

MANCHESTER
1824

The University of Manchester



**Helping
the planet**
one plastic
pipette at a time

**Healthcare
and the homeless**

**Inspiring the
next generation
of undergraduates**

**SOCIAL
RESPONSIBILITY**

Winter 2019

Faculty of **Biology, Medicine & Health**

INDIVIDUALITY

AND

EXPLORING DIVERSITY

SAVING THE PLANET ONE PIPETTE AT A TIME

WORKING TOWARDS FGM CHANGE

PATIENT'S PERSPECTIVE OF RADIO THERAPY

THE VALUE OF RESPONSIBLE PATIENT AND PUBLIC INVOLVEMENT

BOXING FOR WELLBEING



Mahesh Nirmalan

Vice Dean for Social
Responsibility

Introduction

This issue of our Social Responsibility magazine features many different ways our students, staff and the communities that we serve come together to make real improvements to people's lives.

Two truly inspiring articles feature students and researchers working alongside charities and NHS providers to help the Manchester homeless community.

The power of young people to help raise awareness of antimicrobial resistance, a healthcare challenge on a global scale, is also included, with our bespoke work experience

week, inspiring our next generation to consider scientific and health-related careers.

The first conference of its kind to explore intersectionality in Higher Education received incredibly positive feedback from attendees, building foundations for further dialogue and education.

Embedding Social Responsibility in Biology, Medicine and Health contributed to the University's ranking best in Europe and third world-wide in 2019 Times Higher Education Impact rankings against the United Nations' Sustainable Development Goals, our world's call to action on the most pressing challenges and opportunities facing humanity and the natural world.

The Faculty's SR funding 'pot' supported some of these initiatives. As evidenced, large amounts of money aren't necessary to have meaningful impact.

Boxing for people with experience of homelessness



"Boxing is a tool for piecing bits of your life back together; it teaches discipline and it builds passion, and these things are transferable to other parts of your life. It's also a team sport, and gyms provide community and sanctuary that many people are missing from their lives."

Josh Lakner-Cook

"Giving someone the keys to a house is only an end to homelessness by name; people need human connection, a sense of purpose – a job, education, or relationships – in order to start to build a life and feel like they are part of society."

So says Amanda Croome MBE, founder of the Booth Centre; a charity which has worked with our researchers on a project to motivate people experiencing homelessness to get involved with boxing and exercise. Dr Amy Blakemore, project lead, working in mental health research is interested in the association between exercise and depression and how this could be linked to homelessness.

The collaborative project involved promoting engagement in weekly boxing classes at the Booth Centre. Barriers to

attending the classes were diminished by providing lunch, exercise kit, and a thank you bag to take away including deodorant and toothpaste, whilst guest speakers including former boxing champions gave motivational words.

Taking the lead on running the boxing classes were coaches Adam Taylor and Josh Lakner-Cook.



Working within communities for

FGM change



(UNICEF 2016)

It is believed that up to 2,000 girls in Manchester may be at risk every year from Female Genital Mutilation (FGM), the archaic cultural, non-medical practice that involves the cutting or removal of some or all of the external female genitalia.

Although outlawed in the UK in 1985, countries where FGM is still common are well-represented in Manchester; with large populations from Africa, Indonesia, Iraq, Kurdistan and Yemen. Girls living in the UK will usually be taken to another country between infancy and age 15 to undergo the procedure. It's considered a brutal and traumatic procedure; scars are inflicted, normal biological function can be inhibited and some die from the process.

Medical Education researchers have been working closely with local communities to campaign for change. Dr Rebecca

"Because of the law, it's really underground now; people don't speak about it and people are afraid. We hope that this network of individuals talking openly about a taboo topic will break down barriers and help to create positive change within FGM-practising communities".

Dr Rebecca Farrington

Farrington has come into contact with lots of women who have been mutilated through her work with asylum seekers and refugees in Salford since 2005.

Rebecca works closely with Peggy Mulongo, a cross-cultural mental health practitioner and founder of New Step for African Communities (NESTAC). Rebecca and the Community Based Medical Education Team have supported Peggy to empower local communities, and most recently helped to start a youth mentor group to effectively advocate against the practice.

All of us are made up of a kaleidoscope of social identities: race, religion, age, gender, sexuality, disability; to name but a few.



