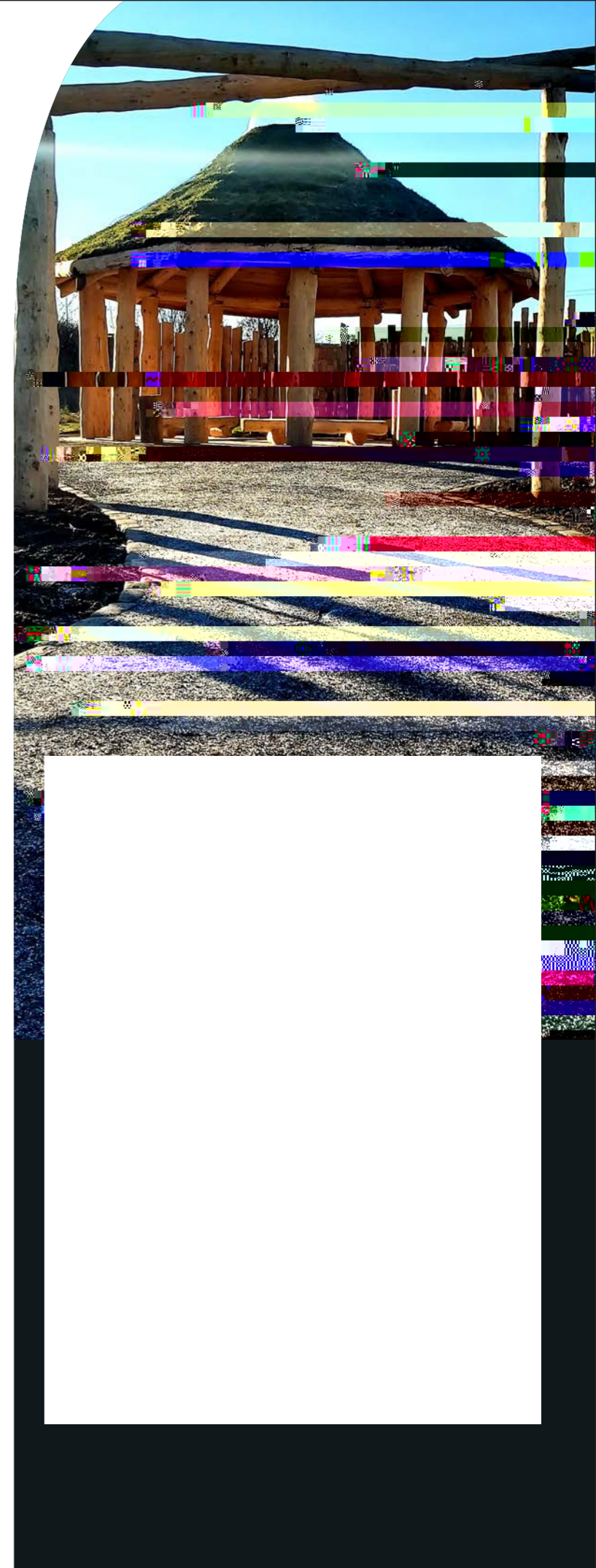
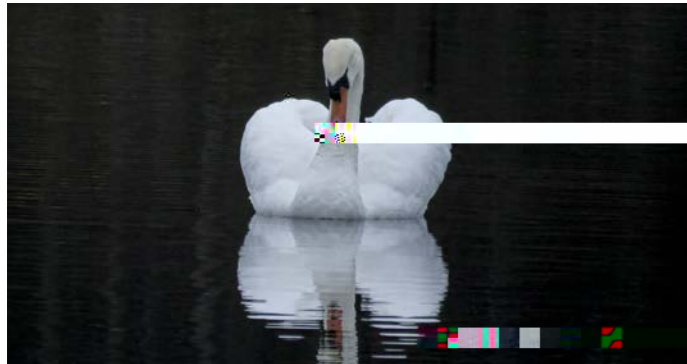


