

Lancaster  
University



# Nine Colleges

## Annual Report 2015-16



It has been another busy year for the Colleges. We have been developing student engagement activities with the introduction of the University Challenge and Sustainability competitions and have introduced a number of excellent initiatives working with other areas of the University, such as the 'Meet the Guide Dogs' event, the International Buddy Scheme and new welcome week activities.

We have strengthened wellbeing support across the Colleges in conjunction with Student Based Services with the arrival of the new College Wellbeing Officers and further embedded the approach developed by Pendle College of the College Advisor Team. The Furness College Welcome rep scheme has been adopted by the majority of the nine Colleges providing incoming students with a fantastic introduction to the University and in particular College life.

The Colleges had two staff award winners this year. Claire Povah and Lisa Maurin both received outstanding contribution awards for their work with postgraduates and the College Advisor Teams respectively.

This year we welcome two new Principals, Karen Grant in the County College and Tracy Walters in Pendle College, and will be increasing our engagement activities and developing stronger links with senior members of the Colleges.

**Amanda Chetwynd, Provost  
(Student Experience, Colleges  
and the Library)**





## Nine Colleges Together

Our nine colleges regularly take part in a range of social and sports activities.

### TRIPS

This year the colleges together organised almost 40 trips, with visits to local (and not so local) cities, shopping, Christmas markets and museums, theatre trips, and walking in the Lake District, open to all colleges, and to staff and students alike.

### CARTER SHIELD & INTER-COLLEGE SPORTS

The college sports teams provide an opportunity for more students to be involved in sports such as Football, Netball, Darts, Pool etc. Groups of colleges also compete in their own annual competitions, such as Founders (Bowland vs Lonsdale), Patriots (Cartmel vs Furness) and Legends (County, Fylde, Grizedale & Pendle).

The Carter Shield is a friendly inter-college sports competition, organised by LUSU and the college JCR sports reps, which allows students of all standards to compete in a wide range of sports and activities - from handball and tag rugby to wheelchair basketball.

### COLLEGE GROW-BOXES

With support from Green Lancaster, each college has its own grow box. College members have been busy growing fruits, vegetables and herbs.

### KEEPING IN TOUCH...

Our college teams regularly invite alumni back to take part in annual sports events. This year also saw alumni return for Grizedale's 40th Anniversary and Bowland & Lonsdale's Joint Founders Event.



# Bowland College

With over 500 students joining the college in welcome week, the total number of undergraduates increased and Bowland became the third largest of the undergraduate colleges. The growing numbers were evident in July when Bowland had two graduation ceremonies for the first time, with numbers exceeding 300. Though it rained slightly, everyone enjoyed the ceremonies, afternoon tea and jazz band.

The year brought a number of staffing changes; Simon Corless ended his term as College Dean after 15 years, Chris Holmes retired as Bowland Porter after 10 years and Dr Robert Blake ended his term as Senior Advisor, a role held for six years. The positions were filled by Val Bramhall, Joe Mills and Linda Wardle respectively.

College achievements were high with two students awarded Chancellor's medals, three presented with the Saunders Award for outstanding contribution to college activities and 31 achieving the Lancaster Award. Bowland were victorious in claiming the Carter Shield, a fun and alternative sporting competition involving all colleges, and finally Bowland took first place in the nine-college Sustainability competition with an idea for a smart metre system that rewarded energy efficiency.



Vlad Carare, Cecilia Correale, Jess Glasser, Claire Page, Alexia Petricu and Rogiros Theophanous, with Vice-Chancellor Professor Mark E. Smith

## OUT & ABOUT

A Forest of Bowland walk saw staff and students climb Clougha Pike, while city trips to Liverpool and Manchester were popular with international students. Kate Deeming, the College Wellbeing Officer, raised £740 in June by completing a 192 mile walk in aid of Student Minds and Papyrus.

## WELFARE

Free breakfasts were provided to give students a healthy start during the exam period. A 'Keep Calm and Colour-In' session aimed at encouraging time out was well attended by both students and staff.

