

**Introduction**

Welcome to our latest Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter in the new locked down world of COVID-19. From a distance we share with you news about and activities undertaken by staff, students and visiting faculty. This is the International Year of the Midwife and on page 5 you can read how we launched a year of celebration and what we have been up to so far. Prof Hundley shares with us (page 2) her randomised controlled trial of midwife-led care from 25 years ago and why midwife-led care couldn't be more important than during this time of upheaval. We also have a new look landing page for the CMMPH website and logo (below) where you can find out in more detail about the work we are doing. We have a number of successes with PGR colleagues completing their doctorates (page 7) as well as two undergraduate student midwives taking on the challenge of writing for journals or conference abstracts (page 4).

As always we continue to publish our work in journals as well as books and book chapters. The Centre continues to be active in Nepal and we have been successful in securing a contract to upskill nurse/midwife educators with the aim to enhance their midwifery knowledge and skills in order to be better prepared to teach student midwives as well as being some of the first midwives eligible to register with the new midwives part of the nursing register (page 4).

We pay special attention to an exhibition of the paintings by Leanne Pearce (page 7). Leanne's exhibiting in Bournemouth University's Atrium Art Gallery was planned to run from March 7th till May 1st 2020, but after the successful opening it unfortunately had to close prematurely, as part of the general lock down.

*Susan Way*



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**CMMPH aims**

We promote the health and wellbeing of women, babies and their families by enhancing practice through education, research and scholarship.

Our strategy is to develop nationally and internationally recognised research that:

- Promotes the health and well-being of women, babies and their families
- Underpins clinical midwifery practice
- Informs policy making in relation to maternity care
- Ensures relevance and impact by maximising service user/voluntary sector involvement and the dissemination of results to health and social care professionals, service users and the voluntary sector
- Undertakes work across a wide methodological range.

Our educational and research activity has gained national and international recognition for its contribution to the enhancement of professional practice and maternal and perinatal health.

**Newsletter Editors:**

Prof Susan Way, Prof Edwin van Teijlingen & Prof Vanora Hundley

**Contact details:** Centre for Midwifery, Maternal & Perinatal Health, Bournemouth University, Royal London House, Christchurch Rd, Bournemouth, BH1 3LT. **Tel:** 01202 961821 **Web:** [www.bournemouth.ac.uk/cmmph](http://www.bournemouth.ac.uk/cmmph)

## Research in CMMPH:

### Midwife-led care could not be more important

It is 25 years since Prof Vanora Hundley published one of the first randomised controlled trials of midwife-led care. The WHO year of the nurse and midwife gives us an opportunity to reflect on the importance of supporting birth in midwife-led settings, and this could not be more timely given the current COVID-19 crisis. Pressure on staffing has led some areas to evaluate the services that can be offered. However, where health services have the ability to provide appropriate staffing, resources and transfer, the International Confederation of Midwives (ICM) recommends that healthy women experiencing a low-risk pregnancy may be safer birthing at home or in midwife-led units rather than in a hospital where there may be COVID-19 patients. Place of birth and supporting women in intrapartum care continues to be a key area of research for staff in CMMPH. You can read more about our work in latent phase labour by [clicking on this link](#).

thebmj

#### Midwife managed delivery unit: a randomised controlled comparison with consultant led care

V A Hundley, F M Cruickshank, G D Lang, C M A Glazener, J M Milne, M Turner, D Blyth, J Mollison, C Donaldson

### European Midwives Association 6th Education Conference—Malmo

EMA held its 6th triennial education conference in Malmo, Sweden in November 2019. Dr. Luisa Cescutti-Butler and Prof. Sue Way had three abstracts accepted, two of which highlighted units of learning in our midwifery undergraduate programme (Evaluating the student experience of introducing newborn infant physical theory into a pre-registration midwifery programme in the UK and An evaluation of the student experience of peer facilitated learning). A further presentation focused on a national collaborative project on grading practice. The opening EMA Conference keynote speaker was Fran McConville – Midwifery Expert at WHO. Fran presented on ‘Strengthening Quality Midwifery Education for Universal Health Coverage 2030’. Our takeaway message from her presentation was the following important statement: “When midwives are educated to international standards, and midwifery includes the provision of family planning.....more than 80% of all maternal deaths, stillbirths and neonatal deaths could be averted”.