QMYOU

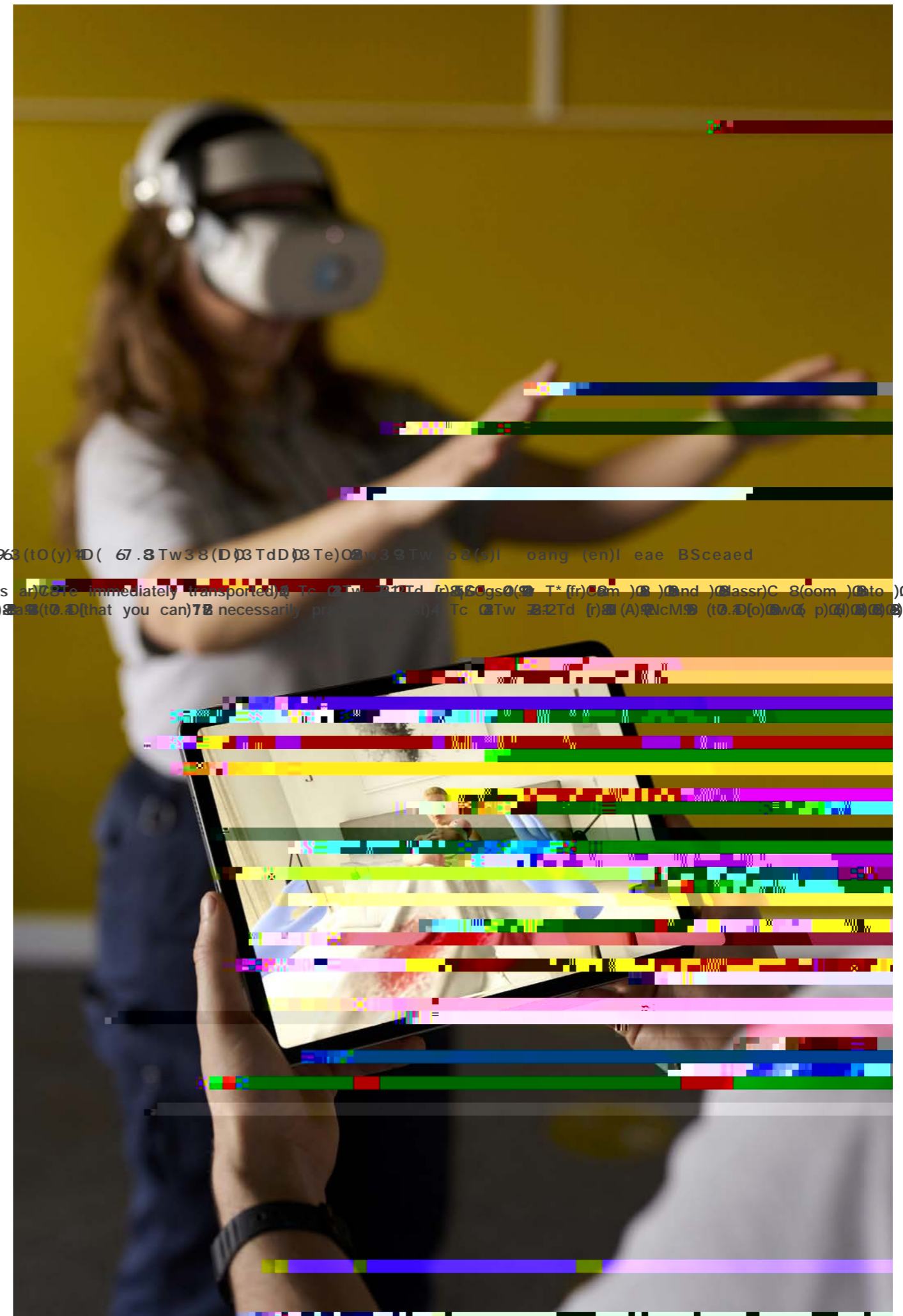
MAGAZINE



NEWS IN BRIEF



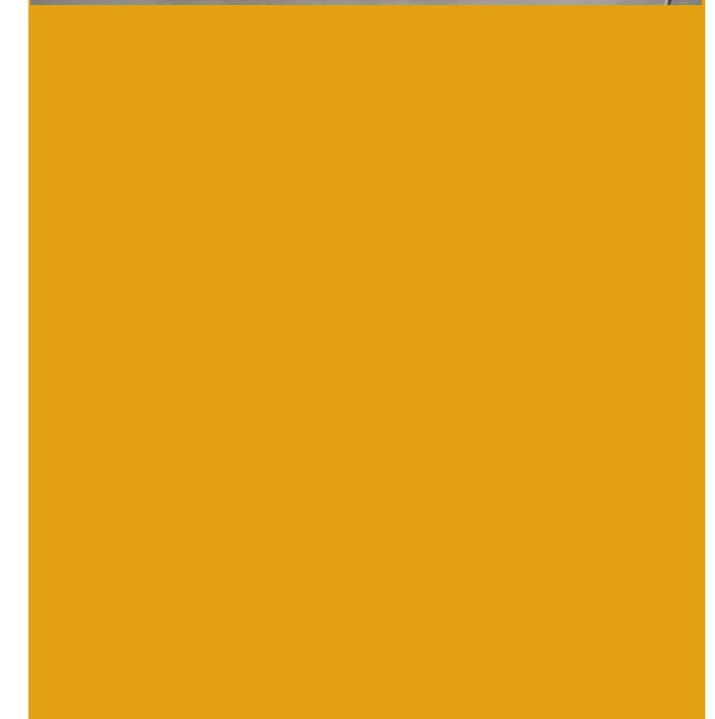
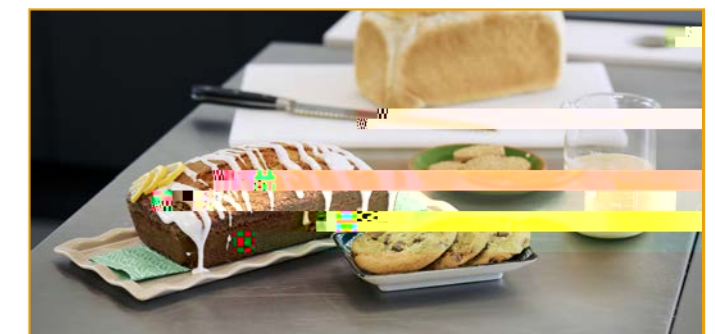
THANKS TO THE use of virtual reality (VR) technology, students can now experience at QMU



New palm oil

What can only be described as an explosion of interest from across the globe reverberated around QMU when we announced that our researchers have developed a product that can replace palm shortening in bakery products. The novel new ingredient known as PALM-ALT is both healthier for the consumer and more environmentally friendly.

... m. ...
... mm ...
... m ...
... m ... m ... mm ...
... m ...
... mm ...
... n ... n ... u ... u ... n ...
... u ...
... n ... n ... n ... u ...
... n ... u ... n ... n ... u ...
... n ... u ...
... u ... n ... n ... n ...
... n ... u ... n ... u ... n ... u ...
... m ...



Challenging homophobic attitudes in the classroom

Lauren, who is carrying out her probationary teaching year at a primary school in Haddington, won high praise from the General Teaching Council, her local council and her school. East Lothian Council's Head of Education, Nicola McDowell, said: "Lauren's work will help to influence and shape professional understanding around how we can challenge homophobia and create inclusive and supportive environments for our children and young people."

As someone who identifies as part of the LGBTQ+ community, Lauren's motivation for her research was a mix of professional and personal interest. She said: "QMU's Initial Teacher Education degree has great inclusion and social justice links, so I was encouraged to pick something I could have a relationship with, and that I cared about."

Lauren was thrilled to win the George D Gray CBE MA Award and is passionate about helping primary schools do more to discuss and represent diversity.