## JCR

The JCR delivered food events, comedy and cake nights, a trip to Morecambe FC, a night in Manchester, Blind Date, Family Fortunes and chill out events such as swing ball and craft sessions. The quiz continued with prizes donated from businesses on campus. The Christmas Ball was attended by over 200 students and staff.



## LAST THURSDAY SERIES

A series of lunchtime talks provided an opportunity for academic and professional staff to contribute to contemporary news items, such as Storm Desmond and Brexit.

## START UP STORIES

Three Bowland Alumni returned to campus to talk about their experiences of setting up a business. 'Start-up Stories' run in conjunction with the Enterprise Team, featured Ian Nelson and Jon Price who both graduated in 1993 and Alex Philips who graduated in 1991.

## FOUNDERS

The annual Founders competition took place in June. A newly introduced debating competition was won by Bowland, though Lonsdale were successful overall.

## EXTRAV

The summer extravaganza 'The Lost Jungle of Bowland' proved to be the most popular with online tickets selling out in just three minutes.





# Cartmel College

We welcomed an intake of almost 500 new students this year from over 33 different nationalities.

This year also saw a number of College Officer changes in Cartmel. We said a fond farewell to Jayne Corless, our College Principal for the last 10 years. Jayne has been replaced by Tom Buckley, Director of RAID. We also said goodbye to Edwina Greenfield the College Residence Officer in Cartmel who retired after 21 years and Vicki Haslam, Senior Advisor who had been in post for six years.

We were also joined by Andrea Townsend, our new Accommodation Manager, and Dr Adam Taylor as Senior Advisor. We are also very pleased to have appointed James Davies as Vice Principal. James has been a member of Cartmel since beginning his undergraduate degree at Lancaster in 2008. He served on the JCR for two years as AV Technician. James went on to do an MSc in Statistics and joined the College Advisor Team in 2011. James has been working closely with the JCR.





## EVENTS

Drum and Bass night, Gin and Jazz evening, Thanksgiving, Wednesday night quizzes and a comedy night all featured in Cartmel this year. Our JCR also put on an amazing Global Festival featuring performances from African Dance Troupe, LU Bells, LU Dance and the Indian society to name a few.

## WELFARE

Our JCR welfare team held a weekly drop in with tea and crumpets and the College Wellbeing Officer, Julian Morris, helped run a series of successful campaigns such as exam stress workshops and mental health awareness.



## EXTRAV

The theme for this year's Cartmel Extrav was Cirque du Soleil. It was a spectacular event, with entertainment from the circus society, fire eaters and pole fitness.

## WINTER BALL

Despite the floods in December, Cartmel took 300 staff and students to enjoy a belated winter ball at Garstang Golf Club.

## SCR

Not to be left out, our senior members enjoyed a trip to the proms at Tatton Park, a day out at Cartmel Races and a very well attended gin tasting evening!



**The County College**

# The County College

It's been another busy year in County College – and the flooding didn't stop us! As well as seeing almost 500 students graduate, a significant staff changeover and the introduction of a new welfare system, we still managed to organise a whole host of events, trips and activities for our Junior and Senior Common Rooms.

This year we said a fond farewell to Rachel Fligelstone, College Principal for the last three years, and appointed Dr Karen Grant from the Medical School to take up the challenge of keeping our good College in order.

Although we said goodbye to Dr Steve Dempster, Dean of the College for over 12 years, we welcomed him again as Vice Principal. Stu Powers from LUSU has replaced Steve as Dean. And finally we warmly welcomed Kate Deeming, College Wellbeing Officer to the Welfare Team.





## ACTIVITIES

City trips this year included: Manchester, Liverpool, Leeds, Chester and Glasgow; countryside trips to Hadrian's Wall and Carlisle; and a theatre trip to see Legally Blonde.