### Virtual International Day of the Midwife Conference (VIDM).

Each year VIDM receives a number of outstanding posters which illustrate many aspects of midwifery practice and research around the globe. The VIDM interviewed Midwifery Lecturer Denyse King about her doctoral work related to the Virtual Reality Learning Environment (VRLE). VRLE is offered as a computer-generated virtual simulation of a clinical workspace and can be experienced on mobile handheld devices, laptops and PCs. Research participants interact with simulations of patients, their families and other healthcare professionals. A range of clinical skills from practical, to more intuitive aspects of healthcare competency can be experienced. This work is extremely timely during our period of ‘lockdown’ due to the COVID-19 pandemic as Denyse is using her work to support student learning over the internet. The posters at the VIDM conference are available [during the conference](#) and throughout the month of May.



Dr Luisa Cescutti-Butler also attended the conference virtually and presented a research study related to her work around the use Fetal Alcohol and Drug Affected neonate simulators as a learning tool for first year student midwives. This work is in collaboration with Dr Humaira Hussain, also in FHSS.

### Clinical Academic Doctoral Midwives in Wessex Vision magazine

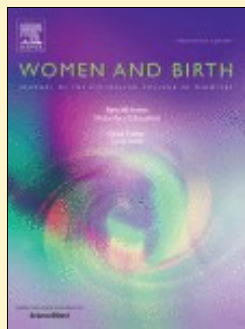
Clinical academic careers could not be more important in the current health crisis and this month three of our extraordinary midwives have been describing their work for the Wessex Clinical Research Network (CRN). Vanessa, Rebecca and Dominique are at different stages of their doctoral journey, but each has overcome challenges to get their study into practice. Wessex CRN’s Vision magazine, due to be released shortly, will feature an article about their research, why it matters to mothers and babies, and the value of a clinical academic programme. The clinical academic programme has been recognised nationally as an example of excellent practice ([AUKUH Clinical Academic Roles Development Group](#))

Clinical Research Network  
Wessex

VISION  
MAG  
research community news

## Research in CMMPH: round up of some of our publications

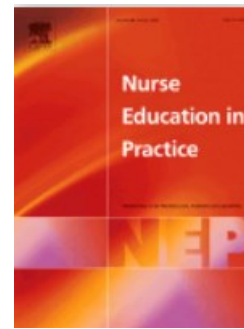
### Spirituality & Childbirth paper



Congratulations to a great international team of midwifery researchers including our own Dr. Jane Fry and former CMMPH member of staff Dr. Jenny Hall on the acceptance of their paper 'Spirituality and Childbirth: an international virtual co-operative inquiry' [1] by the journal *Women & Birth* (Elsevier).

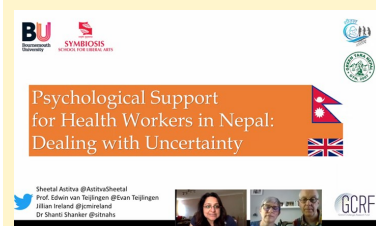
### Midwifery Education paper

Dr. Luisa Cescutti-Butler and Prof. Sue Way have published their latest research 'The experience of student midwives being taught newborn infant physical examination (NIPE) as an extra-curricular activity at a university in the UK: A descriptive survey study' has been accepted by the Elsevier journal: *Nurse Education in Practice*.



### CMMPH Psychology publications

The past few months saw several Psychology contributions from CMMPH. Dr. Andy Mayers (Principal Academic In Psychology) published research on fathers' experiences of witnessing their partner's birth trauma with BU colleagues Emily Daniel and Emily Arden-Close. Dr Mayers also talked about fathers mental health on BBC Radio4 programme on Friday March 27th <https://www.bbc.co.uk/sounds/play/m000gn5z>



Secondly, Dr. Shanti Shanker (Lecturer in Psychology), BU Visiting Faculty Jillian Ireland and Prof. Edwin van Teijlingen produced a three-minute video for health care workers in Nepal on the topic of living with uncertainty and the COVID-19 virus.