Lauren, who is carrying out her probationary teaching year at a primary school in Haddington, won high praise from the General Teaching Council, her local council and her school. East Lothian Council's Head of Education, Nicola McDowell, said: "Lauren's work will help to influence and shape professional understanding around how we can challenge homophobia and create inclusive and supportive environments for our children and young people."



Joseph shines a light on learning challenges for people with autism

But with a strong drive to succeed and to help others with similar learning challenges, twenty-six-year-old Joseph threw himself into his university work. During his final year, Joseph focused his dissertation on his experience of navigating higher education as someone on the autistic spectrum. He said: "I felt strongly about doing a piece of work which looked at how learning environments can be inherently disabling for people with diverse sensory needs. I wanted to illuminate the impact that local and broader higher education policy has on people's educational experiences and outcomes, particularly those with additional support needs."

But with a strong drive to succeed and to help others with similar learning challenges, twenty-six-year-old Joseph threw himself into his university work. During his final year, Joseph focused his dissertation on his experience of navigating higher education as someone on the autistic spectrum. He said: "I felt strongly about doing a piece of work which looked at how learning environments can be inherently disabling for people with diverse sensory needs. I wanted to illuminate the impact that local and broader higher education policy has on people's educational experiences and outcomes, particularly those with additional support needs."

As someone with lived experience of autism, who has navigated further and higher education, Joseph hopes that his experience – encapsulated within his



Changing lives through sport

QMU is carrying out research into **Frame Running** so it can be classified as an Olympic sport which will allow more athletes with mobility issues to compete in Frame Running in the Paralympics in Paris in 2024 – Find out more on page 18 and 19.