Choosing just one of these identifiers is impossible, which is why intersectionality is of such significance. Intersectionality is the complex way these many social identities overlap, affecting the discrimination and prejudice an individual experiences. For example, a BAME woman may face sexism in the workplace, which is compounded by pervasive racism.

The inaugural National Association of Disabled Staff Networks & LGBT+ NoN Intersectionality Conference 2019 explored this concept, with a focus on the intersectionality of disability, sexuality and gender identity and other identities.

Attendees said the day was 'enlightening', 'wonderful', and 'engaging and stimulating'.

The takeaway message of the day was that no two people who identify with the same group will be the same. Different challenges affect us all, and we all need to educate ourselves on what these may be; and keep up the dialogue on intersectionality.

Dr Hamied Haroon, Chair of the National Association of Disabled Staff Network, and lead organiser of the planning group said "There's something very empowering about coming together with people who share your identities when you usually belong to a 'minority!'"

Exploring diversity

and individuality



The week began in the Stopford Teaching Labs with some practical experience of working in a laboratory, learning skills in pipetting and absorption determination which many students only learn in their first year as an undergraduate. The pupils put these skills into practice, dissecting rat brains, genetically modifying nematodes and altering human cells with researchers from the Lydia Becker Institute.

Pupils explored the range of healthcare careers with workshops in Audiology, Nursing, Optometry and Social Care, getting a taste of digital anatomy, hearing aid construction and a trip to the Pharmacy Clinical Skills Facility.

A group of therapy animals including dogs, rabbits and guinea pigs visited the pupils on the final day to demonstrate how animals can be a part of mental health-related treatments, and also showing the breadth of careers in Biology, Medicine and Health.

Inspiring the next generation of undergraduates

Many school pupils aged 14 and 15 bury their head in the sand when it comes to thinking about their future. It can be a tough time for a teenager to decide their college and ultimately university path, especially when coming from a background that is often under-represented in Higher Education. In FBMH, Work Experience Week gives students from Widening Participation (WP) backgrounds an introduction to University life with experience in a lab and information about careers in science, medicine and health.



When asked about the key thing they had learned, one student said:

“Many different careers and paths, practical skills and about life at University – it’s definitely not all just lectures and theory work!”





Oral health

for displaced individuals

Displaced individuals migrating to Europe face multiple, harrowing dangers; on arriving as asylum seekers and refugees they become some of the most vulnerable and marginalised people in society. However, the Faculty of Biology, Medicine and Health is supporting this minority group's healthcare provision to help them have a smoother transition back to normal life.

Dr Joanne Cunliffe, Senior Lecturer and endodontics consultant at the University Dental Hospital, is working with the Rainbow Haven to provide free dental care to displaced individuals. Rainbow Haven is a space where asylum seekers and refugees can come for drop-in sessions on legal issues, job applications and advice, as well as a place to get together and talk to other people.

Joanne realised that after undertaking arduous journeys to reach the UK these individuals were potentially in need of dental treatment; simultaneously, dental students were looking for routine patients to treat.

Along with small groups of undergraduate students, Joanne visits the Rainbow Haven every six weeks armed with supplies donated by Colgate. Students give oral hygiene instructions, offer oral and diet advice, and Joanne conducts check-ups to establish treatment needs, supporting clients to complete registration and get placed on a waiting list if required.

Joanne and the student volunteers were highly commended at the University's recent Making a Difference Awards. The next stage of the project will look to further widen the scope of engagement by working with the Manchester LGBTQ+ community.

Exploring the value of human life through art/science collaborations



SICK! Festival faces up to the complexities of mental and physical health, presenting an international arts programme with dance, theatre, film and spoken word, weaving in perspectives from researchers, clinical practitioners, public health professionals, charities and those with lived experience of the issues addressed.