Thirdly, Dr. Fotini Tsofliou recently had a joint publication 'Effects of a high DHA multi-nutrient supplement and exercise on mobility and cognition in older women (MOBILE): A randomised semi-blinded placebo controlled study' in *British Journal of Nutrition*.

### Caesarean Section rates in South Asia

FHSS PhD student Sulochana Dhakal Rai has a published article in *Journal of Asian Midwives*. The paper '[Caesarean Section rates in South Asian cities: Can midwifery help stem the rise?](#)' highlights that CS is now a global public health problem. This scoping review gives an analysis of the rising CS use in four South Asian countries: Bangladesh, India, Nepal and Pakistan. The authors conclude that the increasing CS rates in South Asian cities, particularly in specific groups of women, present a challenge to hospital staff and managers and policy-makers. The challenge is to avoid 'Too Much Too Soon' in otherwise healthy urban women and avoid 'Too Little Too Late' in women living in remote and rural area and in poor urban women. This paper is co-authored by CMMPH's Dr. Juliet Wood and Prof. Edwin van Teijlingen.

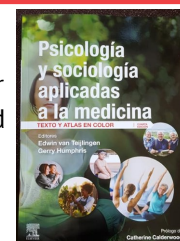
### Ans Luyben Visiting Faculty



CMMPH Visiting Faculty Ans Luyben (who is a Dutch midwife working in Switzerland) co-authored 'Failure or progress? The current state of the professionalisation of midwifery in Europe' in late 2019 in the *European Journal of Midwifery*.

### New translation published:

The fourth edition of the 2019 textbook *Psychology & Sociology Applied to Medicine: An Illustrated Colour Text* has been translated into Spanish by the international publisher Elsevier. The translation appeared in March 2020 under the title [Psicología y sociología aplicadas a la medicina](#). The book is co-edited by Prof. Edwin van Teijlingen with Prof. Gerry Humphries, who is Professor in Health Psychology at the School of Medicine, University of St Andrews.

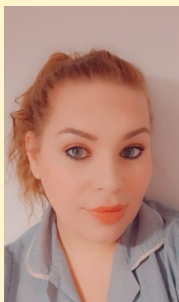


## Education in CMMPH

### Moving to virtual delivery of teaching and learning— COVID-19

All our midwifery staff have been learning new skills and IT platforms to deliver online tutorials, web-based lectures, and ZOOM or Web-Ex meetings. Many colleagues benefitted from the excellent instructions provided by Denyse King, the CMMPH expert on anything related to teaching online (see page 2). Innovative ways have been mastered in order to deliver practical sessions on-line such as breastfeeding support for women, and fun has been had learning how to get students to interact in groups in the virtual classrooms. If anyone had said that all lessons would be delivered virtually, we would probably have wanted at least a year to get ready—the team did it in days and sometimes overnight. The BU midwifery students have been great, partly because they are generally IT savvy. Hence, they easily communicate with staff and each other using a range of different IT platforms and devices. We are extremely grateful for the excellent leadership from Dr Catherine Angell and Dr Alison Taylor.

### Student Midwife Jessica Correia has abstract accepted at conference

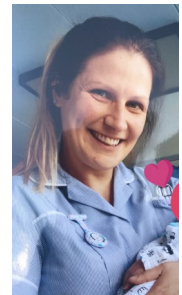


Jess Correia, final year midwifery student had a paper accepted to present at this year's British Conference of Undergraduate Research (BCUR). An annual conference offers a platform for students from all disciplines to share their work at a national level. Jess submitted an abstract from her literature review "*How does the compulsory removal of a baby at birth affect the midwife providing care?*". The review focused on the themes; '*Knowledge and Experience*', '*Collaborative Care*', '*Ethical Dilemmas*', '*Moving Forward*' and, '*The Midwife- Mother Relationship*'. Concluding that midwives experience a long-term impact following the removal of a baby and in some cases, moral conflict. She drew several recommendations including the need for better workplace support models, consideration for a team-based continuity model and development of education and training for practitioners. However, more research is needed to understand the implications this area of practice has on midwives. She is currently working towards

publication of her literature review.