QMU offers the only accredited **Sports Rehabilitation degree in Scotland**. The new BSc (Hons) Sports Rehabilitation is delivered in partnership with Edinburgh College or City of Glasgow College and provides the training needed to become a graduate sports rehabilitator.

A QMU physiotherapy lecturer has been running a **running club** which provides the training needed

will support students to set up a new club of their choice.

Fifteen sports clubs are currently running at QMU, ranging from cheerleading to volleyball, and from badminton to hockey. Clubs are entirely student-led, and if a club doesn't exist, the Students' Union will support students to set up a new club of their choice.

Eight-hundred and sixty-eight students are members of a sports club or society at QMU (sports has 539 members).

Last year, our **women's basketball team** made history for its QMU team by making it into the finals of the Scottish Conference Cup.

Both our men's and women's **Gaelic football teams** have gone undefeated over the last season.

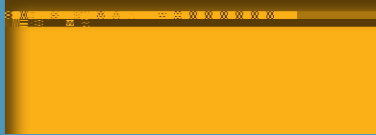
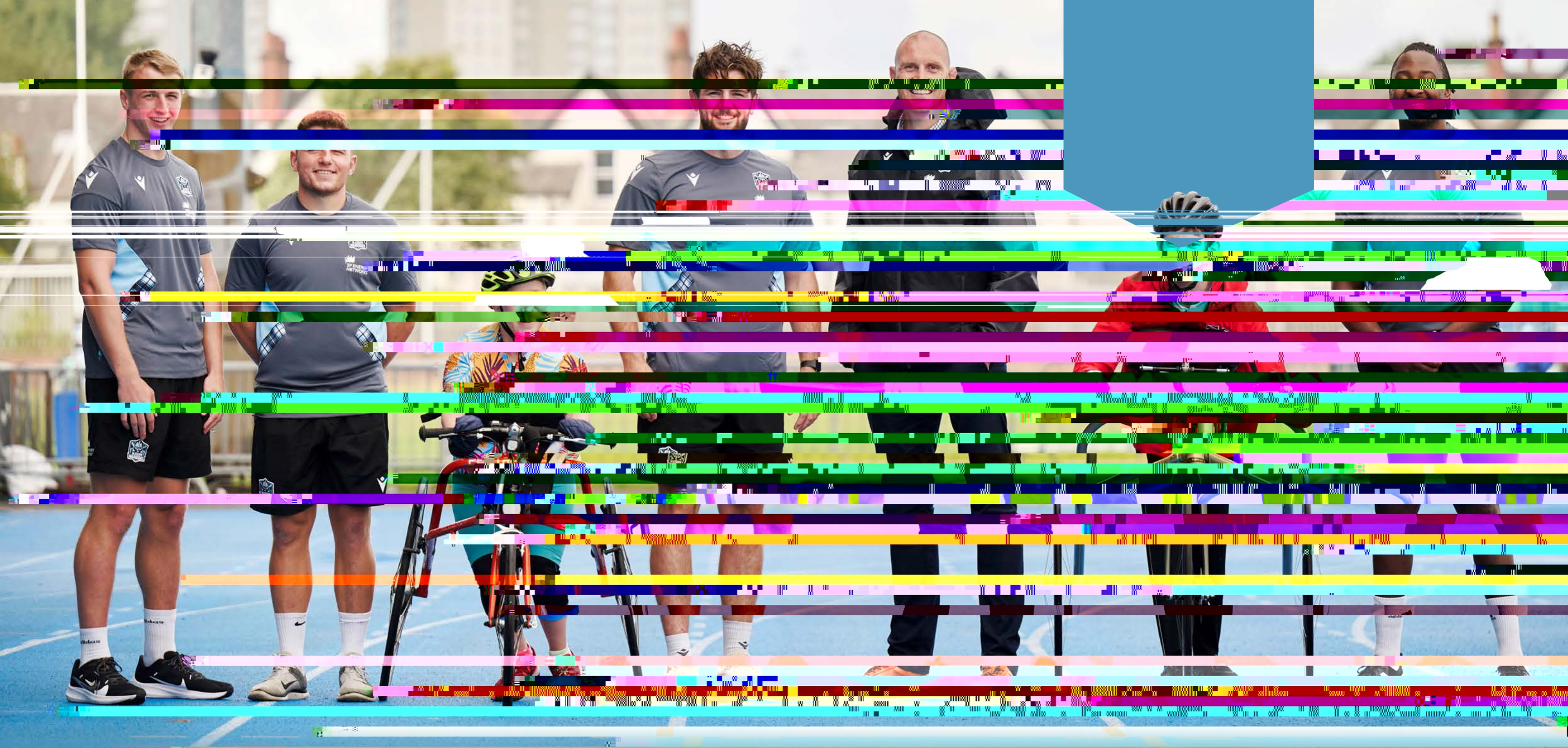
Many of our sports teams compete in **British University and College Sport (BUCS)**. They travel the length and breadth of the country representing QMU and competing against other university teams in a league.