Alongside fortnightly live music, the JCR organised some successful themed quizzes in the bar – Quiztion of Sport, Game of Thrones, Great British Quiz – and our very first 'Lip Sync' battle!

The College 'Harry Potter Spectacular' fundraiser raised almost £100 for the charity Students Minds. We were also keen to expand on the University's Mental Health and Wellbeing Day and put on a 'Crafternoon' in the Common Room.

Three County Alumni returned to talk to students about their experiences of setting up a business. 'Start-up Stories', delivered in conjunction with the Enterprise Team, featured James Howard (Go Burrito) who graduated in 1997, Damian Gray (The Bizarre) who graduated in 2014 and Tom Young (Repairly) who graduated in 2016.



## WINTER BALL AND EXTRAV

Despite having to postpone the Winter Ball due to the flooding, over 280 students still managed to get into the Christmas spirit at the Dunkenhagh Hotel, Blackburn... in January. This year's Extrav theme was 'Alice in Wonkerland' and feedback from the event was excellent.

## SCR

County Senior Members can now enjoy a free hot drink in The Northern Oak every Friday during term-time as part of 'County Coffee Hour' which was introduced this year. The County Book Club celebrated its one year anniversary and members have also enjoyed cinema and theatre trips.

# Furness College



Furness has continued to be a busy and vibrant College with many events being held for staff, students and alumni.

Our College staff have remained the same, but we have a new Assistant Dean, Miss Jessica Phoenix.

The changes to our Welfare System continue to improve. Our First Year Reps have done an excellent job in making our new students feel welcome, and the Furness College Advisor Team have helped numerous students throughout the year. Taryn Whitford, our CWO, has been an invaluable help and support to the College.

Our JCR have worked extremely hard and produced many varied events, including helping with our enterprise initiative, Mind Your Own Business which continues to be a success within the College. This year 16 Furness students successfully achieved the Lancaster Award, and the Chancellor's Medal was awarded to Leoni Klein, one of our students at our graduation.



## MIND YOUR OWN BUSINESS

Our enterprise competition has been a success again this year and continues to attract many interesting, innovative people to our offices. Below are this term's winners, Digital Authentication System with our JCR President Quasim Younis.



## WINTER BALL

Our Winter Ball (postponed due to Storm Desmond) was again held at The Netherwood Hotel in Grange. It was a magical event and a sell out!



## SPORT

Furness continue to be competitive and enjoy our sports events. Members of Furness College were part of the University's successful Roses sporting event held annually against York University.

## EVENTS

Our JCR Welfare Team put on a 10@10 exam stress busting event every Monday morning at 10am during exam time, and the very successful College Pub Quiz continued to be very popular. The Furness Wine Club has had its usual wine tastings, and we also had a Gin Tasting as well as the lunch time talks. Our Annual Beer Festival took place 3—5 December with many alumni returning.

# Fylde College



This vibrant friendly college with its central position is popular with students from all departments and from over 50 different countries. With a reputation for sporting success and one of the most popular bar/ cafes on campus, Fylde continues to thrive.

There were some significant changes for 2015 as Fylde welcomed a new Principal, Jean Bennett, and introduced a new support system for students in the form of a College Advisor Team (CAT) and a part time wellbeing advisor based in the college.

With 'new look' flexible office space there is more scope for one to one support for students if needed.



## EVENTS

New events this year included an ice skating trip which proved very popular, as did the Spirit of Summer BBQ and activities.

## WELFARE

Fylde breakfast is now something of a tradition and offers students the opportunity to grab a bite on Tuesday mornings. The JCR have been working closely with the CAT and SCR on initiatives including gender neutral toilet signage and joint welfare activities.

## COMPETITIONS

Spreading its reach a little broader, in the new inter-college competitions, Fylde came second in the Sustainability Challenge and the college team did well at the University Challenge. Fylde was proud to have three students representing Lancaster in FLUX.

## CHARITY

Torrential rain couldn't put a dampener on the annual six a side tournament for the Gill Sudlow Shield and raised £120 for St John's Hospice.



