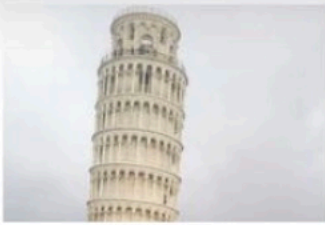


AN UPDATE ON QM
PACE TRIAL
PAGE 3



STORIES FROM
BOLOGNA
PAGE 7



A VERY SMALL GENE
SEQUENCER
PAGE 12



BIEBER'S TWITTER
TIRADE
PAGE 16



AN INTRODUCTION
TO QM HOCKEY
PAGE 23

THE PRINT

THE OFFICIAL NEWSPAPER OF QUEEN MARY STUDENTS' UNION

THEPRINTNEWS.CO.UK WEDNESDAY 20TH JANUARY 2016 - ISSUE 10- FREE

BARTS STUDENTS JOIN JUNIOR DOCTORS STRIKE: "THESE MAY SOON BE OUR CONTRACTS TOO"



Hundreds of Barts students join as many as 35,000 junior doctors who took part in strike action on Tuesday, along with support from medical staff, medical students, and members of the public

MEGAN GURNEY

IMAGE - MICHAEL SHAW

Calls for industrial action came after a new contract revealed by NHS Employers planned to remove some of the safeguards that are in place to protect against excess rostered hours and reclassify 'anti-social hours', leading to a reduction in the amount junior doctors can earn from overtime of over 30 per cent.

The strike, called by junior doctors after 98 per cent of them voted in favour of industrial action, was the first strike by junior doctors since 1975.

Polling by IPSOS Mori indicated that the strikes were well supported by the public, with 66 per cent of people said they supported junior doctors walking out from all but emergency care.

Prime Minister David Cameron spoke against the strikes, suggesting that they were "not necessary" and "damaging". He continued to state that the Government would do all it can to "mitigate its effects, but you cannot have a strike on this scale in our NHS without real difficulties for patients and potentially

worse."

Leader of the Labour party, Jeremy Corbyn, indicated he felt the Government had not handled negotiations as well as they should have. Speaking on BBC Radio 4's Today programme, he said:

"These junior doctors are needed for the NHS. How many are going to go somewhere else because they get so fed up with how they've been treated by this Government?"

QMSU issued a statement of support in November, stating that they "support the hardworking junior doctors

and dentists of the NHS in their pursuit of a fair deal for patients and a fair deal for the NHS", urging "the Secretary for Health and NHS Employers to reconsider the importance of these contracts, and make the concrete assurances the BMA has requested in negotiations in order to ensure patient safety."

Barts student Michael Shaw protested at The Royal London Hospital's picket line and spoke to The Print about what he experienced and why he felt it was important:

"It's disappointing that the

government has forced us into a position where we must take industrial action to safeguard doctors' working conditions and protect the future of the nation's health service, but I was proud of the dedication I saw on picket lines.

'Not just from the junior doctors themselves, but also from medical students, nurses, allied healthcare professionals and members to the public, who recognise how dangerous the changes Jeremy Hunt wants to impose are for

Continued on P.3

NEWS

INSIDE THIS ISSUE

FEATURES

The YouTube Generation, from campus and beyond
Page 4

SATIRE

Corbyn accidentally fires himself in cabinet reshuffle
Page 17

ON OTHER PAGES



Horoscopes
Pg 16

Disco Society
Pg 20

The Science of Habit
Pg 11

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Recycled in bulk with Labour's 1993 manifesto

COMMENT

Are meat free Mondays enough?
Page 9

SPORT

Update on Community Sport
Page 24

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EDITOR'S NOTE

MEGAN GURNEY

Welcome to Issue 10 of The Print, the official newspaper of Queen Mary Students' Union. Gone is 2015 as 2016 has begun and it is finally time to take out your hover board, put down your hologram watch and read a new issue of your friendly neighbourhood newspaper.

In the interests of continuing the tradition of my friends reviewing The Print, QMessenger's Satire editor circa 2013-2014 decided he'd like to out do the previous reviewer, giving our last issue a "solid 11/10."

Not entirely sure how reliably I'd take his reviewing capabilities however, as he did follow up this statement by asking if I'd eat a daddy long legs, "just for an experiment."

This month, we've got an incredibly rad feature on generation YouTube, with some faces you might recognise from around campus, a look at "the dark side of science" and more completely accurate and 100% true horoscopes you need to start your 2016 the right way.

As usual, big thanks and much love go to all involved in this issue.

The (slightly depleted) Print team have once again

produced a newspaper full of stories I, and hopefully many of you, enjoyed reading.

A lot has been happening in the world of Queen Mary, sadly several students have been involved in muggings alongside Regents Canal Towpath, so please be careful in walking this route and stick to the main roads as much as possible.

This month has also seen many Barts and The London students' take part in the Junior Doctors strike against new proposed changes to contracts put forward by NHS Employers.

The proposed changes will most certainly lead to an overall reduction in pay which will be far greater than the purported 11 per cent pay increase the government it insists will be adding on top of basic rate pay.

For many Barts' students however, striking is not most importantly about pay, but about the impact these changes will have on their ability to provide adequate care to patients in the long run.

The new proposals could see doctors working an 11-hour shift receive just one thirty-minute break. For context, I get double that in break time

whilst pulling pints for chatty east Londoners whose lives I am generally not responsible for saving.

Even those in support of the proposal to a provide a 'seven-day service' should bear in mind that the NHS already operates seven-days a week for both emergency services and for inpatients.

Considering the plethora of cuts the NHS is currently experiencing, there are neither the resources nor the staff available to offer seven-day GP clinics or elective operations.

Pressure on medical staff to work for more days and for less pay will lead to an incredibly invaluable group of people being overworked and underpaid, impacting their ability to provide important care for the rest of us less-medically-educated citizens.

It is because of this that The Print would like to offer our full support, appreciation and our voice to any students exercising their right to strike and attempting to make their voice heard.

We're always on the look out for new writers; search for out contributors group on Facebook, or email editor@theprintnews.co.uk

WORLD CLASS: QM ONE OF THE "MOST INTERNATIONAL UNIVERSITIES"

Queen Mary came 23rd in list of the world's most diverse institutions

RACHEL MULLER-HEYNDYK

Times Higher Education has ranked Queen Mary as one of the world's "most outward looking institutions."

QM came 23rd out of the list of 200 universities acclaimed for placing an emphasis on internationalism. The global performance tables judged universities on their teaching, research knowledge transfer, and international outlook.

It is estimated that forty four percent of students at Queen Mary are from overseas, with staff and students from 150 different countries, and over 350,000 alumni from around 167 different countries.

The university holds partnerships with various universities from across the globe, with its international presence only looking to grow. In November 2015 QMUL signed a Memorandum of Understanding to facilitate collaboration with research universities from South East Asia.

Phil Baty, Times Higher Education World University Rankings editor said: "An

institution's global outlook is one of the key markers of a prestigious university."

"All institutions in this list deserve to celebrate - being named one of the most international universities in the world is a sign of great potential, competitiveness and dynamism."

The list also revealed that the UK has the highest intake of international students in the world, with an inclusion of 39 British universities. Imperial College London came in first at tenth place, followed by UCL which shares eighteenth place with Oxford, Kings College and LSE.

The news comes amid fierce debate over whether visas for international students should be included in the migration target, consequently subjecting them to a cap. A report by London First however, shows that international students contribute 2.3 billion to the London economy.

Third year Hispanic Studies and Linguistics student Loes Van Driel recently

hosted an icebreaker event for international students, and hopes to launch an International Student Society in 2016.

Loes told The Print, "Queen Mary has a huge international community. I think it's not just an international university because people come from abroad to study here but also because even the British people that study here come from a wide range of backgrounds."

"It's one of the reasons that made me choose Queen Mary, I personally love being in an international environment and everyone is really open and respectful. Surprisingly, there wasn't a society for international students so we've been trying to get that off the ground this year."

We're open to anyone, whether they are international or exchange students or simply interested in other cultures. Hopefully we'll be able to get it off the ground in 2016 so the society can grow in the next academic year."

news@theprintnews.co.uk

NEWS

CONTINUED FROM FRONT PAGE



the future of the NHS".

Jeremy Hunt, Secretary of State for Health, has argued that the strikes will harm the care provided by the NHS. Speaking to the Telegraph, he said: "The withdrawal of elective care for the first two strike periods will be something that causes enormous frustration to patients who have their operations cancelled".

Hunt also argued that "it's a concern if some elements within the BMA are seeing this as a political opportunity to bash a Tory government that they hate", although he did go on to suggest that he believes "the vast majority of doctors are not in that place".

A spokesperson for the BMA responded by saying that they are an "apolitical organisation", and that "no doctor takes industrial action lightly and we regret the disruption it will cause. However, junior doctors now feel that they have no option".

Under the proposals, doctors working 11 hour shifts would get just one 30-minute break. Second year medical student, Jonny Comont, told The Print that "in this instance, junior doctors not exercising their right to strike would pose a greater threat to their ability to provide safe patient care in the long term".

Will Atkins, President of the Barts and the London Student Association, stated that:

"This strike is so important because it demonstrates the depth of opposition to these contracts amongst junior doctors. It's clear that what the Government is proposing would be unfair for doctors and unsafe for patients."

'Barts and The London students came out in their hundreds to support our junior doctor colleagues on strike day because these may soon be our contracts too, and we feel so strongly that the changes are

bad for patients and bad for the NHS.

"We implore the Government to support the NHS by listening to junior doctors and addressing the legitimate concerns that the British Medical Association has expressed in negotiations. I was so incredibly proud of all of the students who came out in support of our colleagues, and hope their resolve will persist for the strike days still to come."

Want to write news? Email is at news@theprintnews.co.uk or search for our contributors group on Facebook.



IMAGES -MICHAEL SHAW

SCIENTISTS DEMAND TRANSPARENCY ON PACE TRIAL

Queen Mary has been accused of "defending the indefensible" after they rejected requests to share the raw data of a controversial trial for the treatment of Chronic Fatigue Syndrome

RACHEL MULLER-HEYNDYK

PACE, a five year long trial instigated by researchers from QMUL and Kings College London, was the first to test the effectiveness of the four main treatments available for the condition. Adaptive pacing therapy, Cognitive Behavioural Therapy (CBT), graded exercise therapy, and standardised specialist medical care are all currently used to reduce symptoms in sufferers.

It is estimated that a quarter of a million people in the UK suffer from myalgic encephalomyelitis (ME) otherwise known as Chronic Fatigue Syndrome (CFS), but its causes are unclear.

In 2011, the medical journal The Lancet published the results of the trial, concluding that CBT and graded exercise therapy can be effective in treating CFS. A report by The Lancet the following year stated that "comparing the four treatments using a health care perspective, CBT had the greatest probability of being the most cost effective."

However, the findings have been subject to ongoing criticism, as they contradict patient organisations' claims that whereas patients found specialised medical care to be helpful, they believed CBT could be detrimental to recovery.

It is estimated that since 2011, some 150 requests have been made under the Freedom of Information Act (FOIA) to receive raw data from the trial. QMUL refused the requests on the grounds that they were "vexatious."

In December 2015, four leading scientists, Professor Ronald Davis, Bruce Levin, Vincent Racaniello, and David Tuller wrote an open letter adding further pressure for transparency on the trial. Davis and his colleagues said they "assure Queen Mary University of London that the request is not "vexatious," as defined in the Freedom of Information law, nor is it meant to harass. Our motive is easy to explain: We are extremely concerned that the PACE studies have



IMAGE -FLICKR //EWAN MUNRO

made claims of success and "recovery" that appear to go beyond the evidence produced in the trial. We are seeking the trial data based solely on our desire to get at the truth of the matter."

Ex BMJ editor Richard Smith expressed his objection to the handling of PACE in an article for the journal: "QMUL and Kings' are making a mistake. As someone who has been abused by people who care passionately about chronic fatigue syndrome, I can sympathise with their decision, but I still think it's wrong."

He went on to say that he believed Kings and Queen Mary are "going against basic scientific principles."

Investigators from QMUL have responded by releasing a statement stressing the need for patient confidentiality. "We have received many requests for access to individual patient data collected in the PACE trial."

"We are, however, also concerned for the rights and welfare of trial participants. Participants did not give consent to the public release of their data when they entered the trial. In particular, we are concerned to ensure that there is no risk of misuse of the data such as through inadvertent personal identification."

We are currently seeking further ethical and scientific advice, as well as the advice of patients, on how best to provide independent decisions about appropriate access to relevant data in a way that balances the rights of trial participants, and future progress of the trial analysis and follow up, with the public interest in releasing trial data."

FEATURES

GENERATION YOUTUBE:

ON CAMPUS

AND

ON THE INTERNET

The Print takes a look at the platform that's created communities across the globe and speaks to QM students with first hand experience of generation YouTube

SARAH GARNHAM

The YouTube generation is something that has been getting increasing levels of media attention over the last few years. From their own dedicated magazine, to features in national papers, to TV appearances, to their own makeup lines, YouTube is huge. Of course, it's had its positives and negatives. Big-name YouTube stars have had their own book deals and music deals but this has not been without scandal. Stories of harassment and abuse of power have emerged, and people still question the perks some of these stars receive. It's safe to say it's an ever-changing platform and everyone has different experiences, which can often bring a conflict of opinion. We spoke to a number of YouTubers about their experiences to see what those behind the camera had to say about the video-sharing platform.

The Print spoke to YouTuber and John Green's (author and one half of the VlogBrothers) producing partner, Rosianna Halse Rojas about her experiences. As an East London vlogger

who has recently moved to Indianapolis in the US, we also wanted to know if she had found it different vlogging there.