### Student midwife Rachel Crowe —writing for publication

In the UK, pregnant women who are hearing impaired or D/deaf are often labelled as high-risk and offered a care pathway that is unsuitable and detrimental to their care. Identifying the gaps in maternity that exist in current national guidelines and practice, can help midwives to ensure women get appropriate, quality woman-centred care. Rachel wrote an article, based on a university assignment, which reflects on the hypothetical case study of one such woman, Ava. Drawing on the learning gained from completing this work, recommendations are offered for potential alternative maternity care pathways. The aim of these recommendations is to empower midwives to make considered decisions with D/deaf women which can facilitate the best care pathway. The ability to show this clinical judgement partnered with women's own preferences safeguards the midwife by demonstrating the process in the documentation. This should begin to disassemble the inequalities that D/deaf women face and lead to better outcomes and a better experience of maternity services for them and their families.



## Education in Nepal



CMMPH has an ongoing project in Nepal helping to develop midwifery education and training the trainers; a project funded by the German aid organisation GIZ (Deutsche Gesellschaft für Internationale Zusammenarbeit). The Nepalese government, is determined to reduce its current maternal mortality rate from 239 per 100,000 live births to 70 per 100,000 live births by 2030. Evidence is clear that strengthening midwifery education to international standards is a key step to improving quality of care and reducing maternal and newborn mortality and morbidity. It is recognised there is a need to up-skill current midwifery educators (all of whom are nurses) in line with the ICM (International Confederation of Midwives) standards. CMMPH has been successful in being awarded the contract

to develop a bridging programme for university nurse educators to fill gaps in their midwifery knowledge and skills that have been identified. Gaps include an understanding of autonomous practice, clinical decision making, evidence-based care, and midwife-led care. Also, there is a significant gap in midwifery clinical skills and confidence when practising in the clinical environment, especially being the lead career when pregnancy and birth is following a normal physiological process. This is hampered by a strong obstetric influence that firmly believes in obstetric-led care for all women, rather than identifying those women who would benefit from midwife-led care. This is an 18-month project, which although has started and two visits have been made to Nepal, is now being hampered by restrictions in place since the COVID-19.

## Practice in CMMPH

### World Health Organization: Year of the Midwife 2020

The WHO launched the year of the Nurse and Midwife 2020 <https://www.who.int/hrh/news/2019/2020year-of-nurses/en/> and CMMPH is celebrating the event by showcasing each month, midwifery achievements, past and present at Bournemouth University. BU started the event by hosting an evening of celebration on the 14th January, which we understand was the first in the UK in 2020. The evening was an opportunity to recognise the vital roles that midwives play across the globe in providing health

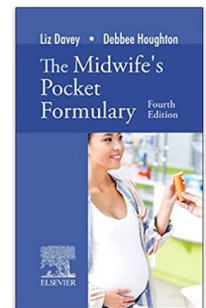


services. Speakers included Dame Yvonne Moores - Chair of the Florence Nightingale Foundation and Gill Walton - CEO of the Royal College of Midwives. A number of our Postgraduate Research students contributed to the event by displaying posters related to their doctoral studies. The posters showcased a diverse range of research topics all of which will contribute to improving the lives of people midwives come into contact with. For more information about the events we have planned or taken place, visit the [CMMPH website](#)



### Publication Fourth Edition: The Midwife's Pocket Formulary co-authored by CMMPH's, Liz Davey and Debbie Houghton

This essential book for any student midwife or midwife is set for publication in July 2020. Liz and Debbie have continued to author this current updated version which provides information on how to manage and administer medication. The information is underpinned by the new NMC standards for midwifery education as well as reflecting update advice and guidance from the RCOG, NICE, MBRACE and the Royal Pharmaceutical Society