## SPORT

Fylde wouldn't be Fylde without mentioning sporting success, with the netballers again winning at Roses. Enya Anderson was named Sports Personality of the Year and Fylde won 'Legends' (again) and was presented with the Carter plaque for its overall sporting achievements.

## SUMMER EXTRAV

Brothers Grimm provided the theme for Extrav with a number of interesting costumes including a gaggle of little red riding hoods and numerous big bad wolves! The college accommodation manager was splendid as 'Maleficent'.

## SCR

Not to be left out, senior members enjoyed lunchtime talks, wine tasting, visits to the theatre and some crown green bowling practice.

# Graduate College



Graduate College has continued to develop and enhance the support it provides for the University's postgraduate students.

Through the Graduate College Review we have identified areas for change, and as one element of a systematic review of the postgraduate student experience at Lancaster the recommendations are now featuring in the institutional reviews of PGT and PGR provision.

The College Social Space and Study Hub continue to provide an excellent venue for the College and students to host events. The space provides the perfect venue for the New Café, which has gone from strength to strength and is now firmly embedded in the College's events calendar.

The New Café provides PhD students with the opportunity to present and discuss their work with other postgraduate students in an informal environment. It acts as a catalyst for connecting researchers. The addition of the postgraduate space in the Library has further enhanced the postgraduate learning environment at Lancaster.



**15**

student presentations  
shared at the 2016  
postgraduate research  
conference



**36**

PhD students used  
college travel grants  
to share their  
research globally



**22**

PhD students shared  
presentations at  
our monthly  
New Café events



## PG BOARD EVENTS

With our PG Board we have delivered events for postgraduates over the year including our annual summer festival, and this year saw the development of weekly summer events for current students and incoming PELP students.

A particular success this year was the 'Meet the Guide Dogs' event, hosted by the College and delivered in conjunction with our PG Board, LUSU and the campus Guide Dog Society. The event saw over 200 students from across campus take time out from exams to de-stress and meet some local guide dogs and their owners. The event raised over £700 for the Guide Dog Society.



## RESEARCH CONFERENCE

Our annual research conference proved a success once again. Delegates particularly enjoyed the three-minute thesis presentations and our winner, Amanda DeSalvatore, represented Lancaster University in the UK semi-finals, hosted by Vitae.

Our keynote speaker, Eric Stoller, provided delegates with some valuable insights into how to use social media strategically to share their research, and we were particularly pleased to see a piece about the conference in the May edition of *Scan* thanks to PhD student Bethany Dahlstrom.

# Grizedale College



2015-16 was, as always, another successful year for Grizedale.

The new year marked the 40th Anniversary of Grizedale College, and the College welcomed past students back through its doors for a reunion weekend in March. Grizedale alumni visited to see how the college had changed and evolved, and spent the weekend sharing memories of their time in Grizedale. The College spirit is still felt by Grizedale alumni – once a Grizedalian, always a Grizedalian.

The College would like to express its thanks to all the staff who chipped in over the past few months keeping the college afloat during Barbara's absence and a special thanks to Becky Sheppard who managed to do her own job in History and organise a fantastic Graduation Day in Grizedale at the same time.

We have said goodbye to our Senior Advisor, Carolyn Hayes, and welcome Andy Harrod as Senior College Advisor with an expanded team of Rebecca, Luke, Leanne and Nicola, and Sara Mellen as the College Wellbeing Officer.

We also said our last, sad goodbyes to our much loved College Porter Bob Horrocks who died after a valiant battle with cancer.



## AWARDS

This year 27 students successfully achieved the Lancaster Award. Four students were awarded The Andrew Pearson Prize and The Queen's Scholarship Part I. Also, our new assistant dean Alex File was winner of the Blueprint Interiors Scholarship for outstanding achievement.