Why did you start making YouTube videos?

I started making YouTube videos because I watched a lot of YouTube videos! I loved youtubers like mememolly, thehill88, paperlilies, brookers, and ifancythetrio, all people who were making fun and interesting things I loved to watch and all of it so different. I wanted to talk about Harry Potter (The final book, Deathly Hallows, hadn't yet been released at that point) and here was a place where I could do it for free and in a different kind of way!

What do you enjoy most?

I love the community. In many ways I make a video for the comments because the community there is so insightful, thoughtful, and generous with their time, sharing their opinions, recommendations, perspectives, criticisms, etc. There is such a rich conversation in the comments of my videos

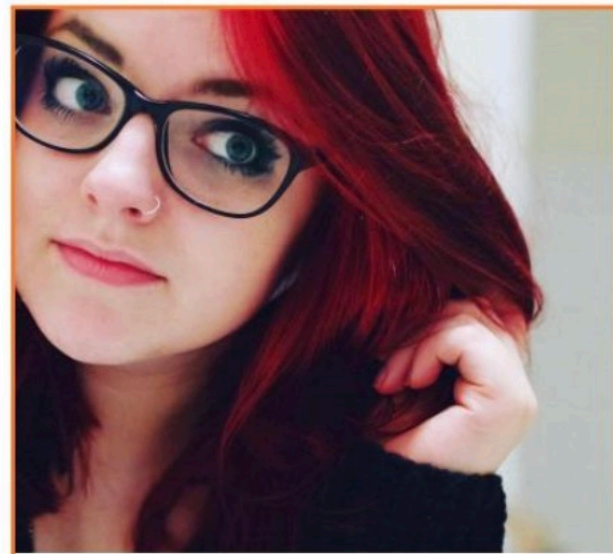
at the moment and I love getting caught up within those discussions

What do you dislike the most/any difficulties/worst parts?

I've had several pretty scary experiences with harassment, from nasty, sexually graphic, and violent comments to other crossed boundaries such as hand delivered letters to private addresses, impersonation, and the release of my phone number (as well as the ensuing joy that comes with changing your phone number, particularly when it's also your business contact number). I will say that the situation does seem to be improving, but my hope is that open conversations about online harassment and strategies to tackle it will continue and things will improve at a much better rate.

What's it like being a prominent female and feminist on YouTube?

I'm proud to be a woman on YouTube and to have a platform to talk and learn about issues that are really important to me, such as the



BRIONY APPLETON
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status of women online and intersectional approaches to social issues. On the one hand, it can get the attention of some really unsavoury people, and/or people who are just really confused about what feminism is and respond to that confusion with sexist, hateful, or violent comments, but on the other hand those comments function to prove my point, really. I make videos about women in the full knowledge that they might attract the attention of such people and in many ways, I make them BECAUSE of that. They can't take my voice away. I'll just speak louder.

What was it like vlogging in the East End, and what's the move to Indianapolis been like?

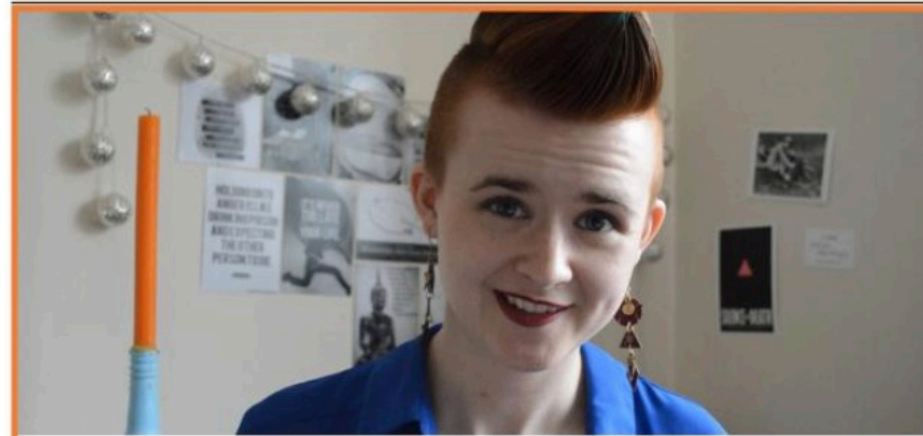
I loved living in East London and miss it very much! I was in a flat full of YouTubers so we all were very understanding of each other's vlogging habits and time needed alone in our rooms to edit. Plus, it's

wonderful to always have a place to wander around when you need a break from hunching over your computer, whether that's to the Whitechapel Gallery or Tappys or Victoria Park or down by the canal. The move to Indianapolis has been wonderful and a huge opportunity for me, but I'll always look forward to coming back to London because it's my one and only hometown.

Any advice to anyone thinking of starting YouTube?

My only advice to anyone thinking of starting is: do it and then persevere! You'll probably make quite a few crap videos when you begin, but that's okay! You can't expect to be perfect when you begin and you won't make millions. Make videos because it's fun to make videos, fun to have conversations or make sketch comedy or tell stories through the medium of short film or review books or etc.

FEATURES



DANI HARVEY
@DaniSurname
youtube.com/user/DaniSurname

and it's even more fun to share them.

We also spoke to some of Queen Mary's own YouTubers to find out their personal experiences too.

Why did you start making YouTube videos?

Dani: I started making YouTube videos two and half years ago because of a video I'd made for my partner. We weren't together one day and I filmed myself walking around as if I'd taken them on a date. They were really into YouTubers, and I couldn't understand why they liked watching people talking to a camera but I made this video for them and discovered I loved talking to a camera.

I said to my partner how much I'd enjoyed it and they suggested I make videos for YouTube. I tried it, and now with almost 200 uploads I am so grateful to them.

Briony: Initially I started YouTube to be paired with a blog that I started up in March. I just felt like I wasn't creating the right kind of content by just writing short pieces of writing. I thought it would be a better idea to have a YouTube channel working alongside my blog.

Joshua: In all honesty, to have a bit of fun. With "adult" life beckoning me, without me having worked out what it actually means to be an adult yet, I wanted to find a hobby where it's acceptable to have fun, and to do so unapologetically – and YouTube has that. I loved watching videos of people laughing, drinking, playing games, challenges, living happy lives and I looked at my own life and thought – hey, this is something I can get behind. At the same time as being a lot of fun, I feel there is a great new power forming in YouTube and it was something I wanted to be a part of.

Who are your idols?

Dani: The Art of Photography, the Vlogbrothers, The Third Pew, Anna Akana, Danisnotonfire, Hartbeat

and Darius Brit. But to get all cheesy for a moment: my real idols are the other small YouTubers that I get to meet at the YouTube Space, because they have such creativity and love for what we do.

Briony: Video wise, I love the quality of Helen Anderson's content. She's very watchable and is super engaging. I'm always inspired to try something new when I watch her videos. A less known YouTuber I'm always inspired by is Milo Stewart. He's a transgender YouTuber who's also super into reading and NaNoWriMo.

Joshua: Tough question. Miranda Sings got me onto YouTube, but then I found Tyler Oakley and saw a lot of myself. Then I found the 'Holy Trinity': Grace Helbig, Mamrie Hart and Hannah Hart, I'd say these are my main YouTube idols.

What do you enjoy most?

Dani: Being in 100% in control of my content – not having to pass any tests or pay anything or have a team to put videos up is the most freeing feeling. For me YouTube is a way of engaging with other people around what I've been doing since I was eight, which is video making. I used to make holiday videos and short films when I was little and to have an outlet that allows me to engage with that and with the entertainment of my generation feels amazing.

Briony: I love coming up with new ideas for videos, and eventually putting them to action. It's great being able to actually crest the content I'm going to share with everyone.

Joshua: YouTube almost acts as a form of escape for me. It is completely different from everything else I do in my life, and I wouldn't want it any other way. It's entirely selfish if I'm perfectly honest. I enjoy the whole process of video making, often making myself laugh out loud whilst editing. People's reception at the other end just acts as a bonus.

Any difficulties? What are the worst parts?

Dani: Self-doubt. When I

on my own. Like when I filmed my 'Day in the Life of a Ghost' video, I was literally alone filming myself walking around the house in a sheet. I try not to overthink it.

Have you found any perks in making videos?

Dani: It's opened up a lot of opportunities such as making videos for other people and gaining the skills to make a web-series with one my friends.

Briony: My channel is still fairly small but I've already received a book to review for free from a woman I regularly connect with on YouTube. I'm a big advocate for making friends online, so if nothing else it's great chatting with people I wouldn't be able to normally.

Joshua: Other than getting to share my videos with my friends and watching their reactions, I've not really received many material perks. But hey, who wants to be rich and famous anyway?!

Any advice?

Dani: Just start. I know so many people who've said they want to start making videos but they're waiting to get a new camera, or they don't have a niche in mind. It really irritates me when people use excuses not to, because YouTube has no requirements, it's such a free platform (financially and creatively). If you want to do YouTube, just start.

Briony: My advice would be to not get caught up in the figures and to make sure you're making videos that you'd enjoy watching yourself. The subscribers and views take time like anything else, so use it to perfect and develop your content to a standard you'd be proud to share.

Joshua: I've only been going a few months so I think I'll

be the one asking for advice rather than giving any yet!

What's it like vlogging in the East End and at QMUL?

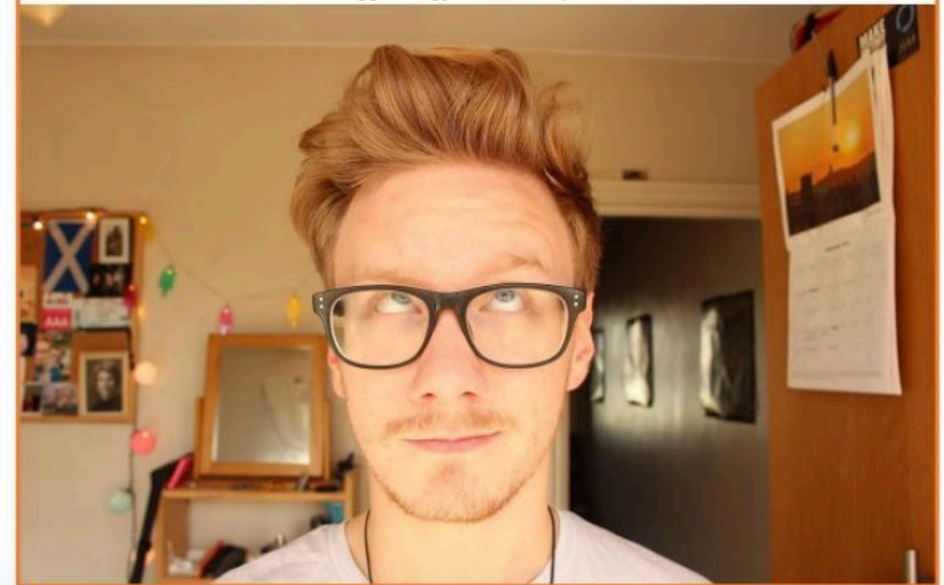
Dani: When I make my weekly vlogs (a record of what I get up to, rather than my usual content which as single setting topic videos) I don't tend to be out in public, although living in London has given me more opportunities, like access to the YouTube Space. I'm also paid to make videos for the School of English and drama blog, which go up on my channel and I then embed in a blog post. This gives me the opportunity to make content specific to my studies, which I would consider a little removed from my usual content.

Briony: In the East End Specifically, I've only vlogged in and about the area a few times but I'm always self-conscious of the camera in my hands. The university itself is super supportive of its students outside activities so in a general sense they're always supportive of sharing any content you create.

Joshua: I don't really make vlogs as such, more sit down videos and sketches. But I like to use my location and environment to inspire my videos – any funny stories or incidents.

Overall, it seems that everyone has had different experience with YouTube, and sometimes making videos are the perfect opportunity for doing something you've always wanted to do. But the resounding advice for anyone thinking of starting seems to be to just start. Not all your videos will be popular, and you might not be able to make high definition videos from the start, but who knows, you could be the next YouTube star.

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FEATURES

QM COUNSELLING: STUDENTS UNDER STRESS?

In the wake of statistics concerning support for students with mental health issues, *The Print* speaks exclusively to students regarding their experiences of Queen Mary's counselling service

LAURA POTTER

Like many other universities, QM offers its own counselling service that "offers a free and confidential service to all Queen Mary students, including those from Bart's and The London, QM's School of Medicine and Dentistry."

'Queen Mary Advice and Counselling Service', situated in Geography Square on Mile End campus, offer students both welfare support, such as financial advice, and emotional wellbeing support in the form of counselling.

Not all students who come to counselling have diagnosed mental health issues, and a variety of students may be offered counselling for relationship issues, such as anxiety problems, panic, depression, sexuality, identity issues, exam stress, cultural issues, self-harm and family problems.

Latest figures from the NUS have suggested that 78 per cent of students felt that they experienced mental health issues in a given year, and according to its website, Queen Mary's Advice and Counselling Service is ranked 1st in the Russell group and 1st in London by its students.

Some students have highlighted what they feel were problems with communication between staff providing the service. A third year Queen Mary student said:

"The initial session was good, but the gap between the first and second session was extremely long, and left me feeling anxious about whether or not I was 'recovering properly', and if I had been forgotten."

"The original counsellor never got back to me after this [referral for therapy], and neither did the second one. I feel like the counsellors didn't communicate properly, with each other or with me, and the experience in general left me feeling confused and feeling like I hadn't been listened to or taken seriously."