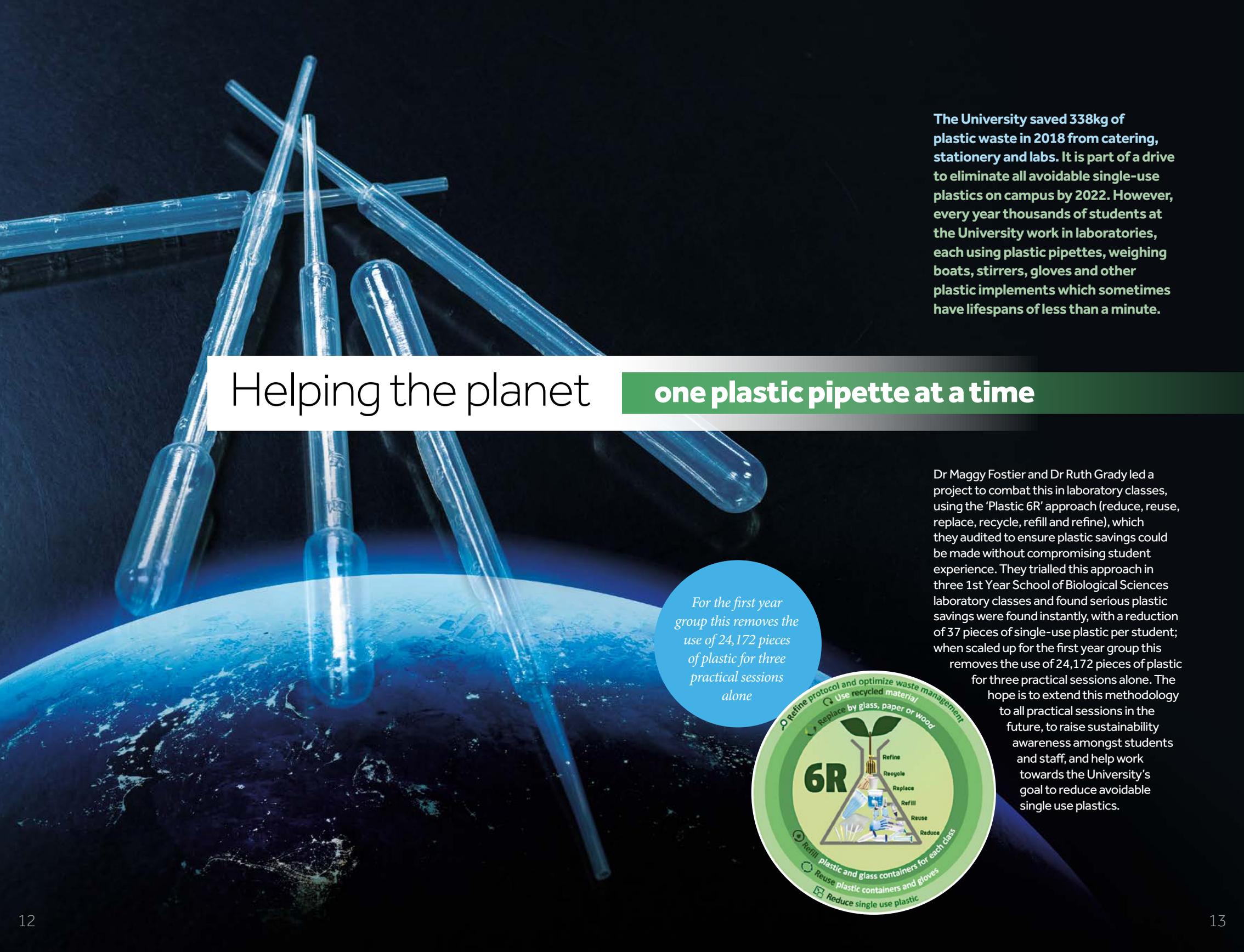
At the Autumn 2019 event audiences heard a series of intimate conversations about the most moving and challenging experiences in life in a video installation *Death and Birth in My Life* by Mats Staub, which was developed in collaboration with staff from the Intensive Care Unit at Manchester Royal Infirmary. Personal stories of care and loss were shared, and ethical dilemmas confronted with honesty and warmth.

Complementing the art installation at the Whitworth Art Gallery, the University hosted a showing of 'The Island' a powerful and profound film created with first-hand accounts of hospice users on the Isle of Wight – focusing on four individuals and their lives coming to the end, filmed over the course of a year. The film screening was followed by a Q and A with creator Steven Eastwood.