The **QMU Sapphires Cheerleading team** will host its 10th annual showcase on campus this year. Teams from all over the country will go head-to-head in front of a panel of professional judges. Last year, the Sapphires took second place in their division.



m m m m m
m mm m m
m m m m m
m m m m m



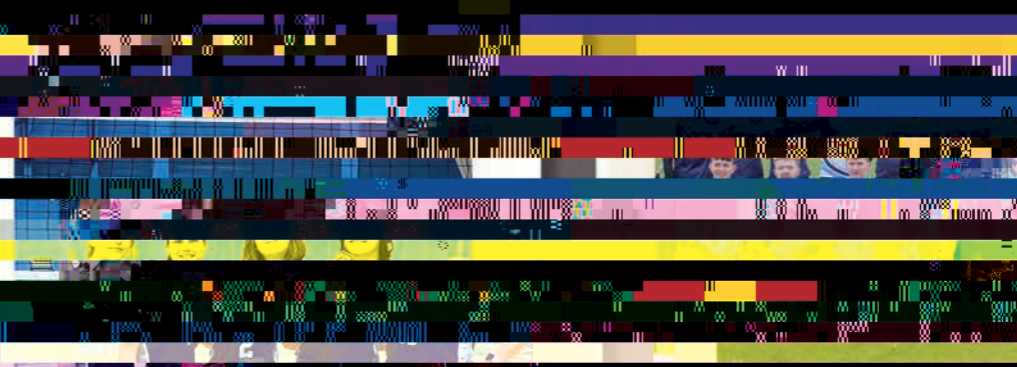




Cricket Team 1962



Lacrosse 1st XII 1933/34



Netball Team 2023



Netball Team 1962/63



Table Tennis Team 1964/65

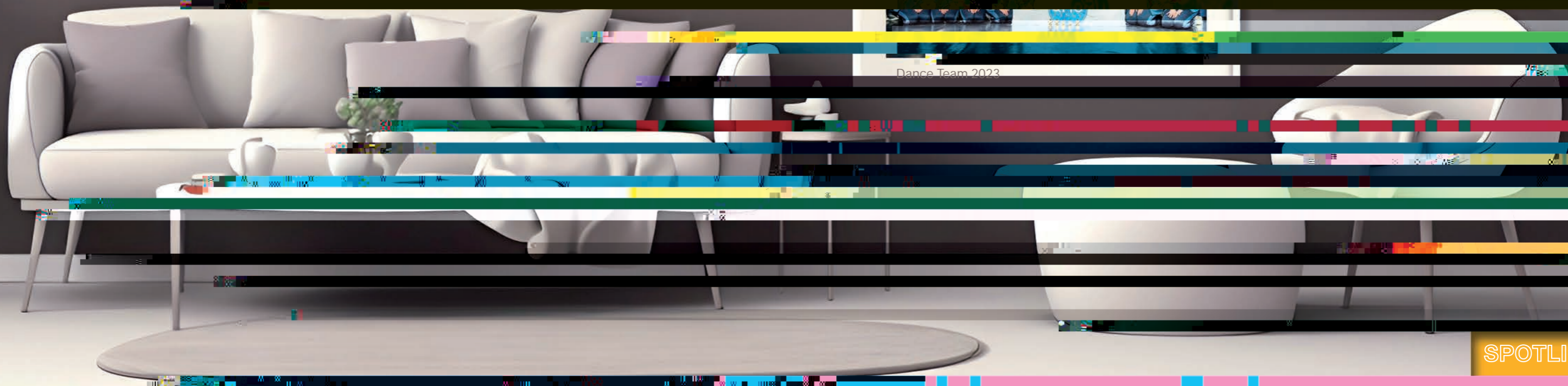


Volleyball Team 2023



Dance Team 2023

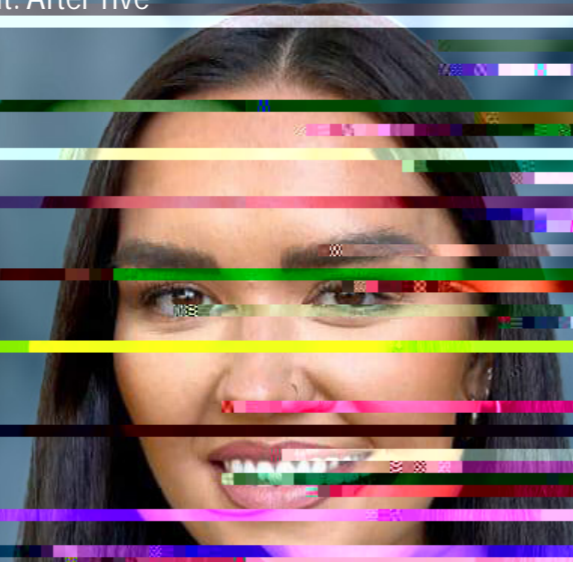
A jog down memory lane – QMU sports teams through the years



SPOTLIGHT

My sporting life – 60 second catch up with Megan Richardson