Recognising that she was suffering from grief anxiety following the death of a friend, this individual had approached the service earlier this year. Counsellors offered Cognitive Behavioural Therapy (CBT), a talking therapy that prompts sufferers of mental illness to consider the way they act in order to change how they respond and behave.

University counsellors, such as those at the Queen Mary counselling service, can typically offer students six

and combat psychological and emotional issues.

Acquiring a counselling session also seems to have been an issue for many students who contacted The Print with their concerns over the service. We were told that: "In advance bookings are like gold dust and the walk in bookings are a horrible ordeal – not what mentally and emotionally vulnerable people should have to deal with."

Another said that the main reason they stopped using the

provide this care.

One student was told by the counselling service to seek NHS treatment, but believes her experience with them

was "almost as bad". Waiting lists for counselling at Queen Mary are typically shorter than NHS waiting lists for similar services, where individuals can expect to wait for up to 2 years for treatment. With cuts to NHS funding, many services are under an enormous strain, facing a lack of both resources

and staff which undoubtedly

she "would love to see the service receive more funding, especially when the NHS health services have been cut."

QM's Advice and Counselling service have stated that they delivered 298 more appointments in the last academic year than they did the year before that, as well as seeing 151 more students.

Head of Advice and Counselling at QMUL, Laura Sequeira, said:

"We are very sorry to hear that a few students are unhappy with the service. We would encourage anyone who has been dissatisfied to tell us about this through our complaints procedure (welfare@qmul.ac.uk) so that we can address the issues specific to their situation. We have received no complaints under this procedure for at least the past three years, in fact recent feedback from the autumn term shows that 85 per cent of students would recommend our service to a friend."

Luciana Berger, who has recently been appointed Britain's first Shadow Minister for Mental Health by Labour leader Jeremy Corbyn, spoke out against the dismay of university counselling services and mental healthcare provisions for young people. Speaking to The Guardian in November 2015, she said: "Time and time again young people are getting services too late."

Whilst many perceive that universities are getting better at responding to mental health problems, it's likely that a demand to improve student mental health services across the country will only increase. Our very own upcoming QMSU elections may well see many candidates prioritising mental health.

*Statistics provided by QM's Counselling and Advice Service.

features@theprintnews.co.uk

STUDENT FEEDBACK FOR QM COUNSELLING AND ADVICE SERVICE*:

(from the 1st of August 2015 to 31 of December 2015)

87% of students were satisfied or very satisfied with how long they waited to see a counsellor

85% would recommend the service to a friend

82% would use the service again

86% were satisfied or very satisfied with the counsellor they saw

8% rated their emotional state as good or excellent before counselling (92% rated it as reasonable or poor) and this changed to 69% rating their emotional state after counselling as good or excellent

hours of support spread across six sessions. Counselling services offered to students at Queen Mary are limited to CBT, group therapy and the typical one-on-one counselling.

In some circumstances the service organises workshops or psycho-educational groups and offers bibliotherapy. 'Bibliotherapy', which is often combined with other types of therapy, involves reading books designed to help address

counselling service was "the time [they] had to wait. If people are depending on their support, there needs to be more of it, more consistently".

Government legislation, under the Equality Act 2010, sets out clear responsibilities for universities to support students, including those with mental health conditions. It is however up to each Higher Education Institute to determine how they will

impacts their ability to provide for mentally ill students.

Miranda Black, Vice President for Welfare at Queen Mary Students' Union, told us that "currently, Advice and Counselling have to organise limited sessions with students because we have more students using the service and coming into the university each year, but there has been no increase in funding."

She continued to say that

FEATURES

FOREIGN CORRESPONDENT:

B O L O G N A

This month's foreign correspondent reminisces on the beautiful city of Bologna, pizza for lunch, and the travel system that definitely doesn't make her miss London tubes

KATHERINE PALMER

Beautiful Italia! Traditionally the land of pizza, pasta and wine but for one year only the Northern town of Bologna has a new resident on the block...me! This bumbling country English girl whose Italian language skills do not impress the locals is halfway through her first year now, so I've decided to reflect on my experiences so far.

A few years ago I'd never even heard of the town, so why Bologna you may ask? Not only is Italy a very picturesque country but the oldest university in the Western world is there – pretty cool to say you've been a part of it! It definitely shows too – there may not be a graveyard ready to haunt those that come out of the library after a long day's work, but the ancient "porticos" (connected archways for those non Italians) connect the vast majority of the universities buildings, which are sprawled across the town – perfect for a rainy day when you've forgotten your umbrella.

Within the old city walls there is not a tube (or even many buses) in sight. Most things are within walking distance and the pace of life in general is very slow. No one ever seems to be in a hurry, which took much getting used to having lived in London for the past 2 years. Having said this, Bologna station is a hive of activity and journeys can be made to most of Italy without having to make any changes. The "high speed trains" put England to shame and the speed they travel is almost scary!

The first few weeks in Bologna felt like a whirlwind. There was so much to do, but so many regulations that had to be met before anything was achieved. Luckily the hardest part (finding a house)



IMAGES - KATHERINE PALMER

had been completed over the summer. Many fellow students' first months were spent desperately trying to get out of a hostel! With short opening hours and two hour lunch breaks common place, setting up a new life proved to be very laborious. Eventually after 4 weeks, we finally got Wi-Fi and things started to feel more together.

The same can be said for lessons too, as things aren't as simple as at Queen Mary. Before leaving London I had picked the courses I wanted

to study, but what I was soon to find out was that all the lessons clashed and attending everything was mission impossible. Being a law student, I was thrown into subjects I hadn't glanced at since leaving high school, and due to the lack of English-taught modules, I even took on an Economics Masters class which was... an interesting experience.

Once I'd pieced together a timetable that looked do-able I still found myself running from one end of town to

another to make the next class (grabbing a pizza for lunch on the way), but it was all part of the fun in the end and on some days I had 6 hours back to back lessons to run between, which definitely keeps all that pizza off. Asides from the first week (where I seemed to be permanently lost) I only ended up in a single Italian spoken class where a quick exit was needed. Knowing my luck too, it was not just with a normal professor but the Italian Ambassador for China-whoops!

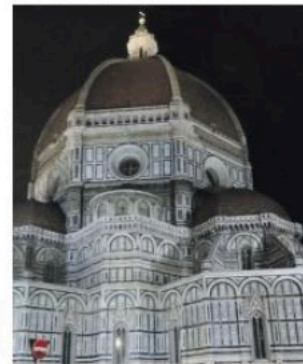
Unlike QM, Bologna doesn't have any societies so it proves particularly difficult to mix with Italian students, unless they happen to be in your class. Instead there are a number of students groups designed specifically for Erasmus students which focus on day trips and partying. I have attended a number of trips with these groups, as well as separately and this has enabled me to discover much of Northern and central Italy – most weekends are spent on a train or a coach dashing off to discover another new city.

My favourite day trip so far has been to the beautiful city of Florence. From the moment we left the train station there were already so many beautiful buildings in sight and after seeing the main cathedral we were all in awe. I'll always remember walking back along the river with the sun setting behind the hills and spotting a wild otter splashing around along the river bank – a very magical experience.

There was far too much to do in a single day so I will definitely be returning in the second semester. Other trips to Verona, Venice, Pisa, San Marino and smaller regional towns have also been very memorable.

Perhaps the greatest

lesson I have learnt from the experience so far though is how international the world is and what is like to be the "foreigner." From the first day as I registered my arrival the sheer number of languages being spoken amazed me. This continued over the three month period as I met people from places I'd never even heard of and even some countries which we associate with conflict zones. English being spoken in Bologna is a



bit of a commodity too and although pointing, nodding and smiling gets you some way there's always some uncertainty as to whether you have been understood or things have been lost in translation.

Landing back in the UK in December and seeing pounds being used along with English signs was such a bizarre feeling. It took me a few days to stop saying "grazie" and "ciao" to every passer-by and adjust back into home life again. Experiences like this really make you appreciate all the little things from back home as well as the support networks you hold there. Never take them for granted. I go back to Bologna in early February for part two, so watch this space.



FEATURES

QM I SPY:

A few strides from The Hive, I spy something beginning with A: Attlee

EVE BOLT

The statue of the first Prime Minister post-WWII was originally situated outside Limehouse Library, Clement Attlee's first constituency as MP. In a small interview, his daughter-in-law, Margaret, Countess Attlee, revealed his canny prediction that, "I would probably end up Lord Love A Duck of Limehouse". We at Queen Mary can remark he is now more Lord Loved-By-Pigeons of Mile End.

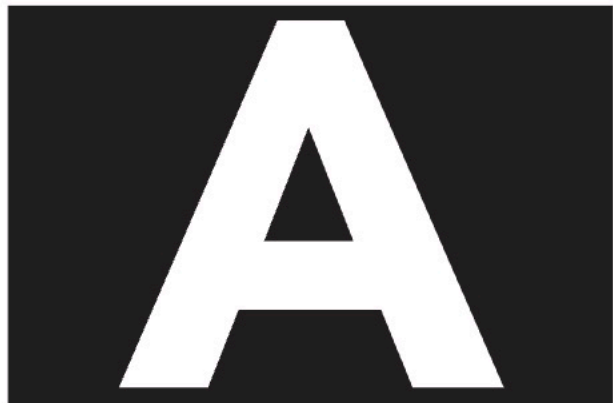
"Every statue has a story," remarked creator Frank Forster when interviewed. The story of the Attlee statue's journey is essentially about coming home. It was in The Great Hall of The People's Palace that Attlee learnt of the Labour party's victory in the 1945 elections. Effectively, it was from the QM campus that Attlee took his first steps towards becoming one of the country's most popular leaders, the man who oversaw

the creation of a nationalised health service. Countess Attlee regaled how the Russian Minister of Foreign Affairs, Vyacheslav Molotov, expressed intense incredulity at Attlee not having known the 1945 results beforehand. It was, apparently, a shock to the Soviet that British elections were free and open.

The competition the statue was born from was "unusually open", remarked Mr. Forster. It was the last statue to be commissioned by the Greater London Council, which Prime Minister Margaret Thatcher was then trying to scrap. After submitting a series of drawings, Mr. Forster's concept was made into a maquette/mini model for final assessments. Once approved, funds of over £12,000 were released and three statues and a year later (seven months late), the statue was cast in bronze at a foundry in Poplar.

"It was a learning process—the first statue was probably better," Mr. Forster chuckled, "but what can you do, like any artist, I experienced self-doubt and that affected the production. I wish there were things I'd done differently. But Time heals."

The statue has healed from particularly punishing times. During the prolonged creation, Labour lost their seat to the Liberal Democrats, who unsurprisingly did not want a prominent monument of a Labour hero in their constituency. Finding the statue a home became increasingly difficult. An estimated sum of £1500 was spent to move a traffic junction box ten yards on the Mile End Road for a potential position, which proved frustratingly pointless. Thanks to a generous donation by the Frankel family, it landed outside Limehouse Library. After it was closed, vandals stole a hand and it was boarded up until 2011. The statue's renovation, after its egregious amputation, was enabled by the Tower Hamlet's Council in 2010. This gave creator Frank Forster the opportunity to remount the statue on Portland stone, a material used in some of London's most notable monuments, including Sir Christopher Wren's St Paul's Cathedral and the Cenotaph. Once transported behind QM's Library, it was unveiled



by Lord Mandelson, whose grandfather was Deputy PM in Attlee's cabinet.

When asked about the thinking behind the statue's posture, Forster described how,

"Public statues are either histrionic or quiet – Attlee was not a histrionic man, so I couldn't do something dramatic with his arms up in the air."

Hence the book, which he's supposed to be reading from. Along with the remarkably peaceful aura achieved, Forster integrated Attlee's career as a Major in World War I. When Attlee's relatives visited the work-in-progress, they noted that as Forster has tilted Attlee's head expressively to one side he resembled a poet, not a soldier. To their shock, Forster straightened the clay head there and then to evoke the subject's soldierly soul.

Attlee began his political career in the East End, first as Mayor of Stepney, then MP for Limehouse before Walthamstow West. After leading the Labour Party for twenty years, he was elevated

to the House of Lords. When asked what he thought of the institution, Countess Attlee quoted her father-in-law: "The House of Lords is like a glass of champagne that has stood for five days."

I replied with the interpretation that he therefore thought it was "not good", to which the Countess quickly quipped, "I don't know about that – it depends how thirsty you are!"

Jokes aside, it can safely be said that Clement Attlee is far from stale and he shall never stand too long on our campus. His policies resound to this very day, as wars rage and Britain once more becomes the safe harbour. Decolonization under Attlee's governance shaped must be noted as liberty is globally and daily threatened by terrorists of democracy. In so far as we can be reminded of the importance of welfare, freedom, equality and wit, Clement Attlee's statue is a toast of Queen Mary's campus.

Many Thanks to Margaret, Countess Attlee and Frank Forster for kindly agreeing to be interviewed



IMAGE - WIKICOMMONS

COMMENT

ARE MEAT-FREE MONDAYS ENOUGH?

Aaron Parr asks whether Queen Mary are doing enough for its vegetarian and vegan students

AARON PARR

Nearly 11 months ago, I passed a motion at last year's Annual Students' Meeting calling for a trial of Meat Free Mondays. Queen Mary Students' Union would offer a 20% discount on all vegetarian options on Mondays based on a campaign by Paul and Linda McCartney.

The aim was to inspire students to think about the environmental impact of food consumption, since animal agriculture accounts for 18% of all greenhouse gases. We also wanted to ensure that more vegetarian, vegan and gluten-free options were available on campus.

