well-being and Forensic Mental Health Conference 2015

In March, postgraduate students took part in the Psychological Well-being and Forensic Mental Health Conference 2015 hosted by the Division of Psychology. The conference was linked to the Theory and Application to Mental Health module on the MSc Psychological Well-being and Mental Health and the MSc Forensic Mental Health courses.

The students were provided with real life problems or scenarios by a range of external organisations. The students conducted research for ten weeks during the spring term, using their academic knowledge and research skills to provide a practical solution to these problems.

The conference was an opportunity for the students to present their research to not only representatives from the organisations, but also to academics from within the division and fellow students.

Dr. Mhairi Bowe, Lecturer in the Division of Psychology and conference organiser, said: "The presentations covered issues relating to depression, redundancy, homelessness, drug and alcohol misuse, relationship breakdown, management, occupational health and many more. Representatives from each organisation attended the talks and it is hoped that some lasting relationships between students and organisations may result from the conference. Students described the experience as both valuable and unique."

For more information about upcoming events visit www.ntu.ac.uk/s3events

So...

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