Success as an athlete, a degree in podiatry and a two-year stint as QMU's Student Vice President led Megan Richardson to a dream career in sport. She used her health degree and the transferable skills developed at QMU to direct her career into sports management. After five



m

m

m

m m

mm

o



TOP FIVE TIPS

Conference contributors stated the best way to support good bone health is:

Exercise – keep moving!

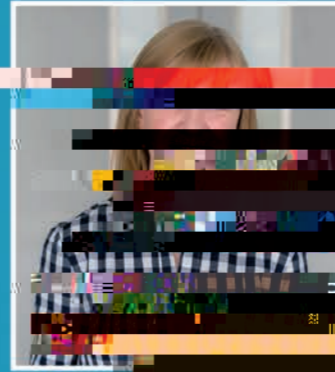
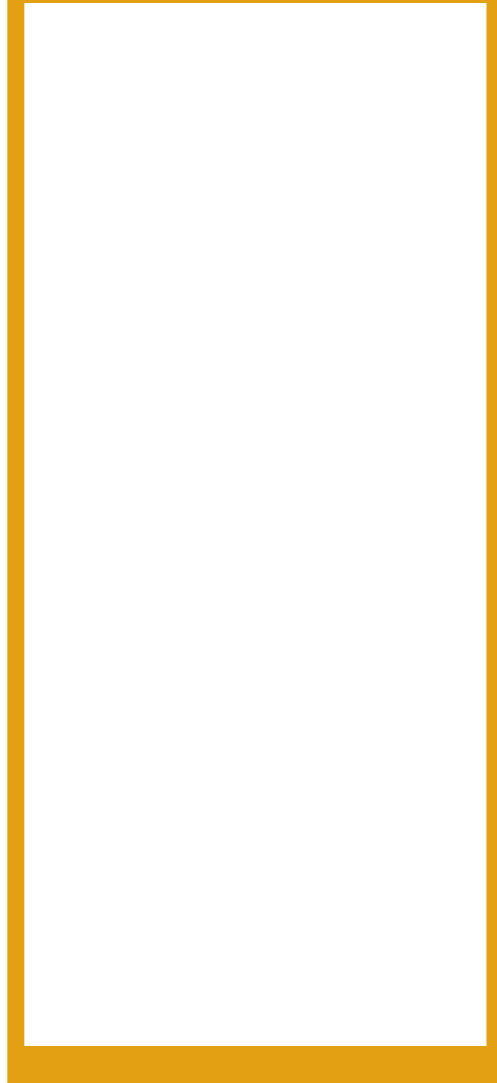
Focus on nutrition – eat a balanced diet

Get your daily dose of Vitamin D

Drink responsibly – keeping alcohol to a minimum

Avoid smoking

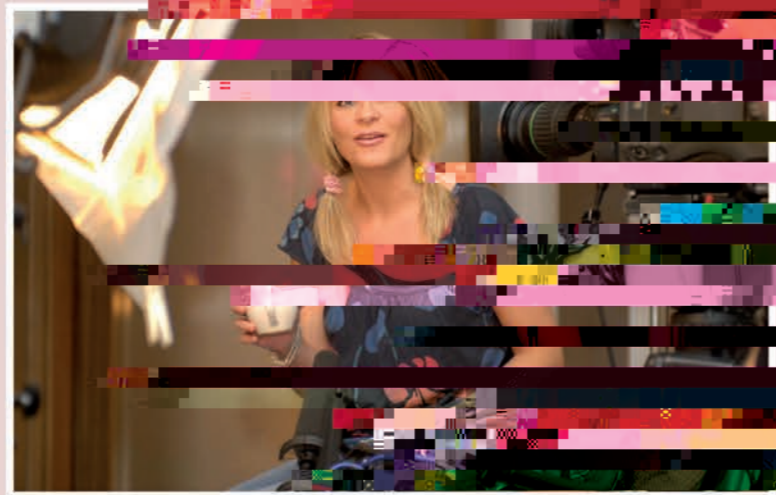




From BBC to MBE: Sally Galloway



Communication and Media Studies, Class of 1989



Sally went on to have an impressive television career, with presenting jobs on GMTV, BBC's 'Real Rooms', Channel 4's

