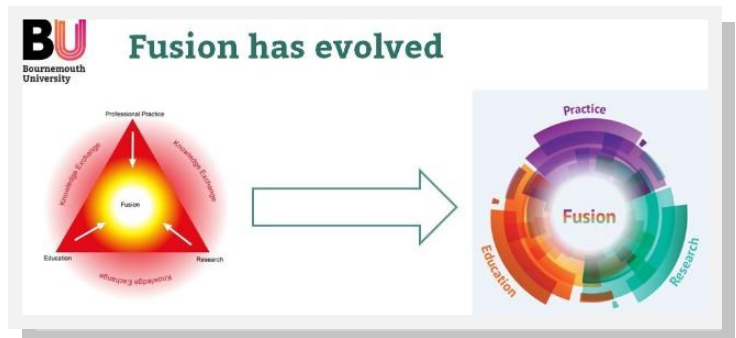


Introduction

Welcome to the Centre for Midwifery Maternal & Perinatal Health (CMMPH) newsletter where we share with you news and activities that are currently being undertaken by staff, students and visiting faculty. In this issue you will notice that the pre-registration midwifery undergraduate curriculum has been revised and updated as part of the Faculty review of all the undergraduate health programmes. The new programme will commence in September 2019 and offers some new and exciting innovations in its content and methods of learning (read more on page 3).

We would like to welcome Daisy Wiggins and Dana Colbourne to the Centre as they take up their lecturing posts at BU. Both Daisy and Dana have been part of CMMPH for several years as doctoral students. Congratulations go to Dr Stella Rawnsom who achieved her doctorate: *Stories of Companionship and Trust: Women’s narratives of their student midwife caseloading* (see page 6).

Bournemouth University’s unique higher education approach, FUSION has been updated to reflect feedback from staff and students. The seamless links between education, research and practice continue but our key values now reflect excellence, inclusivity, creativity and responsibility. CMMPH staff will embed these values in our every day work. BU has launched its new long-term strategy BU2025 for implementation in August 2018 - which is when the BU2018 plan ends.



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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:

Dr. 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 962184

Web: www.bournemouth.ac.uk/cmmph

Research in CMMPH

Spotlight on a PhD student: Charlotte Clayton



I knew from the outset of my midwifery career that I would pursue a career in research, so when I qualified as a midwife in 2009 I took conscious steps to make this aspiration a reality. In 2013 I was awarded an NIHR Master's fellowship and I graduated from the University of Nottingham with a MSc in Research Methods in 2015. I have worked in various midwifery and research roles in the NHS in Cambridgeshire before, during and after obtaining my Master's degree. A few years ago, when I was working as a research midwife I kept daydreaming about one day successfully doing my own midwifery research - a colleague and I had set up a small pilot study at the hospital we were working at the year before and it had failed quite spectacularly because of research funding cuts! I was not deterred by this experience; it taught me a lot about the uncertainty of the research process and it spurred me on to look for other career opportunities!

In 2017 I saw an advert from BU for a clinical doctoral PhD studentship, exploring a topic that aligned with my research interests and would also enable me to remain in practice as a midwife. I am proud to say that I was successful in my PhD application and I am now in my first year of a four-year, match-funded PhD programme between BU and University Hospital Southampton. The project will explore the impact of continuity of maternity care on the birth outcomes and experiences of women who are living in poverty, from the perspectives of women themselves. Project findings will inform maternity service providers of the impact of models of maternity care from the perspectives of marginalised populations, in an effort to improve outcomes and experiences of women and their babies.

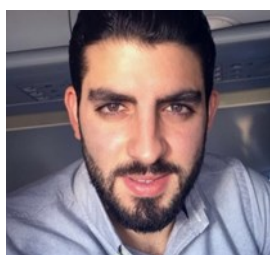
New PhD student:

Iro Arvanitidou is a Registered Associate Nutritionist and Fellow of the Higher Education Academy who joined BU two years ago as a lecturer in nutrition. Iro is undertaking her PhD studies in the area of maternal obesity and nutrition in antenatal care and is supervised by Dr Fotini Tsofliou and Dr Juliet Wood. The research aims to provide an insight in midwives' counselling practices in maternal obesity and inform the development of an evidence-based educational tool to build the healthy eating advice and nutrition capacity of midwives who care for overweight/obese pregnant women.



New PhD student:

Karim Khaled joined Bournemouth University last year for an MSc in Nutrition and Behaviour which inspired him to do a PhD in Nutrition. His research is investigating diet quality/patterns of women of childbearing age and the association with perceived stress and adiposity indices in three countries: the UK, the USA, and Lebanon.



Karim is supervised by Dr Fotini Tsofliou, Prof Vanora Hundley and Dr Rebecca Helmreich (UTHealth-University of Texas), who has research links with his CMMPH supervisors, has also joined the supervisory team. Karim is very excited to work on this research area and he hopes his studies will expand our understanding of the complex relationship between diet quality/patterns and various psychosocial precursors in order to prevent maternal obesity and promote women's health.

PhD student Daisy Wiggins, midwife and recently appointed part-time midwifery lecturer, published 'The effect of a birthplace decision support tool on women's decision-making and information gathering behaviours during pregnancy: mybirthplace study protocol' in the Open Access *Journal of Innovation in Health Informatics*. The paper is co-authored by CMMPH's Prof. Vanora Hundley, and Dr. Carol Wilkins, as well as Prof. Carol Bond (University of Wolverhampton) and Chief Executive of the Royal College of Midwives (RCM) Gill Walton.



