

# APRIL NEWSLETTER 2021

While the winter has been long and we have remained in lockdown, from a departmental perspective, as you will see in this newsletter, there has been lots of great activities going on by both staff and students and certainly lots of reasons to celebrate as we move into Spring. Spring is the time of new beginnings and with the easing of lockdown, it will certainly be welcomed this year more than ever. The better weather, return of outdoor sport, a bit of gardening, outdoor coffees (or something a bit stronger!) are all within touching distance. As we are now in a well-earned Easter break, let's take the time to look after ourselves with lots of exercise, fresh air and, most importantly, some chocolate eggs!

Once again, we cannot thank everyone enough for their hard work, enthusiasm and positive attitudes in this semester so far. It's incredible the difference seeing a smiling face makes to a long day at the computer. We look forward to welcoming everyone back with renewed energy to take us through to the end of the semester.

Professor Carol Clark,  
Head of Department for  
Rehabilitation & Sport Sciences

Dr Susan Dewhurst and Dr Jonathan Williams  
Deputy Heads of Department for Rehabilitation & Sport Sciences

## Welcome to the new starters

Malika Felton - Lecturer in Health and Exercise Physiology  
Adam Sewell - Lecturer in Performance Analysis.  
Phil Morgan - Lecturer Practitioner

## Staff Members

Prof Carol Clark - Head of Department for Rehabilitation & Sport Sciences  
Dr Susan Dewhurst - Deputy Head of Department for Rehabilitation & Sport Sciences  
Dr Jonathan Williams - Deputy Head of Department for Rehabilitation & Sport Sciences

Alexandria (Alex) Dunford - Lecturer in Physiotherapy  
Dr Amanda Wilding - Senior Lecturer in Sport Psychology and Coaching Sciences  
Andrea Hasselbusch - Senior Practice Fellow in Occupational Therapy  
Dr Andrew Callaway - Senior Lecturer in Biomechanics and Performance Analysis  
Dr Bernadette Waters - Principal Academic in Occupational Therapy  
Dr Caroline Ellis-Hill - Senior Lecturer in Qualitative Research  
Debbi Gale - Demonstrator in Health Sciences  
Eirini-Iro (Iro) Arvanitidou - Lecturer in Nutrition  
Dr Fotini Tsofliou - Principal Academic in Nutrition  
Gillian (Gill) Glasgow - Lecturer in Health Psychology  
Helen Ribchester - Lecturer in Occupational Therapy  
Prof Jane Murphy - Professor of Nutrition  
Dr Joanna Thurston - Senior Lecturer in Sports Therapy  
Dr Joanne Holmes - Senior Lecturer in Nutrition  
Julie Liddell - Technical Officer  
Dr Juliette Truman - Senior Lecturer in Occupational Therapy and Health Psychology  
Dr Kathryn Collins - Lecturer in Physiotherapy  
Kelly Goodwin - Senior Lecturer in Sports Management  
Dr Louise Fazakarley - Senior Lecturer - Physiotherapy  
Dr Marta Glowacka - Lecturer in Occupational Therapy and Health Psychology  
Dr Michelle Heward - Post Doctoral Research Fellow Dementia  
Paul Fairbairn - Hourly Paid Lecturer  
Rachael Bewes - Lecturer in Physiotherapy  
Dr Rebecca Rendell - Senior Lecturer in Exercise Physiology  
Dr Reena Vijayakumaran - Lecturer in Behavioural Psychology and Nutrition  
Dr Saffron Scott - Senior Lecturer in Occupational Therapy  
Sara Sayer - Lecturer in Sports Therapy  
Dr Shelley Ellis - Lecturer in Performance Analysis  
Dr Sophia Amenyah - Postdoctoral Research Fellow  
Dr Swrajit Sarkar - Senior Lecturer in Nutrition  
Prof Tim Rees - Professor in Sport  
Dr Tongai Chichaya - Lecturer in Occupational Therapy and Health Psychology  
Dr Vikram Mohan - Senior Lecturer in Physiotherapy

## Lecturer Practitioners

Catherine Cruse-Drew - Lecturer Practitioner  
Kate (nee Kate Crabb) Colley - Lecturer in Physiotherapy  
Peter (Pete) Bloomer - Lecturer Practitioner Sports Therapy  
Paul O'Connell - Lecturer in Sports Therapy

# GOOD NEWS Stories



The Nutrition Team has MScNutrCafe mornings monthly to engage and bond with the MSc Nutrition and Behaviour students.



Richie Hodgeson (MSc Nutrition and Behaviour student) has been writing some excellent blogs for Dorset Healthwatch as part of his placement.



Dr Joanne Holmes (Senior Lecturer in Nutrition) and Gail Combes (Placements Coordinator) organised a nutrition focused careers event. Three recent BSc Nutrition alumni presented their careers to date as well as giving valuable advice of how to apply for jobs, the interview process and what their job entails.

Over 50 undergraduates from levels attended this virtual event. Students said they found the event inspiring and informative.

Dr Rebecca Rendell (Senior Lecturer in Exercise Physiology) took part in several 'virtual' running events including the Unite For Minds Maverick Race and the Wolfpack 100 - as part of running communities that raised £6,489 for the charity CALM and donated 35,831 hot meals via FareShare.



Adam Sewell (Lecturer in Performance Analysis) part of the Great Britain Men's Basketball coaching staff (Head Performance Analyst) recently qualified for EuroBasket 2022.