But while the sabbs in the

union office have worked hard to get Meat Free Mondays up and running, it was even passed by the trustees, it has not quite gone exactly to plan. Firstly, advertising on campus for the campaign has been limited to a couple of A-boards. 'Meat Free Mondays' is included on union emails and has a section on the QMSU website, but still, is the 20% discount really enough to promote the increased access to vegetarian and vegan food at Queen Mary?

Well, according to QMSU sales staff, the discount is not used all that often. One sales assistant said to me; "most people don't even seem aware of Meat-Free

Mondays." However, there may also be some kind of miscommunication as not all staff have been properly informed about the discount either. So while you might decide on the veggie option, the discount probably won't be given automatically and so you will have to ask.

There is a further problem as new options for vegans and coeliacs are few and far between and it is nearly impossible to find a vegan and gluten free meal option. Vegan options have actually decreased in Drapers; don't get me started on the eel in the falafel salad in Ground! The Village Shop has a nice range of veggie pittas, mind you.

I originally hoped that this campaign would inspire a new generation of freshers to consider the environmental footprint and ethical implications of their diets. The Meat Free Mondays 'trial period' is over, and in the future there will hopefully be a review to see how it has impacted sales and profits. It would be great to see this campaign renewed, and hopefully increase the options available for students with dietary requirements.

Recently, the elected commercial services officer, Alex Mantzalos, passed a motion at this year's Annual Students' Meeting, further calling for more vegetarian, vegan and gluten free

options. Now for two years running, similar motions have been passed. Hopefully this means a range of diet friendly options will be available to campus soon!

In his elected position, Alex has also promised to start a vegan coffee morning on Mondays in Ground. Alongside Meat Free Mondays, I expect these events will get students discussing more about animal agribusiness and climate change, and may even encourage some to take a step towards being veggie. I am certainly looking forward to my soy chilli hot chocolate!

comment@theprintnews.co.uk

NO FOMO

Resident columnist Maansi is back for another installment, tackling her fear-of-missing-out just one night out at a time

MAANSI KALYAN

It's a dangerously repetitive scenario: I'm in the library's silent study section and the majestic-yet-frankly-grim book mountain that I appear to have created stands tall, my fingers relentlessly hitting the laptop keys as I try to simultaneously type up an essay that has so far induced one too many existential crises ('what is life?' is a regular thought staple when you're an English student), sift through a vast array of dust-covered quotes in order to find one that sounds about as eloquent and relevant as I am not, clumsily reply to that urgent email that's been loitering around in my inbox for a few weeks and text my mum an 'I'm great' before she presumes I've gone missing. I convince myself that there is definitely nothing on earth that'll make me leave my desk that evening, that I'm definitely going to prioritise productivity over pre-drinks, that it is definitely, at least for now, university work, 1; Maansi, 0.

And then, my phone screen brightens in response to a message from the WhatsApp group – 'Shoreditch tonight, guys!' – and I've sent an enthusiastic 'yesss' before I can stop myself, academic plans thrust aside in favour of a blackout and a very difficult tomorrow.

I am the unanimous 'yes girl' of everything. It's inevitable for me to declare that I am 'going' to every event under the sun on Facebook (I don't have the mysterious edge to click 'interested' because I don't possess any chill whatsoever); I'd rather walk on hot coals than risk missing out on a lunch date; and every offer of a catchup is met with a resolved nod, regardless of the deadlines hurtling persistently towards me.

Whereas many struggle to get to grips with spiders or water or claustrophobic spaces, it is my intense fear of missing out – 'FOMO,' for you abbreviation-savvy lot – that manages to trip me up. I feel the need to want to be a part of everything, to want to do everything and please everyone, convinced that my refusal to be involved even once will result in the loss of a life-defining opportunity. A sentimental person, the thought of waving away the chance to create potentially

life-changing memories in favour of a mundane night in actually worries me; and, I am so aware that what you read next is going to sound far-fetched, but I love the idea that a spontaneous 'yes' to an event could turn out to be the very decision that has a massive impact on me, that I'll look back at said-night and deem it 'the night that everything changed.'

Of course, my FOMO hasn't exactly been a great trait lately. I sit here typing up this column frantically having neglected it for a night at G-A-Y and an elusive bus ride back home because, again, I couldn't say the 'no' word. I'm on two different society committees and a member of many more, play a sport, write for a newspaper and my own blog, go out an absurd amount of times a week, present a QMTV show, and amongst all of these things have an endless list of other responsibilities. Don't get me wrong, I love it. I love how busy my life, I love how I'm always being active and how I cannot remember the last time that my day was described as boring – recently, though, I've realised that

continuing with my lifestyle could be a little destructive in the long run. The amount of reading I still have to do for the week because of all the coffees I've agreed to is an amount I don't even want to think about, and anyone asking me how my dissertation is going is given a "what dissertation?" following some pain-tinged laughter.

It's January, and though I mock the army of 'New Year, New Me!' resolute and sip my tea as I wait for them to all fall off the wagon, I am determined to make 2016 a considerably different year. 'The Year of the No.' I'm slowly realising that it's completely fine to not commit to every single plan I'm asked about (to quote Justin Bieber, it's time to 'love yourself') and yesterday's ground-breaking decision to stay in and order a Dominos was a brilliant choice over recklessly crying in the Queen of Hoxton toilets because 'I just love everyone so much.'

I know now that a nap isn't sacrilege, reader; and if that isn't enlightenment, then I don't know what is.

Its conscience it should be working tirelessly to rectify-

but unfortunately the nation has other priorities. For now, the Atlantic slave trade is just another example of the tragic miscarriage of justice, which will never be justified by the passing of time. It's not as though we can even claim the Cereal Killer Café is responsible for the hipster movement. Quirky cafes are nothing new to the East End. You don't have to wander far to find Lady Dinah's Cat Emporium, a cat sanctuary-cum-eating establishment. Walk a little further to Old Street, you can dine at Ziferblat and pay by the minute because... it's "different". Clearly, the market is rather fond of slightly strange eateries, making it rather unfair to chastise the Keery brothers for simply jumping on a lucrative bandwagon.

If you don't want to have to pay a seemingly ridiculous amount of money for a bowl of cereal then don't. Instead of vilifying hipsters why not turn to try to solve the real issues that are facing Tower Hamlets. Trends will come and go but if we don't address the poverty in this area, then it will remain.

COMMENT

THE GREAT DEBATE:
SHOULD WE TAKE DOWN THE
STATUE OF CECIL RHODES?

CHARLIE STERNDALÉ-BENNETT

Rhodes Must Fall in Oxford (RMFO) argues for the removal of the Cecil Rhodes statue, but certainly not for Rhodes to be entirely displaced from history. Rather, the movement is looking to offer a full understanding of a man who built an empire through slavery and corruption. The movement asserts that the statue ‘is not an appropriate way to remember a man who represents violence, death and exploitation for an entire nation of people’. They are devoted to acknowledging the full truth of Rhodes’s past rather than changing it to reflect a modern reality. Cecil Rhodes travelled to South Africa aged 16, where he

set up the De Beers Diamond Mining Company. Under his amendment of the Masters and Servants Act (1890) his enterprise brought about extreme methods of torture and saw the murder of close to 60,000 black miners. He is the man who, in 1887, said “the native is to be treated as a child and denied the franchise. We must adopt a system of despotism in our relations with the barbarians of South Africa”. Rhodes used this wealth to fund a private invasion of East Africa. He shaped public opinion through purchasing newspapers, brokering secret deals, issuing bribes and utilising gangs of mercenaries to disperse his opponents.

In doing so, he stole close to a million square miles of territory from its original inhabitants in the name of the British Empire, where he was revered as a national hero. All of this, of course, has remained untouched by the media. Even before ‘Rhodesgate’ sprung to our attention, Rhodes was

FOR

barely on the periphery of our consciousness. Yet despite this, after Ntokobo Qwabe, a Rhodes scholar studying at Oxford, spurred the campaign into life, there was suddenly a barrage of media interest damning him and his supporters for

wanting to ‘airbrush’ Rhodes from history. People were quick to criticise Qwabe for being a Rhodes scholar himself. But Qwabe does not owe Rhodes any gratitude for the money stolen from his ancestors that now provides his education. Nor does it matter whether or not removing a statue will erase Rhodes from history. The problem is how we go about remembering our history, and we should choose not to honour a racist who despised democracy to murderous ends. There is no sense in using a statue to reflect the horrors of Rhodes’s past, as one can never fully appreciate the extent of his murderous crimes. If there is to be any statue at all, surely

it makes more sense that it would represent the thousands of slave miners who died working for this Imperialist cause, because at least this would reflect the actual reality of what occurred. If we are to truly acknowledge the truth in full, then it is best that we are taught this in school, or made aware of these elements of our history in another way. Before the Ntokobo Qwabe, most of us were unaware of Cecil Rhodes’s existence. Now people are flooding the Internet with their opinions, but the majority seem to be forgetting the actual problem at hand.

So what do you think? Tweet us @ThePrintQM

BECKY CRAWFORD

Cecil Rhodes was an historical figure who encapsulated the very worst of Western imperialism. He was the epitome of a ruthless moneymaker and a white supremacist who cared little for human life. He committed atrocities in Southern Africa and was once recorded saying, ‘I prefer land to niggers... one should kill as many niggers as possible’. But, whilst I do not suggest that the modern world, be that the UK or South Africa, should condone Rhodes’ philosophies or actions, simply taking down his statue outside Oriel College in Oxford is not the solution. Colonialism happened.

Whether we like it or not, a few hundred years ago, European settlers ‘discovered’ and claimed countries and continents that were not theirs to take, viewed the land and the indigenous people as commodities and made as much money as they possibly could. Whilst this does not rest easy in the minds of the vast majority of modern European citizens, we cannot deny that this was the foundation of Western civilization as we know it today. So it is the height of arrogance for us, as those who have reaped numerous benefits from our colonial ancestors, to suggest, just over a hundred years after Rhodes’ death, that we should

tear down his statue as if the atrocities he perpetrated never happened. We cannot just pick and choose the parts of history we want to remember. Arguably Rhodes’ statue is only placed outside the college he attended at Oxford as an acknowledgment of

AGAINST

gratitude for the 2% of his fortune he bequeathed to the University. This does not necessarily mean that the College endorses his moral values. If we start censoring an individual’s holistic moral compass before we accept their money or erect a statue

in their honour, then where do we stop? Queen Victoria oversaw the expansion of the British Empire which caused devastation to whole countries, William Shakespeare was notoriously sexist and Winston Churchill believed in a racial hierarchy. Should we tear down the statues of these renowned Britons too, just because they don’t live up to our 21st century values? If, in denouncing the horrors of colonialism, we decided to destroy all artifacts that remind us of that period, we cannot feasibly stop until we have torn down each statue, building and museum that was built between the 16th and 19th century. This

is not an option. Instead, the solution is to focus on a rounded education of colonial figures, and to combat ignorance surrounding the circumstances that have enabled Britain to survive today. We still benefit from trading laws from the colonial period, we still buy clothing and manufactured goods that were constructed by cheap labour, and the rich still exploit the poor in this world. In some ways, we are no better now than those who supported Cecil Rhodes in his time.

So please keep the statue: we need it now more than ever as a reminder to fight the injustice we face today. [theprintnews.co.uk](#)

Should we all stop mocking other people’s optimistic New Year’s Resolutions?

#NEWYEARNEWME

CHRIS SMITH

We’ve all seen those self-deprecating tweets after binging on two After Eight mints over Christmas. People promising to change, telling themselves that this year will be different. Thanks to the Internet, there is always a keyboard warrior 12 parsecs away ready to shoot the optimists down. Any attempt to resolve to do better is met with a resounding scoff and a taunting gif. We don’t often reflect on progress; we drift through the weeks as they turn into months. It’s only key events such as a new year or a birthday that make us stop and

look back at our achievements. Reflection is important to our personal development, and doing this in January creates the chance for us all to start something new. We realise that another Christmas heralds another year of rusty French. Or this time, you really will use that gym membership more than once. New Year is the chance to decide what is important, and what you want to achieve. Sticking to resolutions is no easy feat. Research from the University of Scranton in the Journal of Clinical Psychology found that only 8% of Americans succeeded

in accomplishing their New Year’s Resolutions. Even if it only lasts two weeks, reflection provides the opportunity to hold up a mirror to ourselves. This is important in a city that visibly progresses each year. Yet, people will still drag you down. The self-professed ‘gym rat’ who has his own discount code for some offensive protein powder brand will post multiple tweets about the impending gym rush from newbies. He might even include a selfie with some poor soul in the background, doing their best to exercise. He’ll happily tear them down,

and then profess to hate fat people or something equally ridiculous. Everyone has to start somewhere and trolls easily forget that. Instagram straddles the lines. Half the population posts their new nutribullets, promising to detox. The other half mocks the pseudoscience. Yes it’s rubbish. We all know that downing a few raw eggs isn’t going to shed that turkey weight, but at least it’s a start. As Shia LaBeouf says: “just do it”. It’s all about making a start. I have no time for people who sit on the sidelines, telling you what you can’t do. Newsflash: they don’t matter.

The third offender is the Facebook fiend who posts quotes that mock the hashtag ‘New Year, New Me’ and claims to be above all that. It’s jealousy and bitterness that allow people to mock someone making a positive change to their life. Don’t take advice from a Facebook friend who was too lazy to even share the quote to their page, tagging all their friends in the comments. This year is already flying by. Ignore the haters. Make the change. Be the 8%. I’ll be over here eating the heavily discounted mince pies. [Email us at comment@theprintnews.co.uk](#)

SCIENCE & TECH

WHY DO OLD HABITS DIE HARD?