Dear Mum & Dad (en amzn-G people,5sunteworOlympicC /PMCID 1842 BDC 0.015 Tc 0.045 Tw 057-010)0.6 esew
o1055 (v [re]4 nsodn]0 6)Icognisedr 1 2003 wh18 sMC FM
(re[4 nsodPeople. Durn-G aar58 (.time.EMC Palace,-GB)/MCID 1842 BDC 0.015 Tc 0.045 Tw -07021Go45', which0)18.5 (re[4 nsod43

m m m m
m m m m
o' m !

"I want to be a Hollywood film star," Sally red back without hesitation. She smiles as she recounts the moment she realised being in front of the camera, with a microphone in hand, was the career for her.

When offered a place in one of Queen Margaret's new Communication and Media Studies courses, Sally was delighted. "I just loved my time at QMU - I got to study what I loved!" Sally recalled.

"I've so many amazing memories of sitting in one of the screening rooms on campus, watching montage sequences. I quickly realised just how important this experience would be."

Discussing her final year at QMU, Sally explained: "I was writing my dissertation on children's television and how discerning the young viewer is. My case study was focused on Blue Peter. As part of my research, I called the BBC, asked to speak to the Blue Peter team, and a week or so later, I was in their offices!"

"This lit the fire in me even more to work in TV and helped me focus my efforts and land my first proper job as a BBC secretary. It was so exciting! I was able to work with some of the biggest hitters in the world at that time. TV broadcaster, David Dimbleby, was on the first programme I worked on. I even played a part in bringing the TV politics programme 'Question Time' to Scotland for the first time."

Sally had been a secretary for about 18 months before finding out about a new BBC Scotland children's education programme 'Go45', which was in need of a presenter. Sally was delighted when she landed the role.

"Go45 was a real rule breaking fresh take on old school style education programmes," said Sally. "I was able to co-host alongside radio broadcaster, Grant Stott, and the show attracted an average audience of 4.5-5 million per episode. Little did I know that this was just the beginning."



CLASS REUNIONS

2023, C P H E L L A C E 60
1963. E 16,
K,

We are a social and supportive association offering friendship and mentoring. Life membership costs £50.
Find out more on our website www.qmugraduateassociation.com

One major benefit of being an Association member is the use of Madras

UPCOMING ALUMNI EVENTS

Acting and Performance Showcase: Edinburgh, Tuesday 23 April (7.30pm-9.30pm)

C A P H E L L A C E BA (H)

A P H E L L A C E BA (H)

E: @

Edinburgh Alumni meet-up: Thursday 6 June (6.30pm-8.30pm)

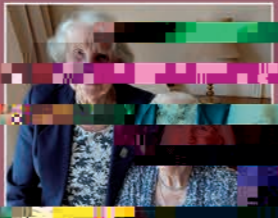
M A C E BA (H)

E: @

London Alumni catch-up: Thursday 23 May (6.30pm-8.30pm)

J L D B

E: @



Margaret Seabrook reunited with Jess Clarke

REUNIONS: Call for Classmates

Diploma in Dietetics (and Catering), student intake 1974

F B (R) D Y (C) 50

1974.F F 40 E

E: @

Professional Qualification of the Hotel, Catering and Institutional Management Association, Class of 1985

C P L () L M I (L) 40

1984 1985. E: @

E: @

Diploma in Podiatric Medicine, Class of 1991

E H (M) 33

1 J 1991.J P M E: 70@

Madras Lodge, Gullane

Recently, upgrading work commenced at the Lodge with new heating installed and refreshed décor in some areas. This is an on-going project, and our plans for 2024 include a major roof overhaul and continuing with updating décor.