## SPORT

2016 has been a fantastic year for sport in Grizedale. The College won the darts league on Monday, the pool league on Tuesday and the football league on Wednesday to bring home three cups in three days! The men's pool team won the inter-college A league, winning 11 of their 16 matches. The Men's Dart's League was won after a closely fought set of matches, taking the title by a close two points in a fantastic win for the team. The college remained unbeaten through seven games to win the inter-college men's Football B-league.



## SCR

The Grizedale CAT (College Advisor Team) is now here to help anyone who may find the transition to university life difficult, or experience personal problems along the way.

CAT is also able to help Grizedale students who find themselves in academic difficulties further into their degree and can advise and support students at Standing Academic Committee.

# Lonsdale College



Lonsdale College is a sociable international community that welcomes students from all over the world.

Welcome Week in 2015 was a lively affair as always, with a variety of events to welcome new students to the college. The year continued in this vein, with a range of daytime and evening social events. Lonsdale students also took part in the University Challenge competition, debating and the Sustainability Challenge.

The year saw academic success with the award of three Chancellor's Medals to Lonsdale College graduates, as well as sporting success with victory over Bowland College in the Annual Founders sports competition.

This year was a year of hellos and goodbyes as we welcomed our new College Wellbeing Officer Julian Morris and a new JCR led by President Kate Ellis. We also said goodbye to Lonsdale Porter Arthur Barlow, who retired after many years of loyal service.



## FUNDRAISING

Students and staff in Lonsdale have raised money throughout the year, with a cake and coffee sale, a Lonsdale Bake Off, and charity netball and football matches.

## SPORT

Our sports teams were in action throughout the year. The highlight was the Founders competition which pits Lonsdale against Bowland, which was once again a great success for Lonsdale College.

## BURSARIES

Aimed at enhancing the student experience, 10 travel bursaries were awarded to Lonsdale students for travel during the summer vacation.

## SCR

Not to be left out, senior members enjoyed lunchtime talks, gin tasting, a coach trip to Chester and crown green bowling!



Lonsdale College has a new mascot! Meet Roary, who makes regular appearances at sports matches and social events!

## EVENTS

The JCR have been promoting sporting and social events throughout the year, with the highlight being the Extrav.

The Comic-Lon themed Extrav was a sell-out, and fancy dress outfits included everything from the Avengers to X-Men!

The Christmas Ball was a great success too, and festive spirits were not dampened by it being delayed until January by Storm Desmond!



# Pendle College

The College continues to innovate and thrive without compromising our well-earned reputation for hospitality and community feel. Pendle Rooms is the preferred meeting place for many student societies and international gatherings, and every Thursday it plays host to the most eclectic live music performance night on campus.

Lisa Maurin, our Senior Advisor, was justly rewarded with a Staff Prize for creating the student support structure known as the CAT (College Advisor Team), which has successfully operated in Pendle for three years and is now being adopted by other Colleges. Lisa is pictured here with Martin Colclough, our Dean.



We are delighted that Sara Mellen has joined the College as Wellbeing Officer. Sara shares her time between Grizedale and Pendle and miraculously manages to switch college colours between our shared events!

## FAREWELL

After 11 years at the helm Roger Gould has retired from the role of Principal. Roger is Pendle's longest serving Principal and we are indeed grateful for his leadership.

Best beloved Porters Maurice and Ian have taken well deserved retirement and their replacements Jason and David seem to be getting to grips with the mountain of post and parcels that arrive at the Lodge daily.



## VISIT FROM THE VICE-CHANCELLOR

In July the Vice-Chancellor visited his old College for a nostalgia-fest, meeting with Pendle alumni Becky Clark and Kate Henderson (now employed on campus). He was delighted to sign a photograph which now hangs in the foyer to record his visit

## PENDLE PICK-YOUR-OWN

Green Lancaster's fruit beds produce this year and our lunchtime working parties have been popular with staff and students. We have yet to harvest grapes from the various vines but hope next year might be fruitful.



## EXTRAV

Pendle was populated by many James Bond, Austin Powers and Jane Smith impersonators at the sell-out Spystrav in June.