### COVID-19 blog

In April CMMPH staff published a rapid response on COVID-19. Dr. Preeti Mahato worked with Prof. Edwin van Teijlingen and two Nepali colleagues based at the University of Huddersfield to produce a blog for the Healthy Newborn Network. The blog with the title 'Pregnancy and COVID-19: Lessons so far' particularly mentions the excellent contribution made by the Royal College of Obstetricians & Gynaecologists, Royal College of Midwives and several other national organisations in their regularly updated online publication: *Coronavirus (COVID-19) infection and pregnancy – guidance for healthcare professionals: Version 8 – 17 April 2020.*



### How We Think about Pregnancy & Childbirth



CMMPHs Alison Taylor, Michelle Irving and Edwin van Teijlingen and BU Visiting Faculty Jillian Ireland ran a very well attended session as part of the ESRC Festival of Social Sciences events at Bournemouth University. The event was held at the Education Centre (Poole Hospital) in late November 2019.

Alison discussed infant feeding and shared work from her PhD research in the form of video diaries from first-time breastfeeding mothers. Whilst Jilly, who is the Professional Midwifery Advocate at Poole Hospital NHS Foundation Trust talked about how one might go about applying a social-medical model in practice.



## Congratulations, news and events

### Prof Vanora Hundley to be inducted into Sigma International Nurse Researcher Hall of Fame

Congratulation to Prof Vanora Hundley on receiving the prestigious honour of being inducted into the Sigma Theta Tau's International Nurse Researcher Hall of Fame



The Sigma Theta Tau International Honor Society of Nursing (Sigma) is a nonprofit organisation whose mission is advancing world health and celebrating nursing excellence in scholarship, leadership, and service. The Sigma Hall of Fame recognises researchers who have contributed to global health and whose research has improved the profession and care. The recognition is given to exceptional nurses who embody Sigma's vision of connected, empowered nurse leaders transforming global healthcare. Prof Hundley is only one of 19 people being recognised with this honour. There are just 199 other individuals who have been recognised globally with this honour.

Vanora's research has demonstrated the importance of midwifery care in both high and low resource countries, and has brought together interdisciplinary groups to solve practice-related challenges and improve care for mothers and babies.

### Congratulations to CMMPH graduates



Last November CMMPH had a large representation at the annual autumn graduation celebrations in the Bournemouth International Centre. Dr. Preeti Mahato was awarded her PhD for a 'Study of rural maternity and childbirth care in a southern district of Nepal' and Dr. Michelle Irving was awarded her PhD for 'A qualitative study identifying the key components of Independent Midwifery Practice in mainland UK'.

Carol Richardson was awarded a MPhil for her study conducted in Portsmouth: 'A qualitative study of obese pregnant women's understanding of weight gain in pregnancy'. Dr. Elizabeth Davey was awarded her Doctor of Professional Practice for 'An exploration of women's experiences of wellbeing & peer support during pregnancy, through attendance at midwife-led aquanatal exercise classes'.



Congratulations to all!



### Congratulations to Isabell Nessel on her successful Phd viva

In our Spring 2017 edition we introduced Isabell Nessel who had just started her PhD. Visiting Faculty Prof Minesh Khashu is one of her supervisors. Isabell's thesis "Studies on polyunsaturated fatty acid content and lipid peroxidation in preterm infant nutrition from non-maternal sources" was investigating the essential fatty acid intake of preterm infants from donor human milk and formula milk, and explored ways to increase these levels. Furthermore, the extend of lipid peroxidation (fat degradation) in donor human milk and formula milk was quantified, since the resulting degradation products are associated with major comorbidities of prematurity. As part of her integrated PhD thesis, Isabell was able to publish two papers before submitting.



### CMMPH Professor joins the UK Research & Innovation (UKRI) International Development Peer Review College

Many congratulations to Prof Edwin van Teijlingen who has been invited to become a member of the prestigious UKRI International Development Peer Review College. The College forms part of the Global Challenges Research Fund global engagement strategy for Official Development Assistance research. Members of the College provided expert reviews for calls led by one or more of the UK Research Councils from UKRI.



## Congratulations, news and events

### Breastfeeding Art Exhibition at Talbot Campus

In the previous newsletter we announced the exhibition 'Breastfeed: Portraits with Purpose' by painter Leanne Pearce and we intended to have a feature issue this time round on the opening event and the many sessions we had planned to accompany this exhibition with such powerful images of breastfeeding.

The official opening organised by BU Visiting Faculty and Consultant Neonatologist at Poole Maternity Hospital, Minesh Khashu and Alison Taylor, BU's Infant Feeding Lead was a success. But before we could run the many parallel events for students, staff and the general public around these pictures COVID-19 happened and the lock down also meant the closure of the exhibition to the public.



### CMMPH Vice Chancellor Staff Awards



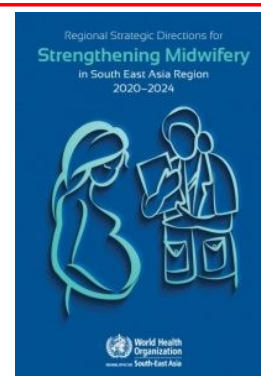
Congratulations to the BU Midwifery team who won the Excellence Award at Bournemouth University's Vice-Chancellor's Staff Awards ceremony late last year. The award is for a person or team who has made a significant contribution towards developing excellence at BU.

Congratulations also to Prof. Edwin van Teijlingen who won the Knowledge Award. This award is a person who has made "a significant impact by: (a) advancing knowledge and developing an academic area through the Fusion of research, education and practice; and (b) collaborating with others to advance knowledge and ensure a wider impact providing exceptional support and services to enable others to advance knowledge.

### CMMPH paper cited by WHO, South East Asia Office

In April the Regional Office for South East Asia of World Health Organization published its strategy for strengthening midwifery. This report cited the 2015 paper on midwifery developments in Nepal which appeared in the *Journal of Asian Midwives* with Jillian Ireland [CMMPH Visiting Faculty] as lead author.

The paper reflects on the RCM Global Midwifery Twinning Project in Nepal. The paper argues that the presence of a strong professional association of midwives in a country yields double benefits. On one side, the association provides inputs into framing policies and developing standards of care, and on the other, it ensures quality services by continuously updating its members with information and evidence for practice.



## Early 2020

- Banstola, A., Simkhada, S., **van Teijlingen, E.** *et al.* (2020) The availability of emergency obstetric care in birthing centres in rural Nepal: A cross-sectional survey, *Maternal Child Health J* (accepted). <https://link.springer.com/article/10.1007/s10995-019-02832-2>
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- Regmi, P., Aryal, N., **van Teijlingen, E.**, Adhikary, P. Nepali migrant workers and the need for pre-departure training on mental health: a qualitative study, *J Immigrant Minority Health* (accepted).
- Regmi P., **van Teijlingen, E.**, Neupane, S.R. (2020). Silicone use in Nepali transgender women: The hazards of beauty, *J Health Res* (accepted).
- Simkhada, B, Sah, RK., Mercel-Sanca, A., **van Teijlingen, E.** *et al.* (2020) Health and Wellbeing of Nepali population in UK: Perceptions and experiences of health & social care utilisation, *J Immigrant Minority Health* (accepted).
- Taylor, A.M., van Teijlingen, E.,** Alexander, J., Ryan, K. (2020) Commercialisation and commodification of breastfeeding: video diaries by first-time mothers, *Int Breastfeeding J* (accepted).

## Late 2019

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Thank you to all contributors. If you have a story linked to CMPMPH you want to share in the next edition, or would like to be on our mailing list please email **Leah on HSSFacultySupportAdministrator@bournemouth.ac.uk**