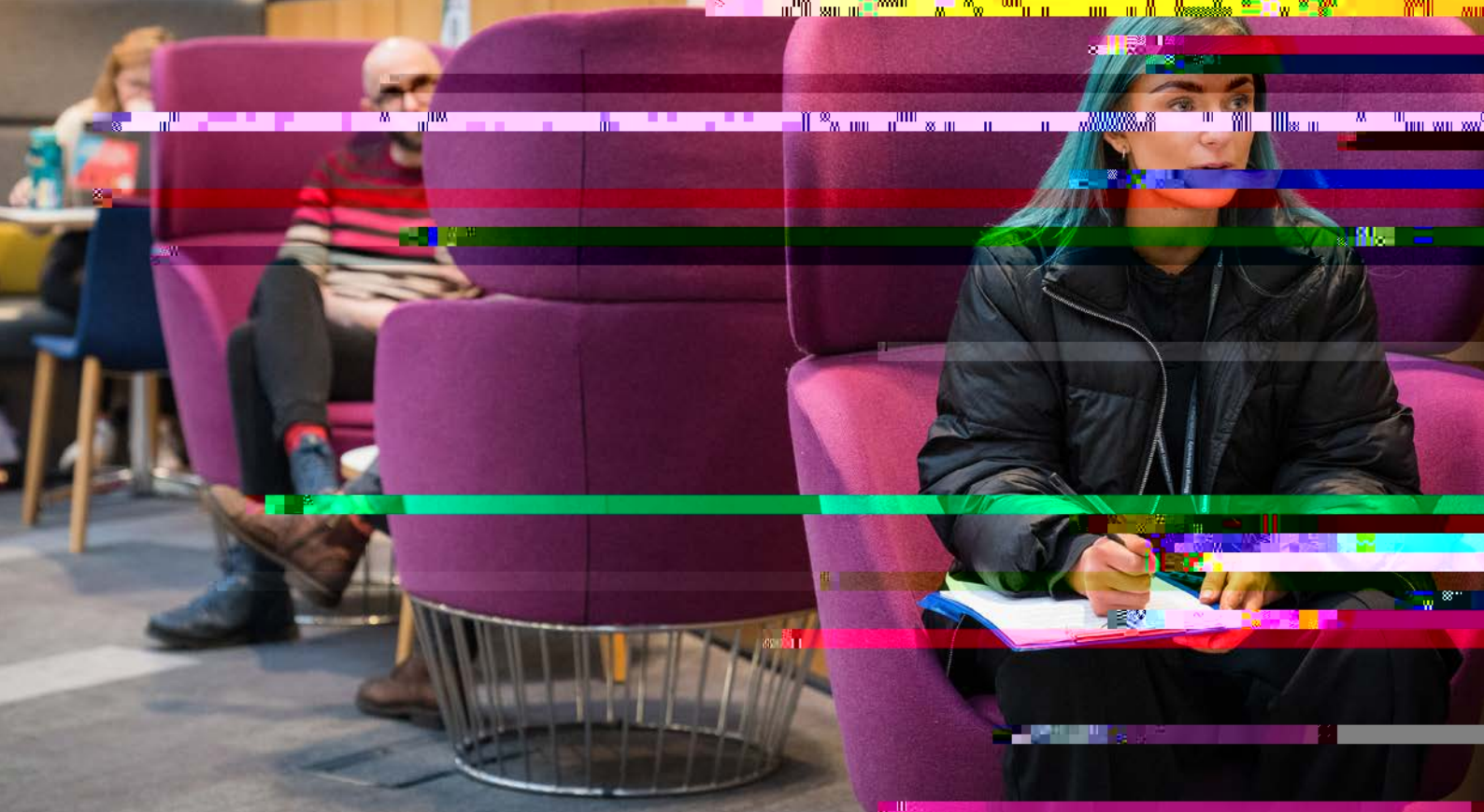
The House is more accessible than The Loft, with a small single bedroom downstairs and a wet room.

The Loft sleeps up to five people, if using the sofa bed. Take a look at the Madras Lodge webpages to see the changes. <https://sites.google.com/site/madraslodge/home>

We welcome new members. Our membership form can be found on our QMU Association website www.qmugraduateassociation.com

We are always pleased to have new volunteers to assist on the committee or in other roles. If you would like to get involved, contact us at: [E: qmugradass@outlook.com](mailto:qmugradass@outlook.com)





SUPPORTING STUDENTS FACING FINANCIAL DIFFICULTIES

The cost-of-living crisis is having a crippling impact on an increasing number of QMU students.

- **£50** can help bridge the gap of the rising costs of monthly household bills (gas, electricity, broadband etc).
- **£75** provides a monthly train pass for travel to and from university or to essential practical placements.
- **£110** provides groceries for a month.

Every amount, big or small, will fund essential support.

QMU is committed to supporting students facing financial difficulties. We offer a range of support packages, including: