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**GAME CHANGERS** Cardiff's community keeping Millicent Mackenzie's legacy alive [page 21](#)

**CARDIFF ON A PLATE** How the city has become a foodie haven [page 26](#)

# DID YOU KNOW THAT CARDIFF UNIVERSITY IS A CHARITY?

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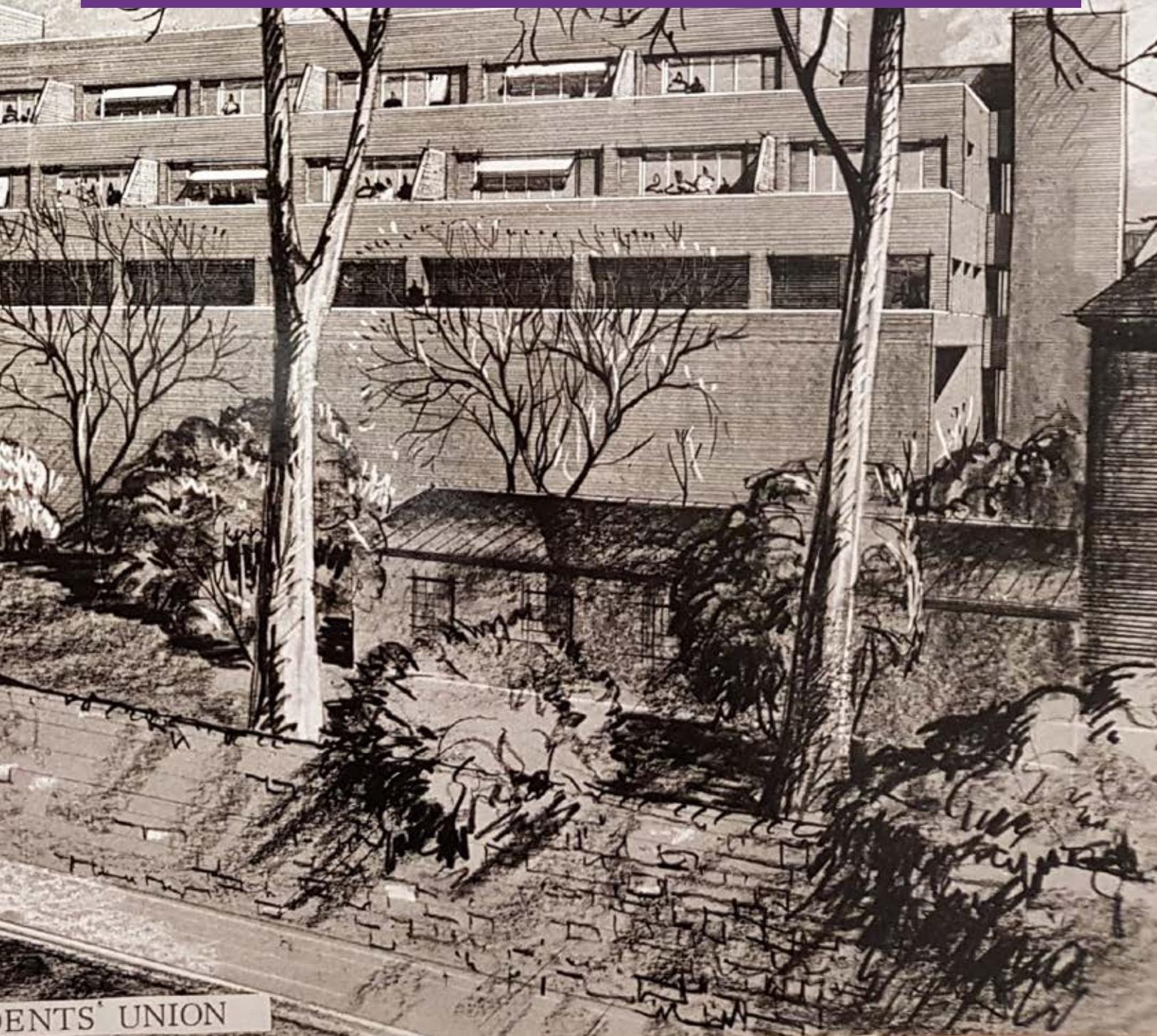
STUD

# Grand Designs

Cardiff University's Students' Union has dominated the student landscape for almost half a century. A new building is now under construction, to nestle between Park Place and the Union: the landmark Centre for Student Life. The building will provide a heart to the Cathays campus and will help ensure that the University's award-winning student support services are even more inclusive and accessible.



Learn more about the Centre for Student Life on **page 18**.



# NEWS

## Cardiff welcomes new Honorary Fellows

Graduation Week 2018 saw Cardiff recognise nine distinguished individuals, including four alumni of the University.

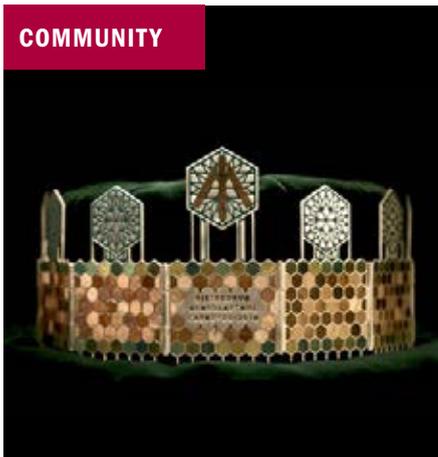
**Heather Knight OBE (BSc 2012, Hon 2018)**, World Cup winning captain of the England cricket team.

**Dr Sabrina Cohen-Hatton (PhD 2014, Hon 2018)**, behavioural psychologist and Deputy Assistant Commissioner of the London Fire Brigade.

**Cynthia Ogbonna (MBA 1996, Hon 2018)**, the first female Managing Director of Cardiff Bus.

**Valerie le Vaillant OBE (BArch 1980, Hon 2018)**, multi-disciplinary property professional, chartered architect, town planner, and environmentalist.

## COMMUNITY



## National Eisteddfod returns to Cardiff

Cardiff Bay hosted the Eisteddfod in August 2018, when the festival returned to the city for the first time in a decade.

Wales' largest cultural gathering attracted 160,000 people to celebrate Welsh language poetry, performance and culture.

Cardiff University was prominently involved, with public talks and events on subjects as diverse as Welsh culture, history, creativity and wildlife. The University also co-organised the Carnifal y Môr and sponsored the Crown.

Learn more about Cardiff's involvement with the Eisteddfod, turn to **page 32**.

## ALUMNI



## App allows great-grandmother to 'come home'

An app developed by a Cardiff graduate has enabled a great-grandmother with dementia to 'return home to Wales'.

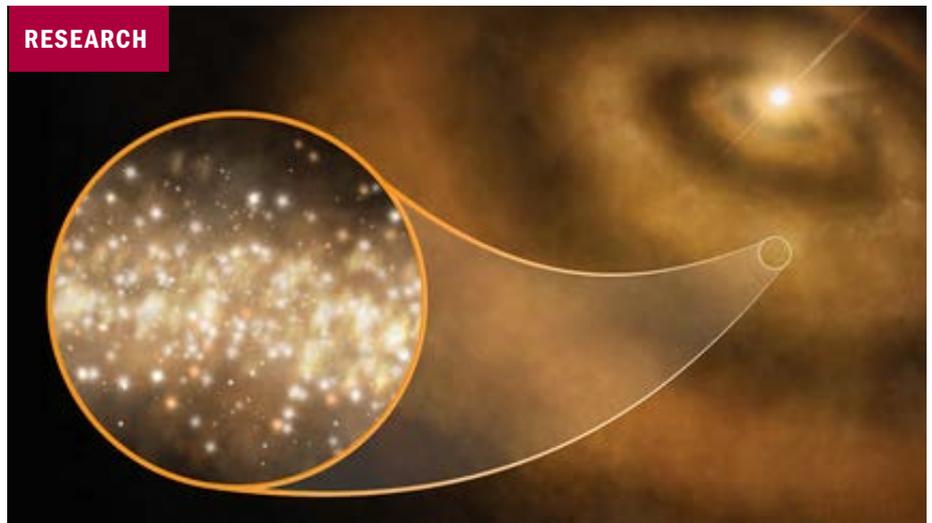
School of English, Communication and Philosophy alum **Stewart Redpath (BA 1988)** has created MindHarp™ – a tool which helps people with dementia to compose music and interact with people around them.

One beneficiary is Eirlys Davies, 89 (pictured above), who left Ystradgynlais in 1950.

Her memories of Wales are stirred by the atmospheric and associative sounds featured on the software, which uses music therapy to stimulate the brain and reduce the behavioural and psychological symptoms of dementia.

Learn more about the app at [bit.ly/ccdementiaapp](http://bit.ly/ccdementiaapp)

## RESEARCH



## Loosely, in the sky there's diamonds

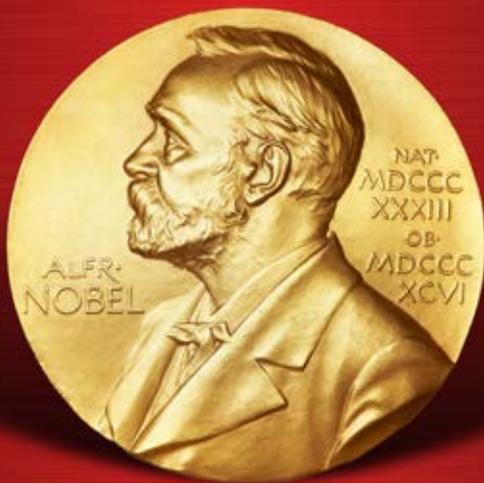
A new study led by Cardiff researchers has identified the possible cause of microwaves emanating from star systems – tiny diamonds.

A hot collection of dust and gas (known as a protoplanetary disk) forms around newly born stars, providing ideal conditions for the creation of nanodiamonds.

Each is just a thousandth the size of a grain of sand, but large enough to emit the microwaves which have emerged from star streams since observations began.

"This is a cool and unexpected resolution of the puzzle of anomalous microwave radiation," said lead author of the study, Dr Jane Greaves. "It's even more interesting that it was obtained by looking at protoplanetary disks, shedding light on the chemical features of early solar systems, including our own."

**ACHIEVEMENT**



## Cardiff physicists celebrate Nobel success

**Members of Cardiff's Gravitational Physics Group travelled to Sweden to celebrate the University's contribution to a Nobel Prize-winning discovery.**

The award marked the first ever detection of gravitational waves – tiny ripples in space-time that are emitted from violent cosmic events.

Researchers in Cardiff's School of Physics and Astronomy made a significant contribution to the landmark discovery, developing novel algorithms and software for detecting the elusive signals.