As the New Year encourages many to start ditching the bad habits and attempt forming new ones, we wanted to take a look at the science between making- and breaking- those old habits

The science of habit straddles the complex fields of psychology and neuroscience. The former encompasses the behavioural aspect of habits, while the latter investigates the mechanisms of habit formation on a single-cell scale. While the science of habit is fascinating and mind-boggling, the reality is none other than frustrating; the worst habits are frighteningly easy to form, and yet when it comes to those we so desperately try to forge come New Year’s Day, many of us fail spectacularly. Scientists from these complementary disciplines have studied habits for decades, but have they discovered the secret formula to nailing down a good habit? In short... no. We’re still left to our own devices, sneaking mini Mars bars while cooking up some curly kale in a delusional effort to gain that ‘beach-ready bod’. Habits are essentially repeated behaviours that we perform with minimal input from the decision-making areas of the brain. Some are rather beneficial, for example,

the habit of looking both ways before crossing a road. On the other hand, some can be quite undesirable, such as the habit of smoking, or just pretty darn annoying – tapping your foot or biting your nails. All are commonly performed as an impulse, sometimes without even conscious recognition. It was discovered many decades ago that memory problems could be caused by damage to an area of the brain known as a basal ganglia, which sits just below the greyish, cauliflower-like part of the brain. This helped identify that habits are stored in the basal ganglia, but also that conscious decisions are made in a different region of the brain. Because of this, deciding to eat kale in a bid for a ‘healthier you’ will only last so long. Decisions need consolidating into habits if they are going to last. Unfortunately, sheer will and good intentions don’t quite cut it. Habit formation requires repetition, repetition and... you guessed it: repetition. We can, however, take advantage of advice from those that have intensely studied habit formation. In a way, they have done the hard

work for us. Well, sort of. Habits exist in a cycle known as the ‘habit loop’, a term coined by Charles Duhigg, and consist of a reminder, routine and reward. The latter two are simple; routine is the habit being performed, and reward is what you get from doing it, whether that is the safe crossing of a road or a nicotine top up. The ‘reminder’ part of the cycle is the tricky one. For mundane habits such as brushing our teeth, the reminder may come in the form of waking up, washing our face or eating breakfast. But, potential new habits need associating with reminders too. We’re led to believe that sheer willpower will result in routine and reward, but in reality, February comes around and we’re again wallowing in a pile of chocolate wrappers. There are various stories and numbers plucked from the air stating the length of time it takes to form a habit, but science would suggest it takes longer than the 21 days commonly quoted. In fact, if starting on January 1st, it could take until March 6th for you to be the proud owner of your new habit. Just keep at the kale, you’ll make it!

QM STUDENTS WIN PRESTIGIOUS TECH PRIZE

Student teams from the School of Electronic Engineering and Computer Science (EECS) have won 1st and 2nd prize at a prestigious Tech Partnership competition

NASRIA BEGUM

First year SEB (Software Engineering for Business) students Bassem Boulfarkat and Sanjeev Ponnappula, went home with the 1st place prize of £500 for their solution to the question: ‘How would you improve your city with software?’. Their idea was to tackle the problem of sound pollution in big cities, and they impressed judges who said that their idea was “mind blowing!”. ITMB (Information Technology Management for Business) students Shawal Atarid, Ryan Clifford and Yasmin Martin won 2nd place in the competition, winning £300 for their solution to the question: ‘How would you use Artificial Intelligence in the business world?’. “Our solution looked at using artificial intelligence to predict, advise and continually adapt to supply and demand in the healthcare industry”, said Ryan. The purpose behind their idea was to minimise waste, as “every year more than 1



trillion healthcare products are wasted, thus leading to a lot of inefficiency”, said Shawal. Queen Mary has now won a total of 12 prizes from 5 events (ITMB and SEB), which is a great achievement for a university which is new to the

Tech Partnership. The Tech Partnership is a collection of employers who inspire and assist students to work in technology. The students were judged by representatives from major companies including IBM, KPMG and HP. Shawal says

that the competition was a “great opportunity to network”. Through these events, he and other students have secured internships with several companies including the Bank of England. Shawal and Ryan, both now in their final year, are eager

to pass on their experiences to aid other students. Ryan said, “my personal focus now is to look at helping the first year ITMB and SEB students at these events, since they will be carrying on the torch, so to speak, when I graduate this year”. The students have high ambitions for their future careers in tech. Shawal aims to be able to “utilise smart technology to help third world nations.” With the knowledge and skills that he has gained throughout his degree, he says he is confident in achieving this aim. After interning at other major banks, Ryan is now working with Barclays as this allows him to have a more client-facing role. Both students feel that their degrees have given them the relevant skills and networks they need to be able to reach their future goals. Congratulations to all students who took part! Good luck for the future and we look forward to seeing more great things from you all.

SCIENCE & TECH

THE WORLD’S SMALLEST GENE SEQUENCER

In a world where most gene sequencers are the size of half a car, the Min-Ion sequencer fits in into the palm of your hand. *The Print* interviewed Dr Stolle, a post-doc who is testing it out on ant genomes

NASRIA BEGUM

Dr Eckart Stolle, a Marie Curie post-doctoral researcher at Dr Wurm’s lab, received the Min-Ion sequencers as part of an early-access programme. The sequencers have been developed by Oxford Nanopore Technologies (ONT). Stolle told us that:

“Currently, we are using them to sequence the genome of the fire ant (*Solenopsis invicta*) which is relatively small (about 500 million base-pairs) compared to the human genome (about 3 billion base-pairs).”

The researchers are trying to generate sequencing reads to fill gaps in the draft genome assembly they already have.

The Min-Ion, like every other gene sequencer, is used to work out the order of every single DNA base ‘letter’ (A, T, C or G) in the complete set of DNA in an organism: its genome. What sets the Min-Ion apart from other sequencers is its small size and its ability to generate long-reads in real-time.

According to Stolle, “You can run it on a laptop. Since all the machinery is inside the Min-Ion, and it has a USB

port, you just need to plug it into a laptop with high storage capacity and a fast connection to the device.”

The data that is generated is sent to the cloud computing server of Oxford Nanopore, which sends back a FAST5 file. This process takes mere hours, a welcome feature of this real-time gene sequencing. Once you have the data, you can use the specialist software to make the analyses that you need to answer your question.

Min-Ion sequencers were enlisted to help tackle the Ebola virus. Strains of the virus were sequenced rapidly and this information was used in the development of therapies for Ebola patients.

Stolle suggest that “you could set up a field lab, especially in places like Africa where you don’t have high tech centres and the supply lines are so long that it takes forever to do this type of research.”

One limitation of the Min-Ion is its high error rate compared to other gene sequencing techniques like Illumina and PacBio. Stolle believes that the nature of these errors is not well understood, for example,

it is not known whether these errors are random or systematic: “If the errors were random, then we could increase coverage and that would eliminate the errors.”

The DNA sample is cut up and prepared before loading it into a well inside the flowcell (inner disk). The sample preparation has sometimes proven technically challenging, however, this early-access program takes on the feedback of the researchers and uses this to constantly make improvements to the Min-Ion. Many improvements have been made to analysis software, sequencing protocols and preparation protocols. Soon we will probably also see improvements to some hardware components, such as the flowcell: “If they continue to improve it then this could be great technology.”

ONT might soon be able to sequence the human genome at the same cost of Illumina (about \$1000), with Stolle believes “would be quite something. Even if the error rates were high, this would still be useful because of the long reads.”

theprintnews.co.uk



THE DARK SIDE OF SCIENCE

Scientists base their current research on the observations and theories that have been produced and tested before it. But what if that research is wrong?

ALICE ROYAL

Science literally and figuratively makes the world go round, and scientists around the globe are furthering our understanding of life and developing new technologies within it as we speak.

There are two reasons why research may be wrong. Firstly, the methods used to perform the research may have been unreliable or unethical, and this is known plain and simple as ‘bad science’.

On the other hand, research is occasionally found to be fraudulent. In this case, results have been fabricated in some way by the scientist(s) themselves. Arnold Reiman, former Editor of the New England Journal of Medicine, hit the nail on the head

when he said that science ‘is intensely sceptical about the possibility of error, but totally trusting about the possibility of fraud’. Thankfully the integrity of scientific research is maintained by the fact that repetition is at its core, and when the results cannot be replicated by numerous scientists across the world, suspicions begin to arise.

One of the most high-profile cases of science fraud was the claim by Andrew Wakefield that the measles, mumps and rubella (MMR) vaccine is linked to autism in children. This sparked worldwide panic, leading to anti-vaccine movements and inevitably an increased mortality from preventable illnesses.

When this case was first

investigated, evidence of bad science was blatant, but further scrutiny unearthed without doubt that the research was fraudulent.

When published scientific research is found to be wrong it is retracted, and there exists an eye-opening website (www.retractionwatch.com) dedicated to providing up-to-date information on such publications.

A quick look at the league table of scientists with the most retracted publications will tell you that the most prolific, Yoshitaka Fujii, falsified 183 papers before being exposed. Prior to this, a colleague had become suspicious and commented on Fujii’s work, calling his results ‘incredibly nice’ – which,

contrary to what you might think, is not a complement within scientific circles and actually questions the validity of the results.

Even with the knowledge that being caught fabricating results is effectively career suicide, this practice still continues. Of the 10 most-cited retracted publications, 4 were retracted in 2015. Retraction doesn’t always happen as soon as would be hoped, however, and the time elapsed between publication and retraction of these top 10 ranges from 2 – 17 years.

Unfortunately, biological systems (such as the human body) are wrought with idiosyncrasies that make it notoriously easy to produce conflicting results, and due

to this it is difficult to weed out the fraudulent amongst them. However, sometimes the system fails to act, and research published in the prestigious journal *Nature* was retracted last week, 6 years after an investigation concluded that the research was fraudulent.

Luckily, the diligence of the rest of the scientific community and their adherence to the ‘scientific method’ will always expose science’s dark little secrets in the end. Because some things that are too good to be true, really are exactly that.

Want to write for Science and Tech? Get in contact with us at scienceandtech@theprintnews.co.uk

SCIENCE & TECH

CAN YOUR ENVIROMENT GIVE YOU CANCER?

A recent study has revealed the impact of environmental factors on the development of cancer

JOSE DURNEY

Cancer is one of the biggest medical issues of the modern day, and unfortunately, many of us know someone who has suffered from the disease. Recently, a study in the journal *Nature* revealed that tissue-specific cancers, including breast, lung and prostate cancer, are heavily influenced by environmental factors and are not purely the result of “bad luck”.

Geographically, the incidence of cancer type varies: Western Europe has the highest incidence of breast cancer, which is almost 5 times higher than areas such as Eastern Asia or Middle Africa, and Australia/New Zealand has the highest incidence of prostate cancer, which is almost 25 times higher than areas such as South-Central Asia. It has been previously found that simply moving to a country with higher rates of a particular cancer increases your own risk of it – supporting evidence for the role of environmental factors in cancer.

The study states that “the majority of cancers have large proportions of extrinsic mutations”. To

You wouldn’t expect to be in the upper bracket after taking a single shot or smoking at a party, but with the development of cancer occurring over a long time period, these might just be the tip of an iceberg

examine the effects of these mutations, four approaches were used and results showed that environmental factors contribute 70-90% to most of the common cancer types. It’s

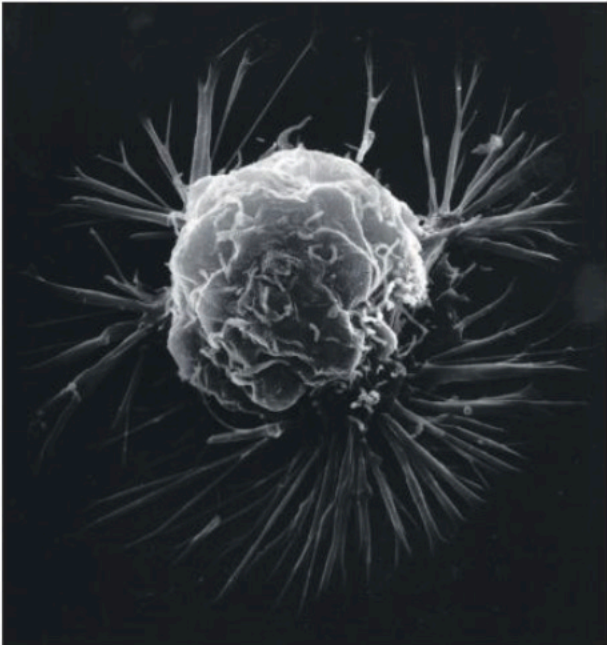


IMAGE - WICKICOMMONS

not necessarily a new idea, but this study further supports the belief that cancer, to an extent, is largely preventable.

Most people know that smoking causes lung cancer.

However, many are not aware that air pollution is a similarly dangerous carcinogen. Living in London comes with its risks, and there’s not much we can do about this on a daily

basis, but it is a reason for the government and countries to work towards cleaner fuels. Other factors that contribute to the development of cancer include a bad diet, alcohol, the human papilloma virus (HPV) and obesity.

One of the most shocking factors highlighted in this study was the “substantial” risk the oral contraceptive contributes to the development of breast cancer. This study also reported that sun exposure increases the risk of skin cancer by 65-85%.

You might be thinking that an easy enough solution would be to avoid the sun by locking ourselves away in our rooms, but some things are simply unavoidable and this is probably one of them. This study, however, does not explain exactly what intensity of these factors we need to have been exposed to in order to enter the risk states. You wouldn’t expect to be in the upper bracket after taking a single shot or smoking at a party, but with the development of cancer occurring over a long time period, these might just be the tip of an iceberg.