The last international window was held in Montenegro (Feb 2021) where we beat Germany (81-83) and France (73-93) to qualify for the major tournament in 2022.

BBC Sport news articles  
<https://www.bbc.co.uk/sport/basketball/56159497>



## VC staff award nomination/shortlist:

**Responsibility Award nomination**  
 Dr Susan Dewhurst (Deputy Head of Department Rehabilitation and Sport Sciences)

**Excellence Award**  
 Prof Tim Rees (Professor in Sport)  
 Dr Rebecca Rendell (Senior Lecturer in Exercise Physiology)  
 Dr Kathryn Collins (Lecturer in Physiotherapy)

**Professional Practice Award**  
 Rachael de Courcy Beamish & Sarah Petty (Programme Support Officers)

**Community Award**  
 Prof Carol Clark (Head of Department for Rehabilitation & Sport Sciences)

Dr Susan Dewhurst (Deputy Head of Department Rehabilitation & Sport Sciences) has joined the Editorial board for the Journal 'Frontiers in Exercise Physiology'.

Dr Fotini Tsofliou (Principal Academic in Nutrition) is co-ordinating the AfN RNutr monthly Peer Mentoring events in her role as AfN Trustee.

Dr. Shelley Ellis (Lecturer in Performance Analysis) has given birth to a beautiful baby girl named Isla Hope. Congratulations Shelley and husband Oz!

Dr Joanne Holmes (Senior Lecturer in Nutrition) and Debbi Gale (Demonstrator in Health Sciences) are delivering the food processing and product development unit online, with students working in groups via zoom in their own kitchens. Debbi and Joanne are supporting students with the group project work. Very positive feedback has been received about how this unit is working with students reporting to be enjoying the unit.

Dr Joanne Holmes (Senior Lecturer in Nutrition) has taken the farm visit online with 7 farmers being invited via Zoom to join one of the BSc Nutrition year 1 units. Students asked questions and discussed how different foods are produced such as watercress, wheat, milk and lamb. Contemporary challenges such as sustainability and environment were discussed as well as solutions.

ADRC launch new monthly research coffee mornings to engage with members of the public. Sessions are facilitated by Dr Michelle Heward (Post Doctoral Research Fellow Dementia) and Caroline Jones (Institute/Centre Administrator). They have received a great turn out from the public each month as well as positive feedback.

<https://blogs.bournemouth.ac.uk/research/2021/03/02/bu-research-matters-adrc-adapt-their-approach-in-the-time-of-covid-19/>



## Research Publications

Amenyah S, Murphy J, Fenge. *Evaluation of a health-related intervention to reduce overweight, obesity and increase employment in France and the United Kingdom: A Mixed-Methods Realist Evaluation Protocol*. BMC Public Health (accepted for publication 1st March 2021).

Bahadori S, Williams JM, Wainwright TW. *Lower limb kinematic, kinetic and spatial-temporal gait data for healthy adults using a self-paced treadmill*. Data in Brief. In press.

Killingback C, Thompson MA, Chipperfield S, Clark C, Williams J. *Transitions from healthcare to self-care: a qualitative study of falls service practitioners' views on self-management*. Disability and Rehabilitation. In Press.

Lawrence V, Hickson M, Weekes CE, Julian A, Frost G, Murphy J. (2021) *A UK survey of nutritional care pathways for patients with Covid-19 prior to and post hospital stay*. Journal of Human Nutrition and Dietetics (In Press) Accepted for publication 14th March 2021  
<https://doi.org/10.1111/jhn.12896>

Rees, T. & Salvatore, J. (2021). *Questioning stereotypes disrupts the effects of stereotype threat*. Sport, Exercise and Performance Psychology.  
<https://doi.org/10.1037/spy0000247>

Stevens, M., Cruwys, T., Rees, T. (in press; accepted 4.3.21). *Social identity leadership in sport and exercise: Current status and future directions*. Psychology of Sport and Exercise.

Truman, T. Journal of Occupational Science on using transnational project - *Developing understandings of occupational (in)justice with occupational therapy students in a transnational project*  
<https://www.tandfonline.com/doi/abs/10.1080/14427591.2020.1858940>

Yasar et al. (In Press). *Sprint interval training (SIT) reduces serum epidermal growth factor (EGF), but not other inflammatory cytokines in trained older men*. European Journal of Applied Physiology.


Yinusa G, Scammell J, Murphy J, Ford G, and Baron S. *Multidisciplinary provision of food and nutritional care to hospitalized adult in-patients: a scoping review*. Journal of Multidisciplinary Healthcare. 2021;14:459–491 DOI <https://doi.org/10.2147/JMDH.S255256>

## Online Conferences

Prof Jane Murphy (Professor of Nutrition) gave a talk at the All-Party Parliamentary Group (APPGs) for Ageing and Older People on the 10th of March 2021. The topic of the session was 'Older People and Malnutrition in the UK today'.

In March 2021, Prof Jane Murphy spoke at the Osteoporosis Dorset's online educational event for patients across Dorset to talk about diet, nutrition and bone health.

Dr Juliette Truman (Senior Lecturer in Occupational Therapy and Health Psychology) will be presenting at the AHP QI Workshop, on the 5th of May, about the new placement model with Rachel Christian Edwards (AHP lead in Dorset Healthcare University NHS Foundation Trust).



***Thank you to all of our  
staff and students***