"It was an honour to be there, and an extra honour to be invited by the physicists of Stockholm to give a talk on the science that was being recognised," Cardiff's Professor Bernard Schutz said.

 Read more on [page 13](#).

## SPORT

**Sarah Hoefflin (BSc 2013)** won the gold medal in ski slopestyle for Switzerland in the 2018 Winter Olympics.

13 Cardiff students, staff and alumni competed in the Commonwealth Games, including cyclist **Lewis Oliva (Medicine 2016-)** who won silver in the men's keirin.

**Professor Nicola Phillips (PhD 2005)** led Team Wales to their record medal haul in her role as Chef de Mission at the Gold Coast Commonwealth Games.

British & Irish Lions rugby union star and Wales' most capped captain, **Sam Warburton (Hon 2015)**, has retired after more than a decade as a professional.

Cardiff University Performance Sports Officer **Charlotte Arter** has claimed the British 10,000m title and was named in the Great Britain squad for the 2018 World Half Marathon.



**RESEARCH**



## Mapping Game of Thrones

**From the icy North of The Wall to the fiery heat of Dorne and the plains of Essos, Cardiff researchers have joined with colleagues in Bristol and Southampton to simulate the climate of Game of Thrones.**

Their collaborative model helps to explain the dominance of the sea by the Iron Fleet and even suggests probable hibernation zones for White Walkers in summer.

The fun has a serious purpose: creating the rigorous and varied climate of Westeros aids in testing state-of-the-art climate models and simulating past, present and future conditions, which could prove invaluable in the fight against climate change.

**UNIVERSITY**



## Honey beer creates a buzz

**Cardiff's Pharmabees – kept by the School of Pharmacy and Pharmaceutical Sciences – have had their honey used in a limited edition beer.**

The bees are part of a project to find a therapeutic Welsh honey to rival New Zealand's famous Manuka variety.

The beer, called Mêl (meaning honey in Welsh), is the result of a collaboration between Bridgend's Bang-On Brewery and the School, and is intended to be the first in a new line of products, including an alcohol-free drink.



**RESEARCH**



## Just your fool

**An autonomous computer artist has taken up residence at Cardiff University's Brain Research Imaging Centre.**

The Painting Fool is fed information such as dream reports, research papers, emails, tweets and brain scan images from which it is creating new pieces of art every day.

During its residency, funded by the Wellcome Trust, the software will learn from its interactions with staff, scientists and its own artistic endeavours to produce an art exhibition.

Its works are intended to help the public better engage with neuroscience.

 To learn more, follow the Painting Fool at [thepaintingfool.com/cubic](http://thepaintingfool.com/cubic)

## RESEARCH



## Running to transform lives

**350 #TeamCardiff runners who took on the 2018 Cardiff University/Cardiff Half Marathon have raised over £83,000.**

Every penny will go to support the University's work in the fields of cancer, and neuroscience and mental health.

"Fundraisers and donors make a vital contribution to [our] work," said **Dr Nick Courtier (PhD 2010)**, a Future Leader in Cancer Research. "Those putting on their

running shoes for #TeamCardiff are making a big difference to people's lives. Thank you."



Learn more about joining #TeamCardiff in 2019 at [bit.ly/ccteamcardiff](http://bit.ly/ccteamcardiff)



Following his tragic passing, read a tribute to late #TeamCardiff runner Dean Fletcher (**BSc 2007**) on [page 34](#).

## ALUMNI



## A new Champion of the Earth

**Cardiff alum and inventor Adam Dixon (BEng 2016) has been named Young Champion of the Earth by the United Nations Environment Programme.**

Adam co-founded Phytoponics, a unique hydroponic growing system that tackles food insecurity and habitat loss by using ten times less land and water than conventional horticulture.

"2018 has been a breakthrough year," said Adam. "My vision is for our planet to fully adopt sustainable agriculture practices, with Phytoponics playing a big part in this."

As one of six winners aged between 18 and 30, Adam secured \$15,000 of seed funding, intensive training and tailored mentorship to further his idea.

## Can robots show prejudice?

**A collaboration between Cardiff University and the Massachusetts Institute of Technology (MIT) has revealed that robots can develop prejudice.**

Researchers found that artificially intelligent machines exhibit behaviour akin to racism and sexism.

Asked to participate in a give and take system, robots identified those with similar characteristics with which to interact and donate, shunning "outsiders" and working to the benefit of their immediate group.

## Cardiff to focus on sustainability and civic mission

**The University has unveiled its strategic vision for the next five years: 'The Way Forward 2018-23'.**

Among ambitious targets for research and teaching excellence, building international partnerships and improving student well-being, the University aims to intensify its focus on environmental sustainability and contributing to the wider community.



Read more about Cardiff's civic mission on [page 12](#).



Watch the full introductory video at [bit.ly/ccwayforward](http://bit.ly/ccwayforward)

## TECHNOLOGY



## App equals the safest way home

**Maths and computer science experts at Cardiff have developed a new app which identifies the safest route home for pedestrians.**

The app utilises an algorithm which accounts for a number of factors such as crossings, the type of street, the possibility of jaywalking and the speed limits of each road in a given area.

With pedestrians making up 24% of road traffic casualties in Great Britain (UK Department of Transport 2015), researchers are hopeful of revolutionising road safety by incorporating the software into smartphones.

## UNIVERSITY



## A new vision and home for journalism

Students at Cardiff's School of Journalism, Media and Culture started the 2018-2019 academic year in their new home.

The School left the Bute Building this summer and opened the doors to its new Two Central Square base in September.

Housed in close proximity to both BBC Wales' new headquarters and the Media

Wales newspaper group, the state of the art facility hosted its first public lecture with the visit of former *Times* and *Sunday Times* editor Sir Harold Evans on 4 October. A gala opening is planned for February 2019.

## RESEARCH



## From bench to bedside

Cardiff has become the home of the highly successful Medicines Discovery Institute.

Drawing upon the University's strengths in neuroscience, cancer, and inflammation and immunity, the Institute will facilitate the development of new medicines.

The Institute "reflects Welsh Government's commitment to supporting innovative research across sectors, in ways that will have a positive impact on the health, wellbeing and prosperity of the people in Wales," said Cabinet Secretary for Health and Social Services **Vaughan Gething (LLB 2001)**.

## RESEARCH



## Huntington's disease begins in childhood

The faulty gene which leads to Huntington's disease has been found to affect the brain from early childhood.

Cardiff researchers found that, by producing a toxic protein called *mutant huntingtin*, the gene begins to poison brain cells at a young age – though patients rarely show symptoms before the age of 30.

Huntington's produces a gradual weakening of cognitive ability and is eventually fatal. Whilst no cure currently exists, the identification of a critical time period in the disease's development may enable scientists to slow its onset.

## DA IAWN

**Raj Aggarwal (BPharm 1972)** has become the first Indian-born honorary officer in the Royal Navy. He was appointed to the rank of Honorary Lieutenant Commander.

**Dr Andrew Cornish (PhD 1995)** is the new Principal and Chief Executive Officer of Coleg Sir Gâr and Coleg Ceredigion.

**Rachel Ashworth (PhD 2000)** has been appointed as the new Dean of Cardiff Business School – making her the first female Dean in the School's history.

**Sir Andrew McFarlane (LLM 1998)** has been sworn in as the new President of the Family Division of the High Court of Justice in England and Wales.

Senior lecturer **Dr Hefin Jones** won a National Eisteddfod medal for his contributions to science through the medium of Welsh.

**Dr Dylan Foster Evans**, Head of Cardiff's School of Welsh, was awarded the Gorsedd of the Bards for his contribution to the Welsh language in education at the Eisteddfod.

**Philip Jansen (BScEcon 1988)** will become the Chief Executive of BT in early 2019.

Reader **Dr Katherine Dooley** has won the Philip Leverhulme Prize for her experimental research into gravitational wave detection.

## CONGRATS

## Cardiff launches new app for students

Remember waiting in line to do your laundry? A new University app takes care of all that and more.

The advent of a new app designed for Cardiff students is bringing together personalised maps, library services, timetables, utilities and important news and notifications in one location.

With a tailored student experience available on their device, those who live and learn in Cardiff will be able to reserve a textbook, find the nearest empty washing machine, and much more – all at the tap of a finger.

To download the app, search for 'Cardiff University Students'.



# Guto Harri

Guto Harri (PgDip 1988) is a writer, broadcaster and strategic communications consultant.

**I grew up in the grounds of a psychiatric hospital – the son of a writer and a shrink.**

It made me curious, counter-intuitive and appreciative of the power of words. I set my sights on journalism as a student at Oxford and with only two universities offering post-graduate courses in the subject, returning to my home town seemed an obvious choice.

**The teachers were brutal, contrasting undergrad essays with the concept of 'copy' that would sell.**

It was a reality check for many of us who may have thought we were sitting pretty. And during the year it dawned on all of us that friends and colleagues would become competitors for limited opportunities and jobs. In that sense, Cardiff was a great transition into the world of work and a highly competitive field.

**Journalism, at its best, is being in the most interesting place at the most interesting time**

with the most interesting people. A journalist's job is to convey what is happening to as large an audience as possible; it's a fantastic profession and I've loved it.

**Welsh was my mother tongue, the language I dreamt in,** and in which I could express myself most clearly. So Welsh-language media was an obvious place to start my career. Making the move to what is, arguably, the most respected news organisation in the whole world, the BBC, was initially scary to contemplate. But, having got in there and got on with it, I enjoyed every second.

**For the sheer joy of the job, being based in Rome was unbeatable.** Berlusconi and the Pope, mafia, food, fashion, sunken Roman treasures and Arnie Schwarzenegger's shoes – there was never a dull moment. Arguably, however, my career 'high' came right at the start: being sent to Saudi Arabia at 23 years of age for the first Gulf War. That was an unbelievably lucky start.

**Political journalism was an obvious next step.** But after more than a decade I realised that there's a door and the decisions are taken on one side of the door and journalists are on the other. I wanted to be in the room. The straightjacket of impartiality was another issue. It is entirely appropriate for broadcasters but there's a time when some of us want to take sides. For me, the second Gulf War was one that I thought was a catastrophic

misjudgement, immoral, and possibly illegal. It clarified for me that I didn't want to spend the rest of my life on the fence. A move into politics and communications was a logical next step.

**On day two in a PR agency I was sent to South Africa where Morgan Tsvangirai was in a safe-house.** Robert Mugabe was refusing to step down after losing the Zimbabwe election to him. Suddenly I was in the room and thinking this was an interesting story but realising I wasn't there to report it, I was there to advise.

**When Boris Johnson was elected Mayor of London I became one of his right hand people,** helping him to run London and helping take decisions as well as communicating them. The brief was vast, the pressure huge and I was in charge of his entire outward facing communications. It was the hardest job I have ever done and hopefully will ever do but it was also one of the most enjoyable and fulfilling.

**It's no secret that Boris and I took very different views of Brexit** and I'm still surprised, disappointed and arguably distraught that he led the Leave campaign. Leaving is a catastrophic act of self-harm for the UK, and for Wales it's practically suicidal.

**After the phone hacking scandal, News International was probably the most despised company in the UK.** So, starting as their Director of Communications was a bit of a shock to the system. The company was essentially on fire and most people were running for cover. The journalists who worked there did a fantastic job, day in day out, making sense of the world; challenging the rich and the powerful; and keeping the rest of us well-informed and entertained. I'm very proud of the part that I played in allowing those people to be journalists again and not be seen as phone hackers and corrupters of public life.

**The temptation to be back in broadcasting is a little bit like having sworn you're never going to be a concert pianist again:** it doesn't mean that you shouldn't occasionally go to the piano and play it. Welsh politics needs greater scrutiny and Welsh journalism needs to be sharpened a little bit and if I can play a small role in that, then I'll be very pleased. ■



EXAMINED

# WHY

# UNIVERSITIES?

**Ever since Cardinal Newman sought to answer questions around the nature and purpose of a university nearly 200 years ago, the issue has continued to vex and, at times, enrage.**

Few, however, have been as eloquent as Cardinal Newman in their response: “A habit of mind is formed, which lasts through life, of which the attributes are, freedom, equitableness, calmness, moderation, and wisdom; or what I have ventured to call a philosophical habit. This then I would assign as the special fruit of the education furnished at a university”.

Today, universities have to operate in an international market place, within funding mechanisms that treat students as consumers. Governments look to them to solve some of the most intractable issues of our age, from climate change to dementia, from the use of artificial intelligence to assisted dying.

They operate in an age of information overload, where knowledge is shared instantly and cheaply. For universities that pride themselves on generating knowledge and testing it, this poses a unique and difficult challenge.

Despite this, there is no area of human life that has not benefited from the “philosophical habit” so beloved by Cardinal Newman and so embedded in our universities.

The best are spaces where difficult questions are asked, and uncomfortable answers found. Where diverse opinions are compared and ideas tested; where difference is challenging and enriching; where the past is assessed and a better future made. They are places of personal growth and engines of social change.

Here, seven contributors reflect on what Cardiff University brings to them, their communities and the world; things that can't always be objectified, quantified or categorised – but are, in their own way, priceless.

**Professor Stuart Palmer FEng DSc  
Chair of Cardiff University's Council**

UNIVERSITIES ARE FOR...

## closing the skills gap



**Lyndon Wood (Hon 2018) is a philanthropist and founder of insurance provider Moorhouse Group.**

“I know that employing people in certain industries can be challenging. That's why internships are key, and I work closely with Cardiff University to provide them.”

Those are the words of entrepreneur Lyndon Wood, who says that internships are “a great opportunity” for students “to get some real-life experience”.

He offers six roles to Cardiff students, who he believes “add value to any business with knowledge, skills and intelligence that can be

adapted to the demands of the workplace – and, importantly, bring the passion to get stuck in.”

Providing internships isn't just beneficial in the short term, however, as “by marrying enthusiasm, the skills learnt in academia, and practical workplace experiences, we're raising a generation ready to innovate and take the job-market by storm.”

For Lyndon, that storm has the potential to shake up the corporate world for the better.

**CARDIFF STUDENTS CAN PROVIDE YOUR ORGANISATION WITH THEIR TALENT, SKILLS, ENTHUSIASM AND KNOWLEDGE.**

Offer a workplace opportunity to a Cardiff student today and be part of another Cardiff story.



Learn more at [bit.ly/ccinternships](http://bit.ly/ccinternships)



UNIVERSITIES ARE FOR...

## making communities better places

Ali Abdi is Partnerships and Facilities Manager at Cardiff University and a lifelong resident of the Cardiff suburb of Grangetown.

I grew up in Grangetown and I'm passionate about making it an even better place to live. Cardiff University shares that vision.

Nowhere is that more apparent than at the Grange Pavilion. For a long while, it was only used by the Bowls Club – 15 people who came in white suits to play bowls and locked the gate on their way out. The fences were six feet high. When the club disbanded, the building became derelict, and local residents became concerned.

That was when I had an email from the University – they were exploring ventures for their community engagement programmes. Initially I was very cautious: I didn't want to be involved with something which wouldn't have impact, because you know, projects come and go but communities remain. But the more I heard, I knew I could believe in

it. So I used my links with the community to spread the word: "Let's get behind this. It could make a real difference."

The first thing we did was to ask "what does the community want?" and they said "we want this space to be bigger, better, and brighter" – and now it's being completely overhauled.

The University has spruced the place up and made it accessible to the community seven days a week. Cardiff's architecture students have been speaking to different stakeholders as part of their live teaching, developing designs and putting the community at the heart of their plans. We're going to extend and open a cafe with a fully functional kitchen where community groups can come and learn to cook for each other. It's a fantastic experience; many students stay involved even after they graduate!

But bricks and mortar are just part of the project. Cardiff University is developing partnerships with local schools to enrich teaching and help young people to aspire to higher education. Among other events, we recently held a Careers Week with different University schools: Law, Geography, Earth Science, Business and Medicine. There was even a miniature Open Day right here at the Pavilion. Every young person we spoke to now wants to study at Cardiff.

There's so much potential in our communities. Cardiff's flagship engagement programmes are the most ambitious of their kind, utilising research and specialist skills to support places like Grangetown, and across Wales. With that sort of commitment, I think the future is really bright!



UNIVERSITIES ARE FOR...

## changing our horizons

**Dr Chris North and Dr Sebastian Khan (MPhys 2012, PhD 2016) work within the Laser Interferometer Gravitational Wave Observatory (LIGO) group, which won the 2017 Nobel Prize for Physics.**

In 1916, Einstein predicted the existence of gravitational waves as part of his theory of general relativity.

He believed that large-scale cosmic events would cause ripples in space-time and send waves across the Universe. These waves would be so minuscule, though, that Einstein doubted they would ever be detected.

For almost a century, their existence was the last remaining unproven prediction of general relativity.

That was until 2015, when those of us working with LIGO registered the subtle signature of gravitational waves from a pair of merging black holes.

Laser interferometry involves splitting a laser beam and observing minute differences between the two halves. When the black holes collided they released more energy than the combined power of all the light from all the stars in the observable Universe, yet this caused the mirrors in the 4km-sized LIGO installations to move just 1/1000th the diameter of a proton.

The door is now open to the unravelling of some of the biggest mysteries of our time. Cardiff University helped to unlock it.

Of the many scientists listed as authors on the detection paper, 16 were from Cardiff, another 20 worked here at some point in the past decade, and nearly one-sixth of the citations in the paper, outlining the research on which the discovery was built, referred to Cardiff-based work.

Cardiff students continue to work on the astrophysical interpretation of this event and many have gone into key roles in LIGO. The University is also building a new lab to develop future technology.

We've changed our understanding of the Universe – and contributed to the winning of a Nobel Prize along the way. But the really exciting bit? The discoveries are just beginning.

“ Gravitational wave signals give us unprecedented details about black holes and the expansion of the Universe. I'm proud to have done my PhD during this historic moment and that Cardiff has played such an important role in the discovery. ”

**Dr Sebastian Khan**  
(MPhys 2012, PhD 2016)

**In September 2018, one of Europe's leading economics and policy consultancies, London Economics, released a comprehensive report charting Cardiff University's economic, research and social impact.**

We generate **£6.30** for every **£1** we spend

There are **357 patents<sup>®</sup>** held by Cardiff University (Higher Education Business and Community Interaction survey 2015/16)

The University supports **12,600 jobs** across the UK



**95.7%** of graduates enter employment, further study or both shortly after graduating (Destination of Leavers from Higher Education 2016/17)

**OVER 800 STUDENTS** work, study or volunteer abroad each year through our Global Opportunities Programme

**1,300 students** volunteer in the local community each year



## UNIVERSITIES ARE FOR...

shaping our communities  
and our government

**Julie Morgan (alumna) is Welsh Assembly Member (AM) and former Member of Parliament for Cardiff North. She sits on various committees including the Committee for Children, Young People and Education.**

I believe we in Cardiff are truly fortunate to be home to a successful University. The economic and scientific contribution the University makes to Welsh life is inestimable, generating jobs and supporting research that amazes and benefits us all.

One significant, but less well-known, area of research impact is in shaping political ideas and government policy.

I chair several Cross Party Groups at the National Assembly and we often invite academics to give presentations. Cardiff University research helps us develop policies, and the data it provides is key to shedding light on how those policies are working in practice.

This happens frequently: for example, I've just hosted an event with Cardiff's Wales Governance Centre which published some extremely useful research on Welsh prisoners and prisoners living in Wales. Until this research was carried out, there wasn't any easily-accessible, Wales-specific data on the prison population.

University research is also helping to reform the National Assembly itself. There are increased law-making powers arriving in Cardiff Bay, and the work of **Professor Laura McAllister CBE (PhD 1995, Hon 2013)** has been invaluable in providing models for how the National Assembly can operate in a sustainable way in future.

The University, staff and students are a wonderful addition to the fabric of our multicultural city, both helping our communities to thrive and shaping the way those communities are governed.

## UNIVERSITIES ARE FOR...

saving, changing  
and enriching lives

**Professor Alison Wray is a linguistics researcher focusing on ways of communicating with those with dementia.**

An academic researcher's work can be lonely hard graft: reading; thinking; investigating; writing. So it's rewarding when our work has tangible benefits beyond academia and we can say "I'm making a real difference".

In the UK, someone will develop dementia every three minutes. It's a challenge Cardiff is responding to with truly inspirational work in genetics and neuroscience. It's increasingly recognised, however, that such diseases need to be addressed from more than one direction. My work in Cardiff's School of English, Communication and Philosophy demonstrates that there's tremendous scope to make a positive impact on dementia beyond the bounds of biological sciences.