“Increasingly, the Faculty encourages arts/science collaborations, as fundamental to both is the desire to employ curiosity, creativity, and discovery to examine the world we live in, with (often unexpected) benefits for all”

Dr Hawys Williams,
Social Responsibility and
Public Engagement Manager





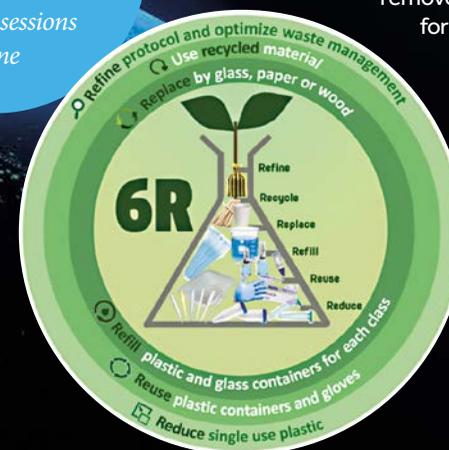
Helping the planet

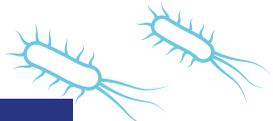
one plastic pipette at a time

The University saved 338kg of plastic waste in 2018 from catering, stationery and labs. It is part of a drive to eliminate all avoidable single-use plastics on campus by 2022. However, every year thousands of students at the University work in laboratories, each using plastic pipettes, weighing boats, stirrers, gloves and other plastic implements which sometimes have lifespans of less than a minute.

For the first year group this removes the use of 24,172 pieces of plastic for three practical sessions alone

Dr Maggy Fostier and Dr Ruth Grady led a project to combat this in laboratory classes, using the 'Plastic 6R' approach (reduce, reuse, replace, recycle, refill and refine), which they audited to ensure plastic savings could be made without compromising student experience. They trialed this approach in three 1st Year School of Biological Sciences laboratory classes and found serious plastic savings were found instantly, with a reduction of 37 pieces of single-use plastic per student; when scaled up for the first year group this removes the use of 24,172 pieces of plastic for three practical sessions alone. The hope is to extend this methodology to all practical sessions in the future, to raise sustainability awareness amongst students and staff, and help work towards the University's goal to reduce avoidable single use plastics.





Girl Guides

- the Antibiotic Guardians of the future?

By 2050, antimicrobial resistance (AMR) has the potential to kill more people than cancer every year, so surely the people who will be most affected by this are being taught about this issue? Unfortunately, this is not always the case – young people and children are often a missed target group, even though AMR is likely to impact them significantly in their adult lives. Public Health England (PHE) has been running a successful campaign on the issue to raise awareness of AMR however this is not aimed at a younger audience. Young people need specifically tailored resources to engage them in this topic.



Masters in Public Health student, Emily Christopher, first became involved with teaching AMR to young people through her undergraduate final year project within FBMH. She undertook an educational project in which she decided to spread the message about the dangers of AMR and how we can help to avoid worsening the situation. Having been involved with Girlguiding from a young age, Emily decided that they were the ideal group to engage with and set about using some PHE e-Bug resources as well as some of her original ideas to produce educational activities for young girls.

Now, through links with her voluntary work with the Manchester Universities AMR Steering Group, Emily has taken her work one step further. She is working with PHE to design a youth badge for a range of children's groups including Girlguiding, St John's Ambulance, Cadets and the Girls Brigade.



Radiotherapy:

A Patient's Perspective

Learning about medical treatments can become dehumanised; often the thoughts and the feelings of the patients come secondary to the scientific background. However, to fully understand radiotherapy it is important to know about treatment from both sides of the spectrum, as a medical professional and also as a patient.

Last year, our new MSc course, Cancer Biology and Radiotherapy Physics, was launched, covering the fundamental science underpinning radiotherapy and its clinical delivery. To gain a broad perspective on the

applications of their degree, current and past radiotherapy patients were invited into key lectures and seminars to meet students. Patients spoke about their personal experiences and stories. The project was a huge success with very positive feedback received from both patients and students, some feedback from students included: "It was brilliant to be able to hear about patient experiences and how what we are learning about is applied clinically and really re-iterates the importance of research".

This opportunity is unique and provides the chance for students to begin to understand why relationships between researchers and patients are so valuable; it is hoped that this patient involvement will become an integral part of the Masters curriculum.