[@ThePrintQM](https://www.theprintnews.co.uk)

IS ALZHEIMER’S INFECTIOUS?

A recent study revealed, for the first time, a case of Alzheimer’s disease that was transmitted between two people

JOSE DURNEY

A recent study conducted at the UCL Institute of Neurology has presented evidence suggesting that Alzheimer’s disease was transmitted between human beings. The transmission, however, was not via the usual routes such as skin-contact or from a blood transfusion; instead it was intracerebral (introduced into the brain).

Alzheimer’s is a progressive disease that impairs the proper functioning of the brain, causing dementia and often leading to death. It is generally thought of as being either inherited or random in occurrence, the latter being the cause of the majority of Alzheimer’s cases. The chances of random occurrence increases with age and the

reason for this is still a mystery.

The study shows evidence of Alzheimer’s in patients who had all been treated with human growth hormone (HGH) during childhood. Growth hormone treatments are used to treat short stature (a person’s natural height) in children who naturally lack this hormone. However, in this case, the hormone was sourced from a prion-contaminated human pituitary gland (found in the brain and responsible for the production of many hormones).

Prions are misfolded protein pathogens that cause a condition known as Creutzfeldt-Jacob disease (CJD) in humans. CJD was the cause of death of these

patients, however Alzheimer’s plaques were also found in their brains. This was a surprising discovery as prion infection does not cause Alzheimer’s. Furthermore, the patients neither had any genetic tendency to develop Alzheimer’s, nor was it a random occurrence as 75% of the 8 brain tissue samples in this study were found to have some Alzheimer’s plaque deposited in them. Therefore, Alzheimer’s must have been transmitted between these patients from the original growth hormone source. This suggests an infectious behaviour of Alzheimer’s which has never been seen before in humans.

Alzheimer’s is not caused by either viral or bacterial infections. Rather, it is caused by the misfolding of a protein called amyloid-beta which builds up in the brain as plaque and causes tangles within nerve cells, leading to their slow deterioration.

Alzheimer’s is the second largest killer after heart disease in the UK, with more women than men succumbing to this disease. Therefore, there is substantial interest in the research field to ultimately find a cure. Alzheimer’s is a disease that takes a long time to show any symptoms, and unfortunately, by that time the disease would have progressed irreversibly. Thus, with the life expectancy of the average person in developing nations increasing, diseases such as Alzheimer’s are becoming

more prevalent.

In this particular study, the evidence suggests how Alzheimer’s may have been able to infiltrate the brain tissues of the contaminated growth hormone recipients. However, another signature pathology of Alzheimer’s, called Tau tangles (fibres) were not seen in any of the brain tissue samples. Therefore, it may well be that these patients would not have developed Alzheimer’s had they lived longer. The researchers concluded that after taking all factors into consideration, their data does not suggest that Alzheimer’s is an infectious disease.

Read more at theprintnews.co.uk/category/sciencetech

Queen Mary University of London Students' Union

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 Queen Mary University of London
Students' Union

THE GUILLOTINE

2 0 1 6

[illegible]

*this message has been translated into emoji

SATIRE

HOROSCOPES

AQUARIUS

JANUARY 21ST-FEBRUARY 18TH

Your allegiances will change when the Moon joins with Mercury and drifts off course to a new technical void. The Mercury retrograde makes several things happen which may or may not affect you

PISCES

FEBRUARY 19TH- MARCH 21ST

Be wary when making trips out of the city this month, as a transecting Marys may produce new behaviours in loved ones, such as "wearing less", or "going out more"

ARIES

MARCH 22ND- APRIL 20TH

It is time for you to tap in to that inner resource that you have always known existed. Your ability to salsa is extraordinary and there is no point denying it any longer. Also, if you've lost touch with old friends it's worth looking through their back window to see how they're doing

TAURUS

APRIL 21ST- MAY 21ST

ROMANCE: Roses are red, violets are blue, maybe stop playing so much Tony Hawkes pro skating 2. Also, you will become bankrupt this month

GEMINI

MAY 22ND- JUNE THE 21ST

As Mercury and Venus move closer this month it is important to remember that alcohol is not the answer. Unless your housemate asks you why you had to take all of their fruits and vegetables out of the fridge, in which case it most definitely is

CANCER

JUNE 22ND- JULY 22ND

Trouble will become your friend this month when the Moon squares Mars and asks "I know you've seen my message because Facebook says you were active 43 minutes ago." Stay strong and trust in Corbyn

LEO

JULY 23RD- AUGUST 23RD

It propobably is as bad as you think. In fact, things are definitely not looking up. As Venus crosses Mars which crosses Pluto and makes Jupiter Cross, the hard work of the last few months will probably not pay off. You can't do it.

VIRGO

AUGUST 24TH- SEPTEMBER 22ND

Try reading only the even numbered pages in your new 2016 calendar, for the spiralling descent of Pluto will mean that the moonlight of every second Tuesday may reveal hidden truths regarding your non-existent sleeping pattern. I'm sorry

LIBRA

SEPTEMBER 23RD- OCTOBER 23RD

On the third Sunday of this month stand in front of a mirror and repeat "New Year, New Me" repeatedly until you metamorphosize into the beautiful human being you never were. Don't eat cheese

SCORPIO

OCTOBER 24TH- NOVEMBER 22ND

The colour of your auro suggests that your mind is like a sponge, thirsty to soak up any new knowledge or practise cleaning dishware. Remember to floss

SAGITTARIUS

NOVEMBER 23RD- DECEMBER 21ST

Once begun is half done, as the saying goes. This saying is untrue and you should stop taking advice from postcards. Jet fuel can't melt steel beams, and neither can your love

CAPRICORN

DECEMBER 22ND- JANUARY 20TH

We all know the maxim, "if at you don't succeed, try, try again." This month you can't help feeling that you have tried and tried to no avail. Stop trying

BIEBER IN BIZARRE TWITTER TIRADE AS HE ASKS "NO BUT REALLY, WHAT DO YOU MEAN?"

The 21 year old pop philosopher has reportedly been left extremely infuriated by his unanswered demands

KEVIN CHOI AND MEGAN GURNEY

A close friend of influential artist Justin Bieber has spoken of his condition, suggesting that the singer has been left so confused he no longer knows the difference between "yes" and "no". His cry for help has been largely ignored by the mainstream public, despite it being a number 1 hit and reaching almost six hits on popular streaming website "YouTube". In a recent 'Ask Me Anything' on Reddit, the Canadian spoke of his latest thesis on the true meaning of 'nodding' before descending into a string of offensive curse words, releasing his frustration at comparisons between his and Shia La Beouf's latest performance art piece:

"Your boy La Beouf is a poor mans Abramovi who should go back to playing with his robots". He later apologised for his offensive remarks, tweeting "is it 2 late 2 say soz"

PRIME MINISTER CELEBRATES ANOTHER YEAR OF POINTING AT THINGS

As we move swiftly through the first month of 2016, it's nice to look back on the last year and wonder- what can we achieve this year?

HARRIET CORKE

For one man, improving on the events of 2015 will be a difficult task. In addition to being elected Prime Minister for a second term, David Cameron has had an immensely successful year of pointing. In the absence of any noticeable crisis, he has been able to dedicate the maximum amount of time to this delicate art.

Cameron's interest in pointing at things started when he realised that he was a man of few words - and even when he said those few words, no one really paid attention.



IMAGES - FLICKR// JOE BELLAWA

alongside a poorly edited photo of a friendship bracelet reading "SHIA PLS". As of the time of publication, the tweet has received 2 retweets and 5 favourites, a new Bieber record.

When asked for comment by The Print, Bieber would only whisper "what does it mean" repeatedly, before attempting a kick flip, rupturing his spleen in the process. His condition is still unknown.

Luckily, help was at hand from the local Pointing Research and Information Centre (PRIC). Here, Cameron's transformation took place. Gone was the sloppy, amateurish pointer that the world knew and distrusted; in its place was a man who could decisively point at anything. From construction sites to the floods in the north of England, it's clear that our Prime Minister has got everything covered.

Cameron has frequently expressed his gratitude to PRIC, and has worked tirelessly to promote their

help centres. Speaking to The Print, a representative praised the Prime Minister, calling him 'a spokesman for PRICs everywhere'.

Naturally, his shining example has inspired his fellow ministers, and pointing the finger is now becoming the hobby of choice for the Conservative Party. Although they long ago decided that you can point the finger at anyone; immigrants, disabled people and the poor remain popular targets. The Print can only congratulate those who have received such an honour.

theprintnews.co.uk

SATIRE

LIST OF TOP LISTS 2016

Hold on tight and get out your counting fingers as we bring you a list of all the most exciting lists 2016 has to offer

HATTIE LONG

- 1) Top 10 Places To See Whilst You Die
- 2) 17 ADORABLE Pictures Of Babies That Look Like Donald Trump (Extortion has Never Looked Cuter)
- 3) Top 7 Things I Hate About You
- 4) The 9 Different Shits You Will Have This Year (You Do Not Want To See What's At No. 7!)
- 5) Top 5 Lists of Arbitrary Lists
- 6) The 5 Hot Tips For The Ferret Racing Season
- 7) Top 4 Social Media platoforms hailed as the "next big thing" that you won't remember this time next year.
- 8) Top 9 list of emoji you wish your mum would stop using.

CORBYN ACCIDENTALLY FIRES HIMSELF IN CABINET RESHUFFLE

HARRIET CORKE

It was dubbed the 'Revenge Reshuffle': a plan hatched by the Labour leader to remove dissenters from the party. But, in a bizarre twist of fate, Jeremy Corbyn has fired himself from the Shadow Cabinet.

According to a party insider, Corbyn was trying to unobtrusively remove Michael Dugher from the Shadow Cabinet group chat on Facebook when he accidentally removed himself. Corbyn, who established the group chat in September 2015, is still struggling with the concept of Facebook, and the Shadow Secretary for Technological Assistance wasn't there to help him. It didn't help that Corbyn was somewhat preoccupied, as he was busy practising his scowl ready for next week's PMQs.

Deputy Leader Tom Watson later thought about adding Corbyn back into the group, but quickly decided that "rules are rules".

This isn't the first time that social media has got the party into hot water. In November controversy was narrowly avoided when a diss track



IMAGE - FLICKR// DONKEY HOTEY

by former Shadow Defence Secretary and part-time rapper Maria Eagle was leaked on Twitter. The track, aimed at Corbyn, was given 3/5 by NME - but it soon vanished so as to prevent further carnage within the party.

The Conservatives have of course used this as another way to make fun of the Labour

Party, with David Cameron taking to Twitter to make a series of jokes that we deemed too cringe-worthy to print here. All in all, this incident has worked in the government's favour: as a result of the chaos surrounding the reshuffle no one noticed as Iain Duncan Smith pillaged towns up and down the country.

NEWS IN BRIEF

CLEMENT ATTLEE STATUS BOYCOTTED BY STUDENTS FOR SHOWCASING "JUST ANOTHER EXAMPLE OF UNREALISTIC BODY STANDARDS".

DAVID CAMERON RELEASES EXTREME LIST OF TOP 5 FARMYARD ANIMALS

STUDENT ASKED TO LEAVE EXAM FOR BEING "TOO FIT TO SIT"

"CHRISTMAS BREAK" REVEALED AS MYTH CREATED TO KEEP THIRD YEARS DOCILE

QUEEN MARY CENTRE OF INTERNATIONAL INVESITGATION AS OTHER END OF EL CHAPO'S TUNNEL FOUND UNDER MUCCI'S WINDOW SEAT

LEADER OF INFAMOUS DRUG CARTEL TRAVELS FAR AND WIDE FOR HALF MOON'S "MEXICAN MONDAYS"

CAMERON SPEAKS OUT ON THE EU: THE UK DESERVES "THE BEST OF BOTH WORLDS. CHILLING OUT, TAKE IT SLOW, THEN WE ROCK OUT THE SHOW."

NUS PASS MOTION ON PASSING MOTIONS THAT SUPPORT SOME MOTIONS

QMUL LAUNCHES PLANS TO MAKE UGANDAN WAR LORD FAMOUS, PRINCIPAL GASKELL SUGGETS "#KONY2016 COULD REALLY CATCH ON."

YORK FLOODING REPORTEDLY THE WORST SEEN SINCE LAST YEAR, WHICH WAS THE WORST SINCE THE YEAR BEFORE THAT, AND THE YEAR BEFORE THAT, AND THE YEAR BEFORE THAT

CORBYN REMOVED FROM LABOUR PARTY WHATSAPP GROUP FOR SUGGESTING NEW VEGERTARIAN ALTERNATIVE TO STEAK CLUB TUESDAYS

AS SU ELECTIONS APPROACH, STUDENTS HAVE BEEN ASKED TO VOTE FOR ALL CANDIDATES "IN THE INTERESTS OF BALANCE."

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SOCIETIES

WELCOME BACK FAIR

Societies Editor, Daniela Clark, took a trip down to Welcome Back Fair to check out what's new in the world of QM Societies

DANIELA CLARK

Re-fresher's Fair can be a little intimidating. You've just left the warm fuzziness of Christmas break and you've been thrust headlong into a room full of students shoving sign-up sheets in your face while they ask you to take on board more information than you're expected to remember for a history A-level. But stay strong fresher...or second year making a daring attempt to leave the safety of your bed and Netflix, because QM have some pretty niche societies, and if you can't find somewhere to fit in with a 150 odd societies you're a lost cau... just kidding. But Re-fresher's Fair and trying out new things is a great way to *cough* "find yourself", which is apparently what you're supposed to do. (Side note: if you took a gap year, chances are you already found yourself whilst trekking in the foothills of the Appalachian Mountains, but try not to remind the poor, lost souls about that too much.) Here are some choice examples of the top notch hijinks you can get up while you whilst turning in



16 Knuts (£4.00) you could attend Slug club, Quidditch tournaments and more! Am I joking? No, I'm Sirius.

Baking Society: Does a Genoese sponge cake fill you with excitement like no other item on this planet? Is Mary Berry your idol? Do you dream macaroons? With a £3 joining fee, this society will feed you while developing your culinary skill. An all-round winner when you've only eaten Super Noodles for the last week...

Re-fresher's Fair is a truly wonderful place. It gives you the chance to see the diverse range of societies QM has on offer and gives you a chance to meet some of the incredible students we have. If none of the above have intrigued you, you still have over 100 options to choose from. So whether Harry Potter, chess, break dancing or salsa is your cup of tea, there's definitely an option for you.

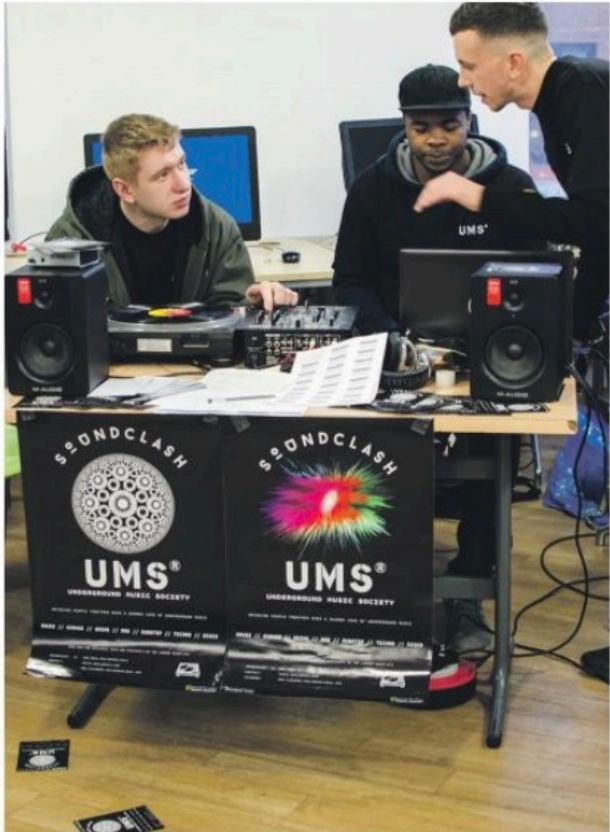


those (thrilling) assignments.

Underground Music Society: Apparently, that's not listening to your iPod while you're on the tube. If you're interested in a particular style of music (House, Reggae, etc.) you can meet people with similar tastes, and get a heads up about events that might take your fancy.

Game of Thrones Society: Valar Dohaeris fresher. And if all men must serve (and you totally read High Valyrian) this might be the society for you to serve. If you want a place where you can discuss the (gut-wrenching) character deaths and your utter hatred of Joffrey maybe consider looking into what this society can offer you.

Harry Potter Society: Still gutted that you didn't receive your letter from Hogwarts when you were eleven? The Harry Potter Society invites you to jump on the Hogwarts express and join them. For a mere 1 Galleon, 5 Sickles and



SOCIETIES

DANCING WITH DISCO SOCIETY

We took to Drapers to chat with QM’s groovy new party clan

EVE BOLT

I sit in The Ground, unaware that this interviewee is about to apparate like a mirror ball. Rhys Salt, President of Queen Mary’s Disco Society, whirls into the seat next to me, bouncing and beaming. He proceeds to wax gloriously about the society’s successes and his ideas for the future.

Salt- History student and DJ- aspires to be an event promoter. Judging by the society’s triumphs so far, it seems he is well on his way to promoting events to the best of their potential. He starts by telling me the genesis of the

Why Disco?
With cultures from Chicago to Cuba, Japan and Africa, it is a “world-embracing genre”

society: disillusioned by the repetitive music at Drapers, Salt and company began to make pilgrimages to a friend’s flat to enjoy the “genuine musical merit” and “happy atmosphere” of Disco.

Why Disco? With cultures from Chicago to Cuba, Japan and Africa, it is a “world-embracing genre”. There are of course the classics, such as Love Train, I Will Survive, Le Freak, Good Times, Boogie Wonderland and those by the Jackson 5, the Bee Gees, Barry White, ABBA- songs you don’t quite know how you know and managed to sing verbatim at those awkward school discos and family gatherings. But the disco train didn’t stop its tracks in the eighties- it has survived and it’s still possible to get your freak on, with more

than good times to be had in today’s wonderland of remixes and new mixes. Disco seems to have the extraordinary power to ascend whilst merging with every other genre, from classical to pop. These “heartening” powers make Disco particularly appropriate for charity fundraising.

The charity element of the society is central. Already, events for Red Cross and Age UK have amassed over £2150, £80 of which was collected just from donation buckets. The majority of the funds were gathered through the £4 tickets. The popularity of these events can be detected by the glitter on many students’ faces the night after (applied at the infamous Glitter Stations). Its fame has been fanned by flyers made by third year Dan Snow. All of the money is then transferred to the assigned charity via the SU.

The inception of the society was also initiated by Drapers’ previous policy of demanding societies subsidise any difference in bar funds at the end of an event; Salt took action to rectify and vivify the scene. He set up a working relationship with Drapers- “a student platform”- after copious attempts at communication to erase the unfair rule, in collaboration with Emma Galt and Jak Curtis-Randall of the SU’s Raise And Give team.

Despite the wonders Queen Mary has achieved for charity this year alone, compared to universities such as Warwick, QM could pull its sparkly socks up. One route to this Salt wants to explore is expansion, transporting events to venues in Dalston and Shoreditch, both but a fifteen-minute bus journey away.

Salt plans to focus the next events on mental health awareness and smaller charities that would benefit from the spotlight. He also sends out an invitation to all First-years and DJs to get in touch and get involved, which I heartily encourage readers to do. Disco has, I’ve learnt from this interview alone, the capacity to “resensitize”, to invigorate and cast a new light on life when you feel down. Plus, limbo could also be on the horizon- who can resist that? All I know is that I’m dizzy and excited.

If you would like to get involved, don’t hesitate to visit the QMUL Disco Society Facebook page!



IMAGES - RHYS SALT



THE CHEEKIEST SOCIETY ON CAMPUS

DANIELA CLARK

Nando’s society is a relatively new idea and also all your greatest dreams come true. You’ll never have to say you’re going for a cheeky Nando’s again, because you can go for legitimate, societies’ activities instead! The Nando’s society was formed last September by Farhan Ahmed and his fiancé Yasmeen Ali in an attempt to change what societies at university are all about. This chicken-lovin’ power couple, along with their committee, are all about bringing people together, whether you’re a tame lemon and herb kinda guy or you’re a dangerous extra hot kinda gal. In an interview with The Print Farhan said:

“We all love Nando’s because of the secrets behind the chicken and sauce, but most importantly it opens

up a whole different world of culture, which has been an important part of bringing people together.”

Nando’s society has been busy planning their launch in time for the re-freshers fair at the beginning of semester 2. As a result they have a lot to offer in the upcoming term. From Nando’s appreciation courses, Easter egg hunts, monthly

Nando’s dinners and Nando’s food challenges, the society is shaping up to be exactly the kind of place to meet some new people. Between chicken and chums, Nando’s societies will be the perfect society to find some light relief while you’re hacking through those exams and assignments. The Nando’s president and his committee are committed to the idea of a personal society, with friendship and sharing at

the heart of everything they do. Talking with Nando’s soc it’s clear that they have a drive for bringing people together:

“I’ve been a member of three different societies and have yet to receive a personal email or call for an upcoming event. Our members will be integrated into our society as if they are our family.”

So whether your order is mushroom and halloumi medium spiced wrap (my personal fav) or a lemon and herb half chicken, consider checking out what the Nandos society has to offer this term.

Membership is only £3 for the academic year, which is not bad at all for adding this kind of peri peri spice into your life (sorry).

Search QM Nando’s Society on Facebook for more information on upcoming

SPORTS

QM ANGELS: ROYALTY CROWNED REGIONAL CHAMPIONS

Cheerleading, part of the wave of American culture arriving on UK shores, has a strong and loyal following for Queen Mary’s Angels

ELMIRA TANATAROVA

Coached by Clare Winder, The QM Angels are a group of just over 100 students, both male and female, split up into four teams depending on the level they compete in: Fantasy, Destiny, Envy, and Royalty. If you’ve ever considered cheerleading to be a sideline activity, then you should attempt watching these sportsmen and sportswomen gracefully jump and soar in and out of the air and to their potential deaths. Combining gymnastics, stunting and dance, competitive cheerleading is not for the faint-hearted. The routine for a competition is a tasking, engaging two and a half minutes long.

Weeks and weeks of training go into developing not only the dynamic of choreography, precision, and timing, but the chemistry in-between team members; there has to be trust between the flyers being thrown and lifted and the side bases, and the front and back spots lifting them up. For the QM Angels, all of this hard-work

was definitely demonstrated at their performance at the Winter Wonderland: Future Cheer competition by their first place victory in their category (Open Co-ed Level 3) on 6 December 2015. The required practices are a strenuous three and a half hours at a time, with additional sessions of gymnastics and general fitness training scattered all throughout the week. This only intensifies during competition time; Royalty even endured a twelve hour training session a few days before the competition.

The actual competition itself brings a roaring atmosphere. Royalty team member (and captain of intermediate team Fantasy) Ines Fournon says that the energy of the day felt: “So strangely calm because I knew we were going to do well. The stunts were hitting and the routine looked great.” As soon as the team hit the stage, she explains, there was an atmosphere of “concentration and excitement in all of us.”



Supporters and friends came to watch the performance, filling the event with volumes of not only the fast-paced, mixed dance music cheerleaders have to follow, but yells and screams of encouragement and support. Not even ten seconds into the routine, the energy was already at a high with backward springs, jumps, and people high in the air on one leg, all happening on the same mats at the same time, all of it looking seamless.

Much like any other sport, cheerleading involves injuries, and this time round was no different when not only was one member’s neck was wounded, but another cheerleader’s arm was placed in a brace. Despite this, our cheerleaders did what they do best: gathered up their spirit, put on a uniform, doused themselves in glitter and gave their all (and yes, one cheerleader did indeed compete with an arm brace). Roxy Baker, president of the QM Angels expressed her pride: “I am so, so proud of our elite team which

became regional champions of London! They worked so hard to hit a fantastic routine and they hit!” The QM Angels welcome anyone at any level to try out at the beginning of each season, and build confident, dedicated athletes by inviting you into the sport, encouraging you to improve, and building it into you to better yourself.



QM NETBALL ADOPT COPPAFEEL!

POLLY FLETCHER

In 2015, QMUL Netball Club had the honour of adopting the CoppaFeel! charity through the University’s RAG programme. As young girls at university, thinking to check our boobs for any unnatural lumps or bumps is sadly last on our list behind dissertations, what meal deal to get in Sainsburys after morning lectures or which rugby boy we have our eye on for the next Drapers Wednesday. CoppaFeel! want to change this, and place checking our boobs at the top of every young girl’s (or guy’s!) to-do list.

CoppaFeel! exists to make young people rethink their lifestyles in an attempt to

instil a new healthy habit that could one day save their life - feeling your boobs. Currently over 2000 men and women die of stage 4 breast cancer each year due to late detection, and CoppaFeel! have made it their mission to educate society’s youth to drastically decrease this statistic. The charity revolves around awareness and is much less about shaking a bucket in the street and more about getting out into the public asking when people last checked their breasts. They are innovative and dynamic; QMN could not be prouder to have been linked to such a fantastic cause.

You may have seen our

Charities Chair, Sophie Ogbona-Jardine, strutting around dressed as a boob at Freshers Fair back in September. This was not just a rare display of exhibitionism on Sophie’s behalf, but rather marked the beginning of QMN’s work with the CoppaFeel! Uni Boob Team. Working on new ideas with the team has led to many exciting ideas for fundraising and raising awareness of breast cancer prevention, but none more so than our latest project. It seems to be the age of the naked calendar, so it seemed rude for the netball girls not to join in. With the help of budding photographer Alex

Legge (current QM Drama student and CoppaFeel! supporter), the girls stripped down to bare all for this fabulous cause! There were a few tricky situations with a ball pump, a shower and some tactical limb placement to preserve modesty, but the QM Netball girls could not be more proud of the end result.

If you would like to join the CoppaFeel! crusade and help spread awareness of this amazing charity’s mission then please donate and buy your very own sparkly new QMN CoppaFeel! Naked Calendar 2016! At £6 for one or £10 for two, who said the Christmas sales were over?! For all information

QM Netball Captain Polly Fletcher talks boobs, naked calendars and RAG, explaining why QMN have adopted the CoppaFeel! Charity

please follow the link to our website: pollsflecth.wix.com/qmncoppafeelcalendar

Thank you and please, please, please remember checking your boobs is not just for fun; it could save your life! Check out CoppaFeel’s incredible work and learn how you could get involved at coppafeel.org

You can also text ‘UBT QUEEN MARY’ to 70500 to sign up to your free monthly reminder to check your boobs (the first text will cost the standard network rate, but after this it is free).