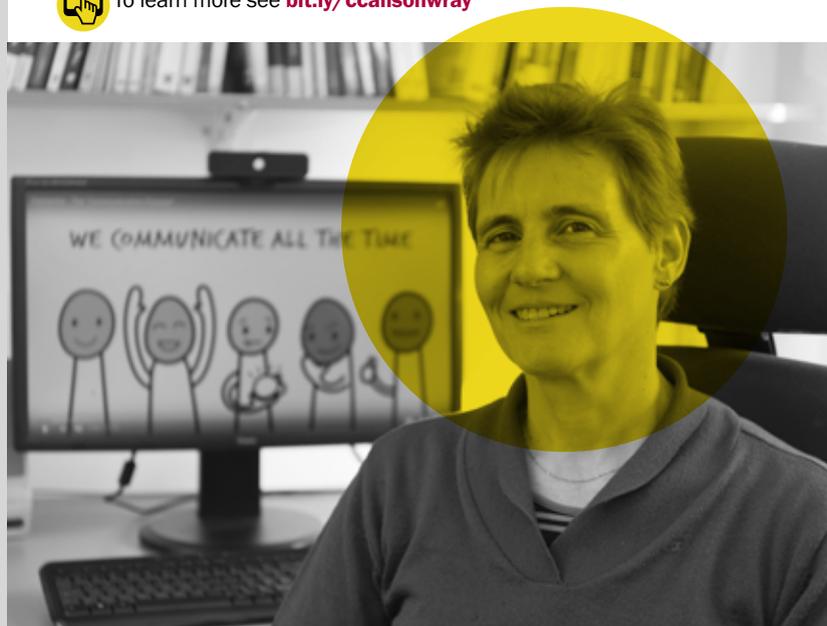
For the 850,000 people in the UK with dementia, communication can be stressful. Inability to lay down memories can leave them confused and agitated. It can also be enormously frustrating for the people conversing with them. But through my work on dementia communication, I've seen how small changes can make an enormous difference.

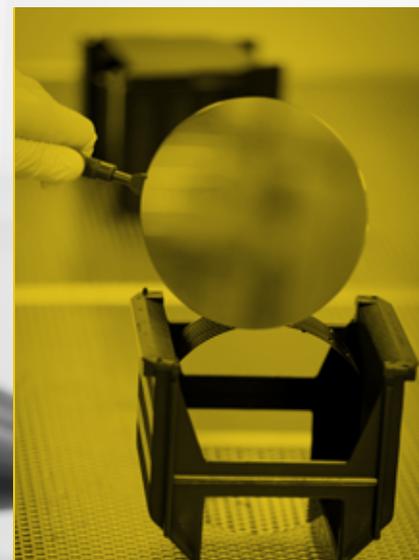
A few practical steps, like giving a person clues about who you are and what you're trying to do, and being patient, calming and empathetic, can empower and ease interactions with people with dementia.

Recently I had the pleasure of going to a recording studio with **Sir Tony Robinson (Hon 2012)**, who recorded the audio tracks for two animated films I've created on dementia communication. You can view them at the link below.

Clinical research into genetics and drug treatments is crucial, but sometimes the biggest breakthroughs in people's lived experiences come from a change in our thinking. Universities provide a unique environment for bringing ideas together so that we can meet the major, complex challenges of our time.

 To learn more see [bit.ly/ccalisonwray](https://bit.ly/ccalisonwray)





UNIVERSITIES ARE FOR...

## powering worldwide economic growth

**Dr Godfrey Ainsworth (BSc 1977, PhD 1980) is Executive Chairman of IQE, a Cardiff-based manufacturer of compound semiconductor technologies.**

Since the silicon chip was invented in 1961, developments in semiconductor technology have changed everything from the way we drive to the way we shop. They have powered the wonders of the computer age, and are the single biggest contributor to worldwide economic growth.

Professor Gordon Moore, one of the founders of Intel, famously observed in 1965 what is now known as 'Moore's Law': that computing capability doubles every 18 months. This progress has largely been driven by miniaturisation, allowing more and more components to be embedded on a single chip. Nevertheless, while silicon remains the workhorse of most microprocessors, it is becoming increasingly difficult and extremely costly to maintain this rate of progress. Indeed, Moore himself has warned that we've reached saturation point. Simply put, we just can't make things any smaller.

Traditional silicon semiconductors now can't keep up with consumer demand for smarter, improved products. To power them, we require chips with enhanced performance, lower energy consumption, and faster capabilities.

This is why compound semi-conductors are so important. With switching speeds that are several orders of magnitude faster than using silicon alone, materials such as gallium arsenide, indium phosphide and gallium nitride are invaluable where high speed, efficient performance is critical.

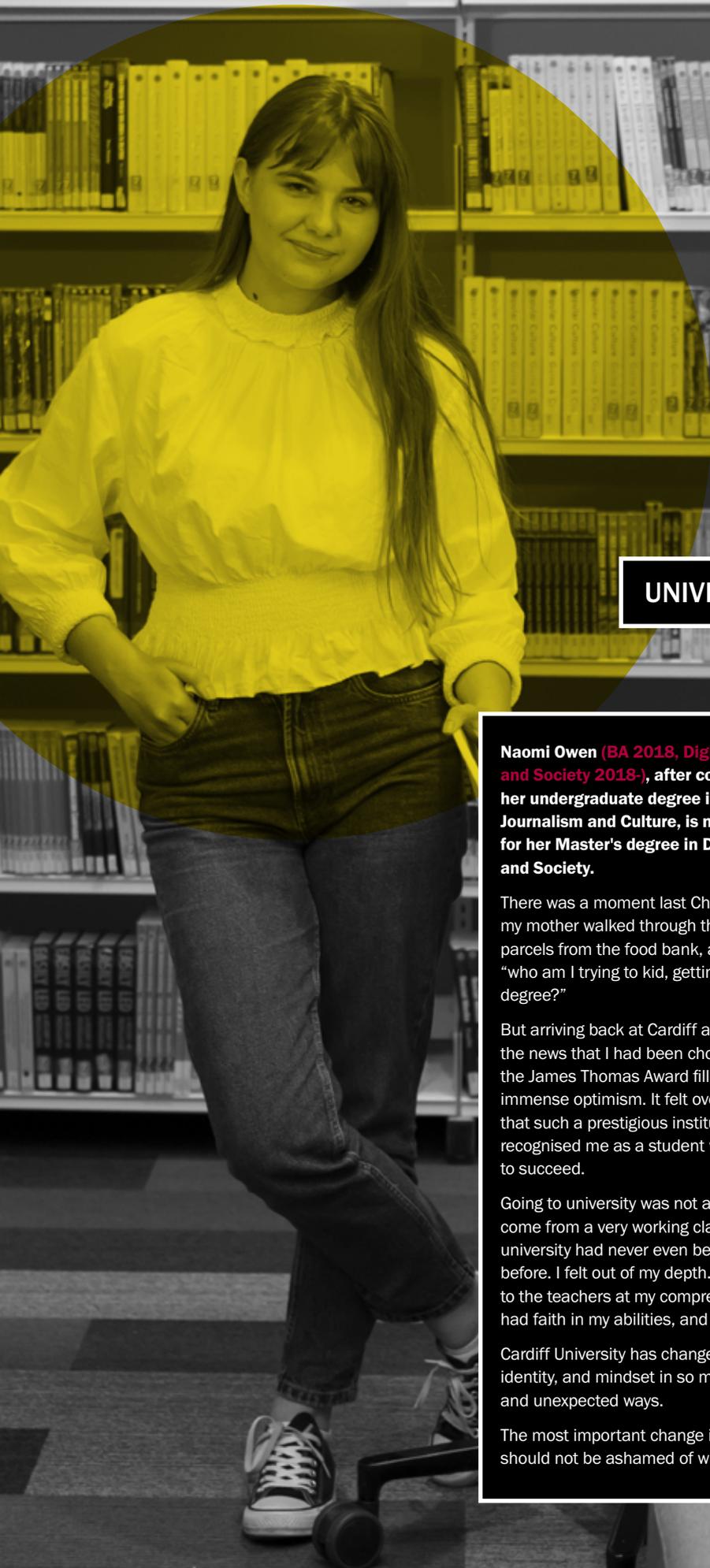
The photonic properties of these materials – their ability to emit and detect light – also lend themselves to a wide range of sensing applications that are gaining importance in our increasingly connected and autonomous world. From devices with facial recognition to connected autonomous vehicles, from advanced healthcare technologies to sustainable energy devices like solid-state lighting and highly efficient solar power generation, compound semiconductors already play a central role in our daily lives.

Cardiff University has long recognised the potential in compound semiconductors. At IQE, we value innovative academic research and formed a joint venture with Cardiff to create the Compound Semiconductor Centre (CSC) in 2015.

Combining research, innovation and manufacturing experience, together we are able to produce new technologies that can be used immediately by developers, businesses and the wider community. Our joint partnership also provides the training to support the growing demand for engineers who understand compound semiconductors and their huge potential.

With IQE being proudly headquartered in the Welsh capital, we're in close proximity to the CSC, Cardiff University and Cardiff's Institute for Compound Semiconductors – and the result is that South Wales is now globally recognised as a centre for excellence in the field.

That's driving productivity in the local economy and providing the basis for an incredibly innovative ecosystem. Our cluster is rapidly attracting interest from the world's most talented researchers, engineers, and developers – and with the shared expertise and facilities at our disposal, there's no limit to what we can achieve.



## UNIVERSITIES ARE FOR...

# everyone

**Naomi Owen (BA 2018, Digital Media and Society 2018-), after completing her undergraduate degree in Media, Journalism and Culture, is now studying for her Master's degree in Digital Media and Society.**

There was a moment last Christmas, when my mother walked through the door with parcels from the food bank, and I thought, "who am I trying to kid, getting a university degree?"

But arriving back at Cardiff and hearing the news that I had been chosen to receive the James Thomas Award filled me with immense optimism. It felt overwhelming that such a prestigious institution had recognised me as a student with potential to succeed.

Going to university was not a given for me. I come from a very working class family where university had never even been attempted before. I felt out of my depth. But I listened to the teachers at my comprehensive school, had faith in my abilities, and applied.

Cardiff University has changed my life, identity, and mindset in so many complex and unexpected ways.

The most important change is realising I should not be ashamed of who I am and

where I've come from. I was once told that my writing style could be too convoluted. I was overcompensating for the fact that I was a working class girl with a Swansea accent with very little chance of achieving in academia. Now I remind myself that by being a working class writer with experiences to share, a positive cultural intervention is already underway.

University has allowed me to enter a new world of possibilities that I never even knew existed. I have learned ideas and concepts that have given me insight into why things are the way they are in our society. And I have my own ideas about how to actually change it.

When I had the pleasure of meeting [James' mother] Mrs Thomas, she said something that stuck with me. She said that university offers young people the chance to grow and flourish whilst remaining in a secure and protected support network. I don't think that she could have been more right.

With the knowledge I have gained and support I have received, I feel confident that my future will actually be positive. ■



To support students like Naomi with a life-changing gift, visit [cardiff.ac.uk/donate](https://cardiff.ac.uk/donate)

**DIOLCH** to Cardiff's generous donors who are helping

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**Cardiff University also extends  
sincere thanks to all donors who  
wish to remain anonymous.**



To learn more about **Cylch Caerdydd** visit [cardiff.ac.uk/cylch-caerdydd](http://cardiff.ac.uk/cylch-caerdydd)

# A step-change in how Cardiff supports students

Student wellbeing matters. Cardiff's Director of Student Support and Wellbeing, a Cardiff alum and donor, and a current support recipient discuss how a revolutionary approach is making a real difference.



In September 2018, Cabinet Secretary for Education Kirsty Williams OBE broke ground on the Centre for Student Life – a building that will change the landscape of Park Place when it opens during the 2020-21 academic year.

The building signals Cardiff's commitment to the wellbeing of every student. This is an enormous task: more than 30,000 students live and learn at the University each year.

## What is Student Support and Wellbeing?

"We're here to help every Cardiff student succeed," says Ben Lewis, Director of Student Support and Wellbeing at Cardiff University.

From careers and professional development to counselling and mental health support, Ben's department enhances all aspects of Cardiff's student experience.

"Often 'student support' is talked about as being outside the classroom," he adds. "But a lot of it comes back to education. Our programmes enable students to achieve the best possible outcome from their time at Cardiff, with a more level playing field in every respect."

Ben's team share a common goal: "We can really transform the lives of Cardiff students for the better."

## Education for all

Cardiff's student support starts long before university begins. Scholarships and funds provided by donors enable care leavers, students in financial hardship and others to apply to universities in the first instance.

Cardiff alum and donor **John Endacott (BScEcon 1989)**, Head of Tax Practice at accountancy firm PKF Francis Clark, works closely with Cardiff Business School to support one such scholarship.

"It's wrong to assume that it's easy for people to access learning," says John. "Social mobility has been damaged and the driver for me is that people who are able to achieve should be given the opportunity to do so."

By supporting students from disadvantaged backgrounds, John has joined a growing number of donors whose generosity help transform the life prospects of individual students.

John adds: "Many students will experience difficulties at some point. They deserve the support to come out the other side a stronger person. The more you can help them through tough times, the better."

These philanthropic acts are massively impactful for individual students.

"I hear incredible stories about students who are supported and who now have very different – and far better – lives than they might otherwise have had," says Ben.

 Read more about the impact of widening access to higher education in **Naomi Owen's (BA 2018, Digital Media and Society 2018-)** contribution to 'Why Universities?' on [page 16](#).

## A holistic approach

Widening access to degree programmes is simply where support begins. Being a student in 2018 has its challenges.

"Higher education is an inherently testing environment", says current student **Nichola Bagshaw (Psychology 2015-)**, support recipient and wellbeing champion. "Mental health issues affect one in four of us. You have to consider that in the context of an environment where chronic stress is inevitable."

Having experienced both sides of student support, Nichola believes that Cardiff's service has evolved substantially, in part due to its holistic approach.

"So many challenges are interlinked, so you can't look at them in isolation or tick them off one-by-one," she says. "Cardiff has put together a multidisciplinary team with specialist counsellors and experts in specific areas who work closely together."

Work to engage positively with students begins on the day of arrival, with a focus on mental health support and community building.

Students are actively welcomed to Cardiff by trained peer mentors and new Residence Life Assistants (including Nichola): fellow students who act as constant points of contact in Halls of Residence and an 'early warning system' for issues that require onward referral.

"These joined-up services enable people like me to function and thrive," says Nichola. "In my case, the service adopted a behavioural approach of how to set goals and achieve them, and guided me through huge decisions like a change of course."



**Ben Lewis**



**John Endacott (BScEcon 1989)**



**Nichola Bagshaw (Psychology 2015-)**

**Having coped with mental health difficulties with the help of Cardiff's counselling services, this is the account of a student now acting as a Wellbeing Champion.**

"I took to University work and the creation of a rigid routine as a convenient escape from my increasingly dark thoughts. This routine basically took on a life of its own, becoming a source of huge stress and anxiety.

"However, with a combination of medication and counselling, I began to be able to look at my negative beliefs and working routine with greater clarity [and] overcome most of the symptoms of depression and anxiety I was experiencing.

"If someone is going through something similar, there are so many people at University and so much support that you can access."



Read more Cardiff student welfare experiences at [bit.ly/ccstudentlife](https://bit.ly/ccstudentlife)

## Everyday support

“Visibility and access have been key factors in our overhaul of student services,” says Ben. “We are utilising digital platforms to make support readily available.

“We want to provide the same help and support to those who are on healthcare placements in North Wales, or on Global Opportunities internationally, as we can for a student based across the road in Main Building,” he says. “Students are technologically savvy and digital platforms are allowing us to close that gap.”

Counselling services are already offered online and students can apply for bursaries like the Hardship Fund without ever visiting the Park Place offices. Those who prefer face-to-face conversations can still have them, and the new Centre for Student Life will facilitate those meetings, too.

For Nichola, the combination of new physical and digital infrastructure will normalise access and engagement for students. “Students arrive and they’re dazzled by information about the lives they should be leading,” she says. “They are establishing their identities and initially their priorities might be elsewhere.”

“My experience is that when it comes to them actually needing support, they either don’t know that it’s available or feel that there’s a stigma about asking for help,” she says. “In fact, asking for advice or help is perfectly normal. It’s just that sometimes we need to be proactive in starting that conversation.”

## Life after Cardiff

Another key area for students is careers and employability. “We’ve seen a big shift in how students approach their careers in the last five years,” Ben says.

Cardiff’s Student Support and Wellbeing team provide key services ranging from careers advice (available up to two years after graduation) to workplace opportunities, skills workshops and tailored advice relating to startup enterprise.

It’s another area in which even a seemingly small contribution can have a profound effect.

“It’s not always easy to get relevant work experience,” says Ben. “It’s a well-publicised fact that, particularly for young people from lower income backgrounds, it can be difficult to find the work experiences which complement their studies. My door is always open to anyone who says ‘I want a student intern’.”

Alumni, too, are appreciating the benefit of offering students workplace opportunities. John works alongside Cardiff graduates daily at PKF Francis Clark. “There’s great benefit to the academic rigour and thoroughness of the courses that they’ve been on,” he says. “I wish we had more Cardiff students and alumni working here!”

## What’s next?

“Cardiff has a fantastically progressive service,” says Nichola. “It’s constantly asking: what’s next?”

With the creation of the Centre for Student Life, a modern, tailored facility at the heart of the University, that change will accelerate further.

“A lot of universities evolve their student services by clipping on bits over time, and as you grow that becomes difficult to sustain,” says Ben. “What we’re doing is pressing Ctrl+Alt+Delete and resetting for students of today.”

“We’ve got this brilliant new facility, an online presence to complement our physical ambitions and a number of innovative, targeted programmes,” Ben says. “By bringing these elements together we have an opportunity right now to do something really special for Cardiff students.” ■



You can offer workplace opportunities by visiting [bit.ly/ccinternships](https://bit.ly/ccinternships)



Learn more about supporting students at [bit.ly/ccstudentsupport](https://bit.ly/ccstudentsupport)



### Cardiff alum Osian Morgan (BA 2018) undertook an internship with tailors Ede and Ravenscroft.

“The internship was extremely valuable to me both on a personal and a professional level,” said Osian. “I have matured and developed, and this has been a unique opportunity to put the skills I developed during my degree to the test.”

“I now have more confidence in my own abilities to work independently, make decisions and solve problems, whilst I would have been more likely to look for guidance from a more senior member of staff at the start of my placement.”

## £1.1m gift to transform lives for the better

A £1.1m donation to Cardiff University from eminent Welsh businessman and philanthropist **Sir Stanley Thomas OBE (Hon 2011)** will fund a state of the art 550-seat auditorium within the University’s flagship new Centre for Student Life.

The building, now being developed in partnership with the Students’ Union, will include new social study spaces, consultation rooms and quiet contemplation spaces along with the 550-seat auditorium which will bear Sir Stanley’s name. The building will ensure Cardiff University’s award-winning support services for students are even more

inclusive, accessible and convenient. Sir Stanley’s landmark gift is the largest single lifetime donation made to the University by an individual to date.

Vice-Chancellor Professor Colin Riordan said: “All of us at Cardiff University are delighted by Sir Stanley’s inspirational and generous gift.”



**GAME CHANGERS**

**Millicent Mackenzie was the first female professor at a fully chartered UK university, in 1910. Her legacy as a game changer continues to be embodied by modern Cardiff staff, students and alumni who are determined to change the world for the better in their own spheres.**



**Karen Cooke (BMus 1996)** is now Organisational Development Manager at Cardiff University. She also chairs Enfys, the University’s network for LGBT+ staff and postgraduate students.

This year, we mark 100 years since some women were given the vote in UK parliamentary elections.

Cardiff takes a special pride in being home to Millicent Hughes Mackenzie, one of the architects of the suffragette movement. She was the sole female parliamentary candidate in Wales in that pivotal year.

She was also the first female professor at a fully chartered UK university, taking up the post of Professor of Education (Women) at the University College of South Wales and Monmouthshire in 1910.

Today we know that College as Cardiff University, where Millicent’s passion for equality and social justice continues to be reflected in students, staff and alumni.

Her pioneering example inspires me personally in my work as Chair of our LGBT+ staff and postgraduate network, Enfys. Every day I am motivated by ensuring that people can be themselves in a professional context and Millicent’s template for equality plays no small part in our work.

Today, Cardiff is ranked 14th of all UK employers by LGBT+ rights charity Stonewall and we only aspire to be better.

But I’m not alone in drawing inspiration from Professor Mackenzie’s example. In 2018, as in 1918, Cardiff continues to produce game changers.



**Helen Molyneux (LLB 1987)** is the person behind Monumental Welsh Women – a group looking to erect Cardiff’s first statue honouring a Welsh woman.

So, why a statue? It might seem old fashioned but I am a great believer in the adage that you can’t be what you can’t see.

Public statues celebrate extraordinary lives and achievements. But they are also more than that. They are social statements of worth, a signal that this is the kind of person the community holds in high esteem. In Cardiff, those people are immortalised all around us. Take a walk from Cardiff city centre to the Quay and you’ll pass figures as diverse as Lord Bute, Nye Bevan and Ivor Novello.

But guess how many of those statues are of (real) women? And not just in Cardiff, but the whole of Wales.

Give up? The answer is just two: Queen Victoria (who clearly wasn’t Welsh) and Boadicea.

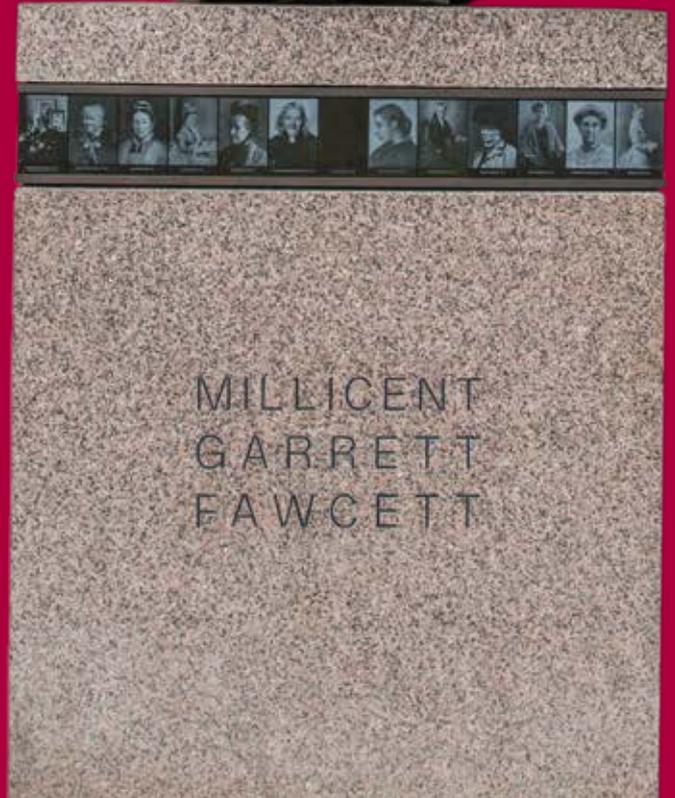
When I first read that – in an article by journalist Carolyn Hitt – I was so surprised that I decided to investigate. I was shocked by what I discovered. It wasn’t just the lack of statues: it was the difficulty of finding even stories of women who had “achieved”. There seemed to be a casual assumption that if no women were deemed worthy of a statue, it was simply because there weren’t any women worth celebrating.

Tellingly, when the Monumental Welsh Women project drew up a list of 100 women who had made a significant impact across a wide range of areas, from politics and the arts to medicine and architecture, some people called the women on our list “a bit obscure”! It is precisely because they are obscure – because their achievements aren’t properly recorded or recognised – that we need to bring them to life.

We need statues of prominent women to give girls (and boys) everyday images of successful, inspiring women in the fabric of where they live.

Our hope is that one day, to be a successful woman will be commonplace. Not rare, exotic, or noteworthy by virtue of gender.

Once we have statues of women who have achieved amazing things dotted around Wales, we won’t need to talk about the fact that they are women; instead, we will simply be inspired by their achievements and recognise their contributions to Wales and the world.



The statue of Millicent Fawcett, the suffragist leader and social campaigner, in Parliament Square, London, is a work by the Turner Prize-winning artist Gillian Wearing. The memorial was unveiled on 24 April 2018.



**GAME CHANGERS**

**Nia Jones (Environmental Geography 2016-)** and **Douglas Lewns (Environmental Geography 2017-)** are students at Cardiff's School of Earth and Ocean Sciences and founders of The No Straw Stand – a campaign to get companies to stop using plastic straws. This year, Nia is serving as Ethical & Environmental Officer at Cardiff University Students' Union.

Plastic straws are used, on average, for just 20 minutes. When they are discarded, they can pollute the environment for hundreds of years.

It's a global issue.

Every single day, more than eight million pieces of plastic make it into the world's oceans. They get ingested by wildlife and break down into microplastics. Current estimates predict that by 2050 there will be more plastic in our oceans than fish. Plastic straws are one of the top ten sources of marine debris: each year more than 36.4 billion of them will be thrown away in the European Union alone.

Studying Environmental Geography, we've

really come to appreciate the scale of this problem, and the urgency with which action needs to be taken. But environmental issues like this often feel too big to be tackled by individual action.

That's what inspired us to set up The No Straw Stand. It's an initiative that encourages businesses and organisations to forgo plastic straws in favour of waste-free, sustainable alternatives. Focusing on businesses takes the pressure off individuals, and by helping to persuade businesses to be more environmentally conscious, individuals and communities can feel like they are making a difference.

One of our biggest successes so far has been convincing the restaurant chain Wahaca to go plastic-straw free – and they've been joined by another 30 businesses. We're aiming to get even more!

Our success has also propelled us into a number of different projects, including Rhiwbina Against Plastic and Plastic Free Penarth. Now we're liaising with Cardiff Council to introduce environmental scientist and children's author Ellie Jackson's book series 'Wild Tribe Heroes' into local schools. If we can encourage school children to become the next generation of environmental ambassadors, then we'll really start to see a difference.



**GAME CHANGERS**



**Philip Evans QC (LLB 1993)** is a leading London-based barrister who also works on a pro bono basis with Cardiff University to challenge miscarriages of justice.

Cardiff's Innocence Project performs a vital civic mission: it assists convicted people that protest their innocence. To date, Cardiff is the only UK Innocence Project to have a verdict overturned by the Court of Appeal.

I'm passionate about crime-based advocacy, which is a route I decided upon during my studies at Cardiff. I've been lucky enough to take on some high-profile cases during my career. I defended Pakistani cricketer Mohammad Asif in the match-fixing case at Lords, I prosecuted in the Hatton Garden Heist, and I serve as the Rugby Football Union's Head of Rugby Judiciary.

Amidst that, the pro bono work I do for Cardiff University is the most fulfilling. That's not to say that the advice we have to give is always positive, but when you get the opportunity to argue a promising case for someone who otherwise couldn't afford representation, it's phenomenal.

The pro bono schemes offer hugely beneficial experiences for Cardiff students; I'm envious of them for having these opportunities. As part of this Innocence Project, Cardiff students are routinely involved in research and dealing with practitioners. They are also witnessing the law in action, how we approach cases, the advice we give and the way we present these cases to the court.

At the moment, we (myself, my junior, a range of current students, a Cardiff solicitor also working pro bono, and the wonderful and dedicated University staff **Dr Dennis Eady (PhD 2009)** and Professor Julie Price) are currently working on a case we've had successfully referred to the Court of Appeal. The time, expertise and input of everyone involved is invaluable, and is making a huge difference to the life of the individual involved.

I attribute the success of Cardiff's Innocence Project to the tenacity, planning, and the continuity of the leadership and expertise of those involved in the running of this project. Everyone works so hard and feels so passionately about the responsibility in their hands. It's a privilege to be a part of this.

**Simon Blake OBE (BA 1995)** is Chief Executive of Mental Health First Aid (MHFA) England and deputy chair of Stonewall UK. He is a former Chief Executive of the National Union of Students (NUS).

Looking back now, it was pretty clear my career would be one driven by social justice. However, the Radio 1 careers guide of the late 80s didn't feature charity, third sector or social justice as far as I recall. And so it was during my time at Cardiff University that I started to find my voice and develop the passion for equality that still drives me now, 23 years after graduating.

The story begins in the mid-90s, when I was a founding member of Cardiff University's Sexual Health Awareness Group (SHAG). I didn't know it then, but it was to be the start of a journey that led me to work for fantastic organisations like Brook, the Family Planning Association and the Sex Education Forum.

Over time, my career diversified and I started to focus on the breadth of sexual health and wellbeing, then wider issues of wellbeing and equality. I was Chief Executive of Brook (enabling young people to enjoy their sexuality without harm), Vice Chair of the Black Health Agency, Chair of Diversity Role Models (challenging homophobic, biphobic and transphobic bullying in UK schools) and Chair of Compact Voice (working for strong partnerships between the voluntary sector and government), before taking on the Chief Executive role at NUS, where part of my job was to cheerlead, support, and have conversations with student



leaders across a wide range of social and environmental issues.

Universities drive social change. They are a hotbed of new ideas, energy, discovery, creativity and activism. Walk through Cardiff Students' Union today and you will see a vast number of initiatives focused on equity, inclusion and social justice. It has really excited me in recent years that my perspective on the world is being challenged with new, fresh and evolving ideas. As I age, I have to be careful not to become out-of-date. Younger people are challenging me to think differently and question my views. I value the learning across generations.

These conversations show me that young people are continually finding new ways of living in a rapidly changing world, just as we did through our teens and twenties. If you look at how far we have come on so many social justice issues, particularly LGBT rights over the last 20 years or so, things have changed beyond recognition.

There's so much to celebrate. But there are still real challenges. There is often a large gap between the law, policy, media discourse and lived experience. What the law says and what people experience on the street are so often very different things.

As I start a new chapter with MHFA England, an organisation that seeks to train people in Mental Health First Aid, build mental health literacy and reduce stigma, I am more aware than ever that progress is so often two steps forward and one step back. Rights are hard won, cannot be taken for granted, and must be protected.

Inequity is embedded structurally in our society. Until everybody across the UK can access mental health services and support, has access to safe and legal abortion, can live without fear of racism, transphobia or other forms of prejudice, and can walk down the streets holding hands with the person they love – whatever their gender or sexual identity – our job isn't done.

**Kellie Beirne (BA 1997, MSc 2003)** is Programme Director for the £1billion Cardiff Capital Region City Deal, improving the Welsh capital's infrastructure.

If I'm going to make a difference anywhere, I want it to be in this amazing place: the city that I'm from, and that I feel so passionately about.

The Cardiff Capital Region is home to more than 60% of the population of Wales but it also has some of the highest levels of poverty and deprivation. Why? Because our economy isn't doing as well as it should be and we have some deeply embedded social issues.

This is against a backdrop of glorious landscapes, abundant natural resources, amazing people, and connected communities. We've got real spirit and energy here and I want to do my best to help unleash that.

The City Deal is about good economic growth; growth that does good and doesn't just try to hit targets. It's about developing an agile, flexible economy. If we can create the conditions whereby people are more self-sufficient and have better prospects, that's our best safeguard against injustice and inequality.

We want to create a city that is not just good for today, but great for tomorrow. The Welsh Government's Wellbeing of Future Generations legislation means we've got a fantastic opportunity to make a difference from way upstream; to consider the life chances of our kids and their kids; of people not even born yet.

I've always been moved by inequality and injustice. I did my degree in Language and Communications because I believe understanding someone's intrinsic motivations is an important means of building strong relationships, and my proudest professional achievement is still the time I spent working in a homeless hostel when I first graduated.

I later went into the housing sector because it's a pragmatic, collective means to address some of the fundamental issues around social injustice. Yes, it's just bricks and mortar – but it can help us to understand people's motivations, the challenges they face, and the opportunities they need.

At the heart of the City Deal is the fundamental belief that every person deserves to be treated with dignity and respect. Whenever we can show compassion, it's our moral duty to do so. That's what I hope to achieve. ■





# CARDIFF on a plate

**The food scene in Cardiff is changing dramatically, and Cardiff alumni are setting the menu.**

Until recently, choices for eating out in the capital were limited. Menus were unimaginative and takeaways dominated. But in just a few short years, Cardiff has become a top culinary destination. And Cardiff University alumni are at the forefront of a new wave of chefs, entrepreneurs and writers transforming this city into a foodie's haven.