Socially Responsible Students:

Joshua Strange



A third of deaths among homeless people are caused by treatable conditions. The Homeless Healthcare Society was set up to give rough sleepers access to the expert help they often need by getting them to engage with services such as day centres and improving the experiences they have with healthcare. Founded by Final Year medic, Joshua Strange, the Society has been working with the homeless community in Manchester for the past five years, running educational workshops and lectures, organising volunteering opportunities, and creating sessions for the undergraduate medicine curriculum; working across different levels to effect social change.

The society works with other student groups, charities and NHS providers including Urban Village, the GP service commissioned for homeless patients. Student volunteers are trained to become Homeless Healthcare Advocates; supporting homeless individuals at weekly drop-in services to empower people to look after their health and encourage engagement with services.

Asked for his thoughts on the current situation, founder Joshua said: "Things are definitely changing, with charities and other organisations working more collaboratively to help the homeless. Together we will change things."



Feeding back

and the value of responsible patient and public involvement

Many articles in this magazine relate to the varied ways that we meaningfully involve the public in our research and teaching, from co-design and production of our research to teaching our medical and healthcare students to impact positively on people's lives.

With this comes responsibility. Responsibility to ensure that our public contributors, staff, students and external partners (basically, everyone) are supported and valued whilst working together, exploring and innovating biology, medicine and health subjects that can be particularly challenging, both intellectually and emotionally.

The University and Faculty significantly support involvement through training, mentoring, networking, to name a few and our commitment is recognised by our stakeholders both internally and externally. In my role, one of the most common comments that I hear is the importance of involvement

being valued. Of course this means different things to different people; however, at the induction sessions for Public Contributors, providing feedback is consistently highlighted as a really important part of valuing people's involvement. Sadly, it's also often the most commonly overlooked part.

For research, this relates right from the start of the process - from whether a grant is successful, to disseminating the results. For teaching, it might be the impact that involvement has had on a particular course or module.

So, when involving the public, asking a few more questions on feedback can make a really big difference to the entire experience for a positive impact.

Hawys Williams, Social Responsibility and Public Engagement Manager for the Faculty of Biology, Medicine and Health



One of the most common comments that I hear is the importance of involvement being valued





Spotlight on Dr Sally Freeman



I think we are very fortunate to have facilities such as the Manchester Museum where we can engage with our community.

Dr Sally Freeman PhD, BSc, FRSC, is a Reader in Organic and Medicinal Chemistry at The University of Manchester. After three years as lead for Social Responsibility in the Division of Pharmacy & Optometry, Dr Freeman has recently been appointed as SR director for the School of Health Sciences.

What's your role within FBMH?

I've worked at The University of Manchester for 25 years. My current role is in research, specifically the design and synthesis of drugs for inflammation, cancer and malaria. I also teach undergraduates on the MPharm course.

How does your work with undergraduate students relate to the University's core goal of Social Responsibility?

I work with final year MPharm undergraduates on their 4th year projects. Often the projects that I offer have a socially responsible side to them. This year my project advisees are working on incorporating environmental sustainability into pharmacy including calculating carbon footprints and methods for the disposal of unused antibiotics by community pharmacies.

We also started an award system six years ago called the PLEDGE awards. These are open to MPharm students and encourage them to get involved with University and community activities. The students must participate in

activities laid out by the PLEDGE committee many of which are socially responsible acts such as: determined engagement with environmental sustainability, public engagement activities or becoming equality and diversity ambassadors. It's really inspiring to see the work they've done.

You've recently been appointed as SR Director for SHS – what do you hope to achieve in this new role?

As SR lead for the division I found that across the school there are pockets of excellence in Social Responsibility. What I'd love to do in my new role is to create a more united approach and join up social responsibility across the school. I feel that this would better showcase our activity across the strategic priorities of SR.

What's your favourite thing about The University of Manchester?

One thing I love about The University of Manchester, which I think makes us unique, are our cultural institutions. I think we are very fortunate to have facilities such as the Manchester Museum where we can engage with our community. I feel it demonstrates the University's commitment to SR and that's personally important to me. I also think that there are numerous, excellent female role models in positions of authority in both Professional Services and within the academic community, which fantastic for both our staff and students.

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MAKING A
DIFFERENCE

Social Responsibility

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BIOLOGY, MEDICINE & HEALTH
ENGAGING WITH OUR STAKEHOLDERS