Want to write for Sport? Email sports@theprintnews.co.uk

SPORT

NEWS IN BRIEF

The bits and bobs of sport

MICHAEL BARRACLOUGH

UP FOR THE CUP

The BUCS Conference cup gives our sports teams the opportunity to compete at the highest possible level within the BUCS leagues. So far this year, we have had huge success in the cup with 10 teams progressing through to the quarter finals in February! Teams travel far and wide to represent the best of their university with a particular highlight so far being our QM Women's Badminton team who travelled to (and beat) Aberystwyth University. Other teams to reach the last eight of their respective competition are: QM Men's Basketball 1st, QMBL Women's Rugby, QM Men's Rugby 2nd, QM Men's Rugby 3rd, QM Men's Tennis 1st, QM Women's Volleyball 1st, QM Men's Volleyball 1st. Good luck from everyone at The Print.

FUNDS

The Club Sport Hardship Fund will be used to subsidise costs associated with sports participation for students in financial hardship. This will remove the financial barriers which are currently preventing a significant proportion of students at both our Queen Mary and Barts and The London SMD campuses from accessing sport. By widening access to sport, more students will be given the opportunity to improve their physical and mental well-being, as well as gain transitional employability skills. Applications are ongoing. More information on this can be found at: www.qmsu.org/clubsport/hardshipfund/

WE NEED YOU

Club Sport teams at QM are performing out of their skin this year and are achieving great results on the pitch! This is a fantastic achievement and we want to celebrate that at The Print. If you want us to feature your club in an upcoming issue, or on our website, don't hesitate to get in touch and we'll be able to sort something out for you - our email is sport@theprintnews.co.uk

STATS

Queen Mary University of London has entered 78 teams into the BUCS league programme for the 2015/16 season. At the time of writing, 300 wins have been secured as well as 270 defeats and 26 draws, making their win rate 50%. This means they lie 58th out of 142 teams competing in the overall BUCS Championship.

GET ACTIVE

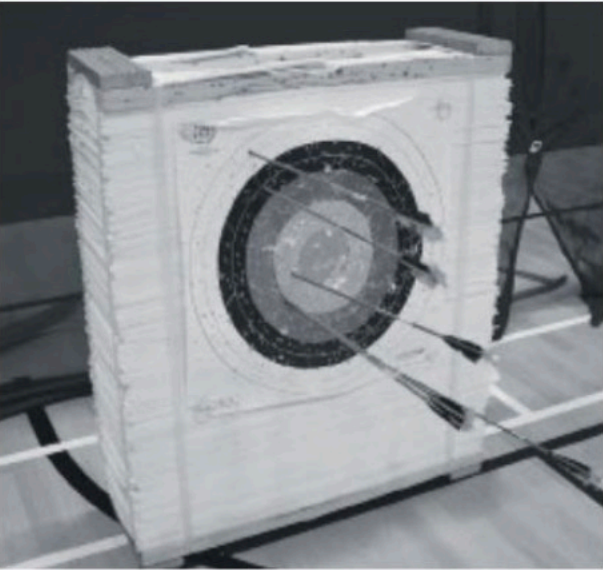
The Get Active Triathlon is back in 2016! Taking place on Tuesday, 16 February, 7am - 8pm, you can enter either as an individual or as part of a team to take on a 2km row, 6km rike and 2km run. The Triathlon is free to enter for all QM students and staff and you do not need to have a Qmotion or Get Active membership to take part. Prizes are on offer so why not get involved?

COMMUNITY SPORT:

Through Community Sport, QMSU aims to boost its students' employability by helping them develop a range of transferable skills and receive FREE nationally-accredited sports coaching and officiating qualifications across our five focus sports. Students can volunteer within a number of sports and receive free clothing, mentoring and development. Further paid employment opportunities in the UK and abroad are also provided to students engaged in the programme. Like "QMSU Community Sport" on Facebook for more details.

KEEP THE DATE FREE

QMSU Merger Cup & Alumni Cup – 5th March 2016
QMSU Club Sport Awards Dinner – 26th March 2016
More details to be made public in due course!



SPORT

QM HOCKEY

With Merger Cup just a few months away, The Print is getting to know a number of keen members of sports clubs at Queen Mary

TOM HINGSTON

Another year has come to an end and Club Sport members can look back on an eventful 2015. There was success, heartbreak and lots of laughter for many of the sides but the season isn't over yet. There are numerous games still to be played, with the campaign culminating in the all-important Merger Cup. Ahead of the resumption of competitive fixtures, QM Hockey's Katie Campbell reminisces about her favourite memories of the academic year to date, talks about her love for the game and explains the workings of a club social in an exclusive interview.

Q: What made you join hockey?
Katie Campbell: I've always played hockey ever since I was little, but the only year I didn't play was last year and I missed playing so much! Also, some of the third year students last year told me about how great the hockey club was and persuaded me to join this year, and I'm so glad I did.

What is your preferred position?
Campbell: Centre-midfield. I just love running and I can pretty much run anywhere on the pitch in that position. It's fun to both defend and attack, which I can do as a centre-mid.

What is the best aspect about hockey?
Campbell: I really love everything about it. Matches are great fun, the team works really hard and it's great to have competition. The whole hockey club was really welcoming, they're so friendly and super fun to spend time with, so when it comes to socials you know you're going to have an awesome time. I also love that it's a mixed club; it gives the club a great dynamic.

What sorts of things do the socials entail?
Campbell: All sorts of things. The usual social starts with us in the New Globe and ends up with us in Drapers, so if you don't already love Drapers you will after being part of hockey. This is always really amusing; you get to play a load of drinking games and dance the night away, with the occasional spur of karaoke. There have been many other great socials though. My favourite was definitely the club curry!

Delicious food and the chance to dress up all fancy, it's one of the biggest socials so it's a great chance to catch up with everyone. The night led to us going to Bounce, where the competitive side of the players came out in some intense games of table tennis. There have been quite a few girls-only socials at the social sec's flat, which is a great way to get to know the girls. Pizza, wine and games make for a very enjoyable night.

What is your most memorable experience of QMHC so far?
Campbell: There have been so many fun and hilarious things happen, but there's probably two that stand out. The first was after a mixed hockey match. We were all wandering through some fields in the pitch black trying to find the train station, when we came across two huge trampolines. So we immediately dropped our stuff and ran to them, about 5 seconds of jumping on them and they just collapsed, now we realise why they were just left outside... but it was fun while it lasted!

The second is definitely the Christmas mixed hockey match against Barts. Everyone dressed up all Christmassy (I decided to go for a Christmas tree) and it was just a very eventful day. Trying to play with one hand on the stick whilst drinking made it a very interesting game, one that ended up in us playing Quidditch with a football in the second half. Definitely a memorable experience!

FEMALE FOOTBALL FITNESS CLASSES HIT QM Soccercise - Get Fit Through Football

MICHAEL BARRACLOUGH

Women's football went from strength to strength in England during 2015. A hugely successful World Cup campaign, which saw the Three Lionesses upset the odds to finish third in Canada, was followed by the biggest and best WSL campaign to date.

The QM team have also enjoyed a successful start to the 2015/16 campaign. They top the BUCS Football 2015-2016 - South Eastern 2B table, having won all five of their games including a 15-0 rout of Brunel.

However, not everyone wants to get involved with competitive games, for various reasons - that's where QMSU Community Sport, in partnership with GetActive and funded by the FA, steps in. Weekly Soccercise sessions will be offered from mid-January. Soccercise is a fantastic new football-related fitness class from the FA, aiming to get more girls and women into football. The class encompasses a number of traditional fitness exercises, such as sit-ups, lunges and squats with footballing equipment, as well as football-

specific skills such as heading and passing. Soccercise is a great way to improve your fitness through football and it is perfect for female students who are interested in getting into football without being in a competitive environment.

Sessions will take place weekly in QMotion on Thursdays between 12:00-13:00 and cost £2.20 to attend. The classes are supported by both the FA and the This Girl Can campaign, so bring your friends along and improve your fitness through football!

Email us at sports@theprintnews.co.uk

MISSED THE BOAT?

HOW TO GET INVOLVED

The new year means that many new students have arrived at QM, many of whom want to play sport. The Print explains how to get involved...

MICHAEL BARRACLOUGH

Whether you are looking to try a new sport or carry on with something you have played before, Get Active gives you the opportunity to take part in sport in a fun, social, affordable and relaxed environment. All abilities are welcome, equipment is provided free of charge and we have over 40 sessions each week in a wide variety of different sports.

There are over 60 sports teams at both our Queen Mary and Barts & The London campuses. Whether you're looking to continue a sport or explore a new one, there are plenty of opportunities within Club Sport to represent your university.

COMMUNITY SPORT
QMSU Community Sport aims to increase activity levels within Tower Hamlets using our students as sports coaches and officials. Since August 2013 we have trained 90 students, facilitating over 1000 hours of sport in the borough!

• qmsu.org/getactive
• Search "QMSU Get Active" on Facebook
• @qmgetactive on Twitter
• Or head on down to QMotion - the guys in reception will point you in the right direction!

Get Active TRIATHLON 2016

ROW FOR 2K BIKE FOR 6K RUN FOR 2K

TUESDAY 16TH FEB 7AM-8PM @ QMOTION

Free entry for all QM students and staff and a Qmotion membership is not required to participate.

You are able to enter as an individual or as part of a team.

PRIZES:
Three Month Qmotion Membership for fastest individual male and female.
One Month Qmotion Membership for fastest student and staff teams.
£100 into the subs account for the Club Sport club with most participants.

REGISTER ONLINE: www.qmsu.org/getactive/

IN PERSON: @theQmotionreception

SPORT

THIS QM GIRL CAN: AN INTERVIEW WITH KATE KARWACINSKI

The Print's latest update on the This Girl Campaign saw Wizzy Heap sit down with Karate star Kate Karwacinski

WIZZY HEAP

Queen Mary Masters student, Kate, talks about musical passions, coaching younger aspiring fighters, and the dedication needed to study Law alongside being in the England Karate team. This QM girl certainly can.

When did you start playing karate?

When I was about 6 just at my primary school and then I started competing at about 12 or 13. Then I was selected for the England team at 14 and I've been in the team ever since. My twin brother who used to go to Queen Mary and my parents both do karate too.

You instruct people too?

Yes, I've got my own club now back in Essex. At the moment, it's only been around for a couple of years so it's up to 12 years old. We're teaching 4-5 year olds as well.

Do you have any passions outside of Karate?

I'm really in to music. I've played musical instruments since I was about 6 or 7. I'm grade 8 on the flute, grade 8 on the double bass and I sing. I've been used to balancing everything from a young age.

What do you see in your future?

I'm hoping to go into law because karate isn't an Olympic sport at the moment. Thinking about career prospects, there's not a huge calling, unless you go into full time karate teaching which I'd love to do but then again, I love law. So that's the aim and to do karate on the side.

What do you think of the This Girl Can campaign?

I absolutely love it. I think it's fantastic, especially in my sport. I think over the years, as a girl myself, the sport has given me so much confidence particularly with self-defence. I think generally, sport for girls is a fantastic thing to get involved in and should be pushed more.

With men it's a lot easier to get involved in sports. Maybe

THIS GIRL CAN

women feel with particular sports that it's not 'girly' or it's just a male thing. But women can be just as good as men.

What are the positives of taking up karate for women?

Well I'm going to be very biased. From a young age, or even when you're entering into your teens, what it gives you confidence-wise is phenomenal. It just translates into your everyday life too such as commitment, fitness, keeping healthy, keeping up an active lifestyle. And with karate, there's the whole self-defence aspect; being able to protect yourself, just being confident in that. As a woman, I think that it's something that everyone should have.

Who inspires you?

So, Jessica Ennis-Hill has always been an inspiration. Athletics isn't dissimilar to karate in the dedication. What she has achieved as a woman: she's had a family and still managed to come back and still keep that mindset. That makes her a great role model.



COMMUNITY SPORT SCHEME GOES FROM STRENGTH TO STRENGTH



MICHAEL BARRACLOUGH

Sport owes everything to coaches, officials and volunteers. Without them, it would be almost impossible to get fixtures up and running, new players involved in activities and to keep men and women of all ages fit and healthy. In recent years, QM has implemented a community sport scheme, aimed at increasing activity levels within Tower Hamlets using students as sports coaches and officials. In recent weeks, the scheme has been receiving plenty of attention.

The Times Higher Education Awards 2015 took place on Thursday 26 November 2015, with QMSU's Community Sport being one of two Queen Mary nominations for this year's awards. It was nominated in the "Outstanding Contribution to the Local Community" category for its work in the 2013-14 year, when 29 students gained sports coaching and refereeing qualifications across 8 sports, volunteering almost 500 hours of their time to help facilitate sport in the community.

Unfortunately, QMSU did not take home the award on that occasion. It was, however, won by another University of London institution, Royal Holloway, for their fast mobilisation and great involvement in the response to the heavy flooding in Egham in 2014.

Fast forward a few weeks and another nomination was received, this time at the London Sport awards in the category of "Bigger and Better Workforce." This award recognises achievement in developing and deploying a sporting workforce into both paid and voluntary opportunities. They beat more than 50 other nominations to reach the shortlist for the award, with the winner announced at the awards evening at Lord's Cricket Ground on Thursday 21 January 2016.

Throughout the last year, Community Sport has funded sports coaching and refereeing qualifications for 68 students, with another 20 currently working towards their qualifications. Of those that have qualified 58% were female, more than three times higher than the national average according to SportsCoachUK. Both the Queen Mary Men's Rugby and Men's Football clubs have recently organised festivals for over 150 local school pupils, contributing to the total of over 570 voluntary hours given by Queen Mary students towards facilitating sport in the borough.

Everyone at *The Print* wishes QM Community Sport the best of luck for the ceremony.

Tweet us @ThePrintQM