We caught up with six of our alumni – including finalists from *The Great British Bake-off* and *MasterChef*, the restaurateur behind some of Cardiff's best-loved eateries, a top food blogger, an award-winning barista and an innovative food recycler – to ask about the unique ingredients that have made Cardiff the place to eat.

Images provided by Kacie Morgan, Beca Lyne-Pirkis, Cerys Furlong, Lia Moutselou, Teodora Petkova and Larkin Cen.

## Spoiled for choice

**Kacie Morgan (BA 2010)** is the founder of The Rare Welsh Bit, a blog focusing on culinary travel.

"Once upon a time, like many a Cardiff student, my idea of eating out consisted of rolling into Ramones for a greasy fry-up, grabbing something from Venus Kebab House after a late night or, if really skint, munching on the toast handed out at Metros. Budgets didn't stretch very far, and although there were a couple of restaurants I liked, there weren't many independents worth writing about.

"But this meant the city was pretty much a blank slate, with lots of room for innovation and experiment. To me, the biggest change to the Cardiff food scene has been accessibility. Good food is now everywhere. Cardiff is now home to many award-winning chefs; there are soaring numbers of producers specialising in international cuisines and alternative diets. Even HMP Cardiff now houses a first-rate

restaurant staffed by prisoners. And our city has seen a seemingly unstoppable rise in street food pop-ups and food festivals.

"Nowadays, I'm more likely to blog about a class, a food tour or street food event than I am to write about a restaurant. This accessibility has shaped us Cardiffians into discerning diners, just as curious about the story behind where our food comes from, as we are about how it tastes. We want to meet the people who made our mind-blowing food, hear how ideas came about, discover how foods are made and perhaps have a go ourselves!"



Read more from Kacie at [therarewelshbit.com](http://therarewelshbit.com)



### Festival food

**VEGAN FAYRE (May)** – Learn how to use dairy and meat free products like seitan

**BITE (Llandaff, July)** – Eco-friendly, no entry fee food fair where top chefs like TV's Tommy Heaney create unique dishes that cost no more than £3. Sample dishes: Potatoes baked on embers with buttermilk, mussels, grapes and seeds (Tommy Heaney); Olive oil crackers with smoked carrot cream, beetroot pico, crispy kale and pumpkin seeds (John Cook, Dirt Events Ltd); Peanut butter fudge ice cream (Andrew Gwynne, Gwynne's Ice Cream)

**CARDIFF INTERNATIONAL FOOD AND DRINK FESTIVAL (Cardiff Bay, July)** – Tastes from around the globe

**THE SUMMER FEASTIVAL (Sophia Gardens, August to September)** – The best in Cardiff street food

CAERDYDD  
ar blât

## Traddodiadau Cymreig gyda dylanwadau rhyngwladol

**I Beca Lyne-Pirkis (BMus 2004),**  
ysgrifennwr, darlledwr a hefyd,  
cystadleuydd yn rownd derfynol y *Great  
British Bake Off*, amrywiaeth yw sail  
llwyddiant Caerdydd.

"Dysgais gryn dipyn am goginio gan fy rhieni a fy neiniau, felly pan oeddwn i'n fyfyrwr, byddwn i'n coginio a phobi ar gyfer fy nghydletywyr. Yna, yn ystod gwyliau'r haf, teithiais i wlad Thai, Malaysia a'r Eidal, ac fe ddylanwadodd y profiadau hynny ar arddull fy nghoginio yn fawr. Mae'r ffefrynnau fel Cyri Thai Gwyrdd a risoto yn dal i blesio - heb anghofio'r pethau melys, fel fflapjacs, cacen llus a lemwn, a chrempogau! Roedd pawb yn edrych ymlaen at ddydd Mawrth Ynyd yn ein tŷ ni.

Roedd fy amser yma ym Mhrifysgol Caerdydd yn sicr wedi helpu datblygiad fy arddull coginio, a rhoi'r hyder imi wneud cais ar gyfer y rhaglen boblogaidd.

Dywedodd Beca fod cyrraedd rownd derfynol y *Great British Bake Off* yn 2013 wedi "newid fy mywyd". "Ers hynny, dwi wedi cael pedair cyfres goginio ar y teledu ac rwy'n dechrau ysgrifennu fy ail lyfr."

Yn dal i fyw yng Nghaerdydd, mae hi wedi ei chyffroi gan y newidiadau sydd yn digwydd i'r diwydiant bwyd yn y ddinas. "Dwi ddim yn credu bod yna amser gwell wedi bod er mwyn gwneud fy swydd yma!"



To read *Great British Bake Off* finalist Beca's story in English, visit [bit.ly/ccbecalynepirkis](http://bit.ly/ccbecalynepirkis)



### TRY BECA'S FABULOUS RECIPE FOR WHITE CHOCOLATE, RASPBERRY & CARDAMOM WELSH CAKES:

#### Ingredients

- 225g Self-Raising Flour
- 30g Lard or Vegetable Fat, cold and cubed
- 70g Salted Butter, cold and cubed
- 110g Caster Sugar
- 100g White Chocolate Chips
- 1 Tube of freeze dried Raspberries (6g)
- 10-12 Cardamom Pods, discard the outer shell and grind the black pods inside
- 1 large Egg, beaten with a little milk
- 1/2 tablespoon of Golden Syrup

#### Method

1. Sift the flour and spices into a large bowl and rub the lard and butter into the flour until the mixture looks like large breadcrumbs.
2. Mix in the sugar, fruit and chocolate chips and then add the beaten egg and golden syrup. (Tip: Heating the

syrup slightly will make it is easier to mix into the other ingredients)

3. Bring the mixture together in the bowl until it forms a dough - try not to over work the mixture. (Tip: I use a butter knife until it starts to come together and then use my hands to gently make it into a ball.)
4. Place the dough onto a lightly floured surface and roll out/flatten to 1cm thickness. I do this in two batches so that it's easier to handle the dough.
5. Place your bakestone or heavy frying pan on the hob to a low heat.
6. Cut out into 2 inch rounds, grease your bakestone/frying pan with a little butter and cook your Welsh cakes until they are a 'nut brown'.
7. Don't over-crowd the pan and grease the pan in between every batch.
8. Once baked, sprinkle liberally with sugar and serve. Delicious warm or cold!

# The taste of home

While Cardiff’s diners devour international dishes, there’s no denying Wales’ homegrown ability to wow – imagine succulent lamb, melt-in-your-mouth cheese, fresh fruit and Welsh cakes so good they’re a meal in themselves.

For restaurateur **Cerys Furlong (MSc 2005, Hon 2017)** quality fresh, local and seasonal produce is essential: “It’s at the heart of any vibrant food scene – and in Wales we’re spoilt.”

Having been involved in well-loved foodie haunts such as Porro and The Potted Pig, Cerys opened Milkwood in 2017 with her husband, the renowned chef Tom Furlong, and friend and fellow chef Gwyn Myring.

“We only use the best local produce – the fish is caught just hours before we serve it; our beef comes from the Vale of Glamorgan; the salad is grown in Bute Park. I love that our menu constantly changes to reflect the seasons.”



# Getting out of the kitchen

It’s estimated that around two million tonnes of food is wasted in the UK every year. Cardiff is home to several social enterprises that are tackling the problem.



Formerly an Environmental Law lecturer at Cardiff, **Lia Moutselou (City & Reg Planning 2005-11)** is founder of Lia’s Kitchen, a part-time, home-based ethical food venture ([liaskitchen.com](http://liaskitchen.com)).

Inspired by Greek and global cuisines, and sustainability, Lia runs pop-up food events, social suppers, cooking workshops and waste reduction cooking classes and dinners. She is co-founder of Cardiff’s Wasteless Suppers, where food surplus about to be thrown out by supermarkets

or donated by producers is handed to a line-up of star cooks – and each serves up a course and a talk on how to affect positive change.

Meanwhile, in Cathays Community Centre, Cardiff University students are helping to run the Community Fridge project. Supermarkets and local businesses donate everything from fruit, vegetables and sandwiches to cooked meat and fish. Local residents can then simply pop into the Community Centre and help themselves with a pay-as-you-feel scheme to help running costs.





## An independent flavour

For many of us, the best way to start the day is coffee. **Teodora Petkova (BSc 2016)**, an award-winning barista, agrees.

"There's so much to enjoy – the taste, smell, presentation – but when I first arrived in Cardiff, I found the pace of café culture a surprise. Coffee was just something to have on the go – people were too busy to enjoy it. Happily, things are changing," she says.

Finding her passion in Italy ("I loved to watch the baristas working in the artisan coffee shops, preparing each shot of espresso like it was a magic trick!"), Teodora brought home an impressive skillset – and entered The University Caterers Organisations (TUCO) barista competition.

"It was like an exam," she says. "I had to do lots of research, looking for the perfect beans; spending hours equilibrating the grinder and practicing techniques and avoidance of mistakes under pressure.

"On the day itself, we had minutes to produce four espressos, four milk-based drinks and four espresso-based non-alcoholic speciality drinks whilst providing commentary."

She won Gold, and shares her tips here.

### HOW TO MAKE THE PERFECT COFFEE



- Each cup starts with the beans. Make sure they are kept in a cool and dry place, away from the sun, heat and humidity.
- If you have coffee with milk, choose the right milk for the beans you are using. You have to taste the coffee, so be careful when using sweeter milks such as full fat.
- Clean your machine! The coffee bean consists of oils which leave traces and can alter taste.
- Find a favourite cup. It has to be the right size (never drink a macchiato in a 16oz cup!). Then, heat it up: pour in some boiling hot water and dry it out before pouring the coffee.
- Don't be afraid to experiment! Try unusual flavours and blends; make your own syrup at home or even recreate what you see on Instagram.



# New tastes

Masterchef finalist and guest judge **Larkin Cen (LLB 2006, PgDip 2008)** is director of Woky Ko and head chef of Cen at The Celtic Manor.



“For me, eating out is entertainment. In my restaurants, you can watch the Wokstars cook right in front of you. Cardiff has a buzz of excitement about it; it’s an up-and-coming city and people want to try new things. Many new businesses are starting here, attracted by the skills and talent available at the University. They bring with them a multicultural workforce with money to spend and keen to try new tastes.

“Coming from a family of Chinese immigrants who found work as chefs, when I was growing up I saw a lot of the same dishes, like sweet and sour chicken, in restaurants. That didn’t reflect real Chinese food to me. I am passionate about taking the cultural element of food and presenting something different and exciting.”

Even at University, the food industry felt like home to Larkin.

“I was the foodie,” he says. “I played rugby for Cardiff Law and the team would come over for my fried rice. I was doing basic dishes – but I loved it. I was already thinking ‘I can change this industry and get people excited about Asian food’.” ■



## WOK TO TRY

- BAO – FILLED ASIAN STEAMED BUNS OR DUMPLINGS. TRY THE KOREAN FRIED CHICKEN, ACCOMPANIED BY KIMCHI VEGETABLES AND GOCHUJANGI CHILLI PASTE.
- FENXIANG – SHARING PLATES OF CRISPY DUCK OR BEEFSHORT RIBS
- DA – DELICIOUS FRESH NOODLES. TRY THE PUMPKIN SEED YAKISOBA!

## FANCY A BITE? We asked our alumni for their top recommendations

1. **Asador 44** (Quay Street) Succulent cuts cooked on a Spanish wood-fired grill
2. **Milgis** (City Road) Go meat free with plant-based eating and cocktails
3. **The Early Bird** (Woodville Road) Bread, pastries, doughnuts and great coffee!
4. **Penylan Pantry** (Wyndham Crescent) Amazing cheese on toast
5. **Cocorico Patisserie** (Whitchurch Road) Bake Off: Creme de la Crème finalist Laurian Veaudour bakes up a storm
6. **Madeira Restaurante** (Guildford Crescent) A taste of Portugal, try the skewers or the fish!
7. **Café Citta** (Church Street) Family run with homemade Italian dishes
8. **Chapel 1877** (Churchill Way) A former chapel renovated into a restaurant and gastro pub
9. **La Cuina** (King’s Road) Authentic Catalan cooking in Canton
10. **Café Mina** (Crwys Road) Mezza and Lebanese mains – and great cocktails too!
11. **Purple Poppadom** (Cowbridge Road East) Experience innovative Indian cuisine like the signature Tiffin Seabass



If you can’t come home to Cardiff, don’t worry: you can still experience Cardiff-inspired cuisine, thanks to celebrity chef **Jack Stein (BSc 2004, MA 2006)**. His new cookbook ‘Jack Stein’s World on a Plate: local produce, world flavours, exciting food’ is available now from Absolute Press.

Alternatively, you could try dining at Brat in Shoreditch, London E1, where Welsh chef **Tomos Parry (BA 2008)** has just won Top Newcomer at the London Restaurant Awards. Anglesey Oysters and fresh fish cooked over a huge open fire in the middle of the restaurant – and you even get a Welsh cake with your bill.

## Gwyn ein byd...

### Wedi Eisteddfod Caerdydd, Awst 2018

Hen ddociau boneddicach  
sydd erbyn hyn yma'n iach,  
Yn enw'r Bae, gwyn yw'r byd  
a hwyliau'n hafau hefyd.  
Y Bae glân, Bae gwag o laid,  
Bae diwyneb, dienaid.

Rhy Brydeingar ddiaros  
'di'r byd sy'n dweud pwy-'di'r-bôs.  
Cynghanedd senedd ein sŵn  
yw'r weriniaeth a rannwn.  
Croesawn pob câr a sinig;  
chwalu'r mur, nid chwarae mig.

Nid Bae oer, ond Bae euraid  
a Bae'r ŵyl yw'r Bae o raid.  
Yfwn ein haf heno'n hir,  
haf undod ein cyfandir...  
Ond amodol ei olud  
yw'r bae hwn, os gwyn yw'r byd.

**Osian Rhys Jones**

Osian Rhys Jones, winner of the Chair at the 2017 Eisteddfod, is a Cardiff-based poet and University staff member. He wrote *Gwyn ein byd...* for *Cardiff Connect* to celebrate Cardiff hosting the 2018 Eisteddfod.



Read more about Osian's  
inspiration at [bit.ly/gwyneinbyd](http://bit.ly/gwyneinbyd)



# Shrouk El-Attar

Shrouk El-Attar (MEng 2018) is a prominent LGBT+ activist named 'Young Woman of the Year' 2018 by the United Nations High Commissioner for Refugees.



**From a young age I was part of societal prejudice.** I grew up in Egypt, and for a long time I refused to acknowledge my own sexual identity and maintained the belief that LGBT+ people should be punished. Why? Because we are taught to hate ourselves.

**I started writing in Arabic to say that we exist and that it's OK to be us,** but I was limited by the choice of words available. Language is so powerful. Until very recently, modern Arabic didn't have any positive vocabulary towards LGBT+ people. Imagine trying to tell someone they should accept themselves, while having to use words that insult them? That's why the birth of the word *Methly* ('like me') is so important – because it says that LGBT+ people are human too. When I first read it, I remember staring at the computer screen with tears of joy running down my face. My language was changing: it was becoming kind to me.

**My mother, brother and sister were deported in an Immigration Dawn Raid.** My mother had claimed asylum in the UK, and for a while we were all living in a one bedroom in a shelter on Newport Road. I was left alone in the UK. It was devastating. Eventually I was granted refugee status and, even though I wasn't in the best state, the first thing I did was apply to Cardiff University's Engineering programme. I was so lucky to have a wonderful tutor and fantastic help from the University Support Services to encourage me when things were hard.

**During my time at Cardiff, I joined the Student Action for Refugees Society (STAR).** My main focus at STAR is the Equal Access campaign. Refugee women know that education can change lives, yet it is being denied to some of the world's most vulnerable people. When I started the campaign, very few universities accepted asylum seekers as home students; now, around 60 do and I'm proud to say that Cardiff is the first Equal Access University in Wales.

**Thanks to my Masters degree, I believe I've just changed the world!** I've always been fascinated by the magic of electronics, and I got the opportunity to develop something truly amazing. I worked in a great research group and benefited from the wealth of knowledge

Cardiff University has in the field of Electron Paramagnetic Resonance (EPR). It's a technology comparable to MRI scanning. Current EPR technologies fill up entire rooms and cost millions of pounds. What I developed during my Masters is no bigger than a food tray and only costs a few hundred pounds! Just imagine one day being able to detect cancers with a device no bigger than a mobile phone.

**Women in Science, Technology, Engineering, and Maths (STEM) have conquered so much just to get there.** When I started my degree, only 8% of UK engineers were women: the lowest ratio in Europe. We need role models in these fields to demonstrate that STEM is an option all girls and women can pursue. And who knows what amazing things they could develop? I'm happy to say that Cardiff does its bit, and I have participated in countless STEM outreach programmes through the University.

**My degree took a lot of work, so I used the summer to focus on my dancing and campaign work.** I've performed around the world: in Europe, the USA and Japan. I do traditional belly dance in drag and with a beard to protest the treatment of LGBT+ people in my country. One of my friends was once imprisoned for waving a rainbow flag at a concert. I always try to do parts of my shows in both English and Arabic because, even with new terms like *Methly*, it's still revolutionary to be able to talk positively about LGBT+ experiences in Arabic.

**It was incredible to be named Young Woman of the Year by the UN High Commission for Refugees.** I felt overwhelmed to be recognised by one of the most influential bodies in the world, and to be surrounded by powerful women who are working hard to change lives.

**My time in Cardiff has definitely sculpted the person I am today** and I wouldn't be the same had I studied anywhere else. I love Wales and I even consider myself partly Welsh! Cardiff is my city; Cardiff is my home. ■

EXAMINED

# IN MEMORIAM

Remembering Cardiff University alumni, staff and friends



## DEAN FLETCHER (BSc 2007)

*Alumnus and #TeamCardiff runner*  
1986-2018

Raised in Saltash, Cornwall, Dean began his studies at Cardiff Business School in 2004. He developed a close circle of friends while living in Talybont North and through his course. After graduating he remained in Cardiff to embark on a successful career in accountancy.

During this time he met fellow Cardiff graduate Katie (née Punter) (BScEcon 2010). They married and moved to Exeter to start a family, with daughter Evie arriving last year.

Dean passed away after completing the 2018 Cardiff University/Cardiff Half Marathon. Friends and family remember him for his “wonderfully weird, joyous approach to life” and as a devoted and “amazing father and husband”.

## MALCOLM ANDERSON (BScEcon 1991, MPhil 1994)

*Alumnus and staff member*  
1970-2018

Malcolm Anderson arrived in Cardiff as a teenager to study at the Cardiff Business School, and stayed.

During his 30-year career in the Business School following his studies, he was a prolific researcher and a dedicated, popular teacher. His passion for education – and Swansea City FC – was felt keenly by colleagues and students.

He leaves a wife and three daughters, to whom he was devoted.

## RASHID DOMINGO MBE

*Friend*  
1937-2018

Born in Cape Town, chemist, entrepreneur and philanthropist Rashid Domingo came to call Wales home.

In 1971, he founded Biozyme (one of the world’s largest enzyme producers for diagnostic clinicians) and remained an enthusiastic proponent of education and its power to transform lives.

A strong believer in “giving back”, Mr Domingo used his success to support others. He gave generously to Cardiff University to create a bursary fund for students in financial hardship.

David Thomas (BA 1947)	1923-2018
Frederick Dunning (BSc 1950)	1928-2018
Tajdeen Dharamshi (BA 1962)	1940-2017
Dr J T Pearson (BSc 1962)	1935-2018
Eric Brierley (BPharm 1962)	1939-2018
Brinley Newman (BEng 1965)	1943-2018
Professor Paul O'Brien CBE (BSc 1978, PhD 1979)	1954-2018
Louisa Jakeman (LLB 1983)	1962-2018
Cian D Burke (BSc 1988)	1965-2018
Phillip J Rasmussen (BSc 1992)	1970-2018
Geraint Doran (BSc 1995)	1969-2017
Dr Margaret C Powell (PhD 1995)	1925-2018
Kimmo K Muttonen (MBA 2005)	1961-2018
Sarah E Stevens (BScEcon 2012)	1990-2017
Adam Vaughan (BA 2017)	1995-2018
Sultan Alshammari (Law 2017-2018)	1994-2018
Marty Draganova (CertHE 2018)	1998-2018
Dr Javier Uceda Fernandez (PhD 2018)	1992-2018
Gary M Keith (PgCert 2018)	1971-2017
Jeffrey R Cocks OBE (alumnus)	1941-2018
Sally Dugan (alumna)	d.2018
Kenneth Markham (staff)	1929-2018
Dr John Yockney (staff)	1935-2017
Reginald Tetstall (staff)	d.2016
Professor C Grey-Morgan (staff)	d.2018

To share the news of a Cardiff University graduate or staff member's recent passing, please contact [alumni@cardiff.ac.uk](mailto:alumni@cardiff.ac.uk)

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Elizabeth A.



Final Year Chemistry Undergraduate at Cardiff University

I thoroughly enjoyed shadowing **Elliot Howells (BSc 2016)** at Microsoft last week. Thank you for the opportunity to learn about the tech industry, Microsoft and Dynamics 365 [and] the necessity for tech companies to employ those from non-tech degree backgrounds... [it's really] given me food for thought regarding future career choices.



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