## SUSTAINABILITY

We were joint second in the Sustainability Competition and lost out to Graduate College in University Challenge, which makes us the smartest Undergraduate College on campus this year! Fylde pipped us by one point in the Legends Shield, but we held on to the George Wyatt Trophy.

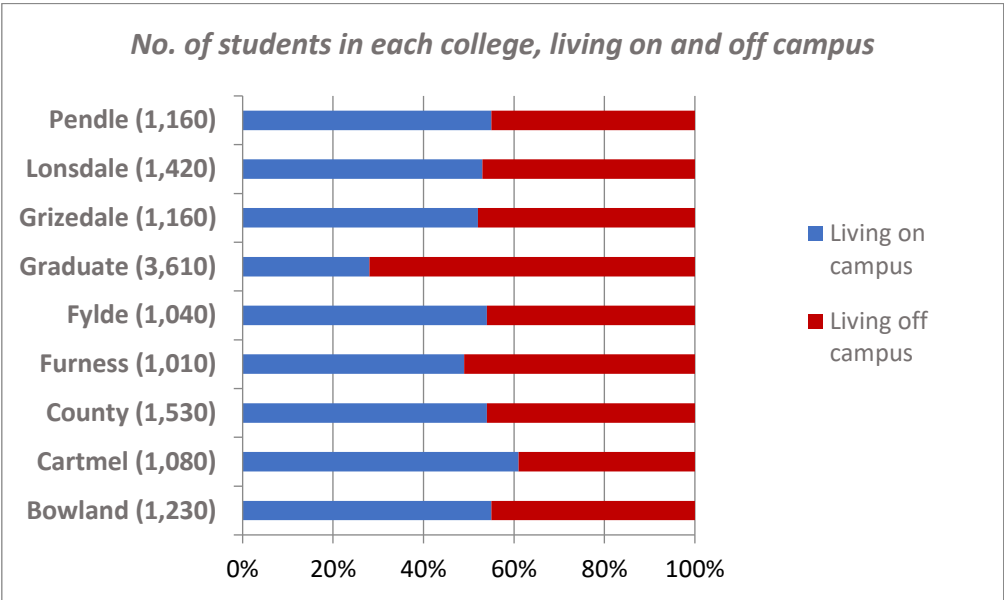


## GRADUATION

Rain couldn't dampen spirits at our graduation ceremony in July. The bunting fluttered and wine and ice-cream was consumed in celebratory style.

# More about us....

The colleges are home to undergraduate and postgraduate students across all years of study, including those living off campus.



## COLLEGE OFFICERS

Each college has a number of people on hand to help – the Principal, the Dean and Assistant Deans (who live in the college), the Senior Adviser and team of College Advisers, the College Manager, Accommodation Managers, College Wellbeing officers and a team of Porters, who are available 24/7.

## PLANNING AHEAD...

Feedback about the colleges is overwhelmingly positive as colleges strive to provide the best student experience possible. Plans for 2016-17 include:

- Enhancing the welfare support, advice and guidance provided.
- Increasing support for international students and providing chances for all our students to learn from each other and experience other cultures.
- Improving support for students who don't live on campus and distance learners who rarely visit the campus.
- Working with the JCR Execs to help all our students feel a part of the college communities to which they belong.

‘There is a sense of unity within your college, and it creates a good rivalry between colleges.’



‘Going out isn’t intimidating when you are part of a college. Things are organised for you, you get shown around and there are always second and third years who can help you find your feet.’



‘The university is a big place but once you’re in your friendly college neighbourhood you won’t feel alone.’



‘The collegiate system was one of the main reasons I came to Lancaster. The benefits hit home from the moment you arrive and your Rep takes you to your room and helps you settle in.’



‘The colleges give you an identity and sense of belonging.’





Bowland College



Cartmel College



The County College



Furness College



Fylde College



Grizedale College



Lonsdale College



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