Study protocols

The effect of a birthplace decision support tool on women's decision-making and information gathering behaviours during pregnancy: mybirthplace study protocol

Education in CMMPH

Review of undergraduate pre-registration midwifery programme

A new BSc (Hons) Midwifery curriculum is being prepared for approval to run in September 2019, alongside many of the other programmes within the Faculty of Health and Social Sciences. This is an excellent opportunity to include or build on areas of professional learning that have emerged in recent years, and integrate new educational innovations and technologies. The Midwifery team are looking towards the potential changes in future NMC Standards for pre-

BSc (Hons) Midwifery

Watch our video



Visit us



registration midwifery education, and believe these will align well with our existing philosophy of woman centred, holistic, evidence based care that promotes normal processes in childbirth. In addition, this new Faculty wide curriculum structure will enable Midwifery students to study and engage with students from diverse health and social care professions at various points throughout their programme. The revisions to the curriculum have been widely consulted on during its development, which has included our practice partners, women who have recently use maternity services and well as students. We would like to thank

everyone who has been involved in this process, for their contributions.

Review of NMC pre-registration midwifery education standards: the role of the Thought Leadership Group

Prof Edwin van Teijlingen and Dr Susan Way are invited members of the NMC Thought Leadership Group. Members are seen as experts in their field to advise the NMC as they develop the new standards. Susan attends the group on behalf of the International Confederation of Midwives Education Standing Committee. Membership includes midwives, academics from fields other than healthcare, obstetricians, paediatricians, lay organisations and students. Meetings take place approximately every three months throughout the UK. Work continues to develop the new standards with a view that the NMC will consult on them from February to June 2019. When available, please take the opportunity to comment on the revised standards, as they will set the tone for midwifery education over the foreseeable future.



2nd International Midwifery Conference to be held at BU

This conference is being held on July 5-6, 2018. We had a large number of excellent abstracts submitted from an international audience.

Speakers are now confirmed as:

Prof Gwendolen Bradshaw; Dame Cathy Warwick; Dr Magnus Frampton; Dr Elizabeth Falconer. Dr Frampton will talking about the pedagogic process of Bildung, a specific German approach to education.

Dr Falconer's talk will focus on immersive learning technologies. Conference tickets cost £99.00 for the two days. To book a place on the conference the website address is <https://www.eventbrite.co.uk/e/the-2nd-international-midwifery-education-conference-2018-tickets->

BU Bournemouth University
Midwifery Education Conference 2018

What works in midwifery education?
A conference run by midwifery educators for midwifery educators

5th and 6th July 2018
Bournemouth University

Keynote speakers will discuss pedagogic theory, developments in education and change in midwifery education:
Professor Gwendolen Bradshaw – Dr Magnus Frampton
Dr Elizabeth Falconer – Dame Cathy Warwick

Concurrent speaker sessions:
Posters
Launch of 'Midwifery Education Edition'
Networking
<https://midwiferyeducationconference.eventbrite.co.uk/>

MidEd2018

Open Education Resource (OER) conference, April 2018

Denyse King along with Dr Liz Falconer presented, 'Virtual reality: the implications for open education resources' at the above conference. They explored the meaning of OER in relation to virtual reality (VR) technologies used for education. They argued that VR has been overlooked in the OER debate to date, and that the growth of educational VR platforms will require consideration of the many of the issues that arise from the more traditional concerns of open resources. They discussed Virtual Avebury and Virtual Urinalysis as two case examples that illustrate the issues that might arise, sharing their experiences of creating these learning environments in collaboration with university colleagues, commercial developers, and other interested parties such as Health Education England and patient representatives. The audience enthusiastically received our presentation and there were a number of interesting questions asked. The OER18 conference was also a valuable networking experience as it included opportunities to meet in person with delegates who had travelled there from many different countries including America, South Africa and Brazil.



Practice in CMMPH

Midwife Jilly Ireland, receives award from The Iolanthe Midwifery Trust

Congratulations to Jilly Ireland, CMMPH Visiting Faculty and Professional Midwifery Advocate at Poole Hospital NHS Foundation Trust, who has been awarded the 'Elizabeth Duff Award' by The Iolanthe Midwifery Trust. This award is for her work supporting healthy relationships between midwives and women and their families using self-efficacy techniques and training for debriefing and motivational interviewing.



The Iolanthe Midwifery Trust

RCM Annual Midwifery Awards 2018



Congratulations to Audrey Wareham and Carmen Cross from Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust, who were runners up in the 'Caring for YOU' category. The RCM (Royal College of Midwives) 'Caring for YOU' campaign focuses on the health, safety and wellbeing in the work place of midwives and maternity support workers .

Prof Edwin van Teijlingen invited to British Embassy in Nepal

The British Ambassador to Nepal invited Prof Edwin van Teijlingen to highlight the UK's expertise in research, and education as well as to share his own experience in UK-Nepal collaborations in Nepal's higher education field.

Edwin presented at the British Embassy in Kathmandu on 28th Feb. 2018. That day the British Ambassador, Richard Morris, hosted the launch of a report of a market study of Nepal's education sector.



Prof Vanora Hundley's national & international appointments

Prof Hundley was a member of the External Review Group for the new guidelines: *WHO recommendations: Intrapartum care for a positive childbirth experience*. The guidelines can be accessed here: <http://www.who.int/reproductivehealth/publications/intrapartum-care-guidelines/en/>

Prof Hundley was also appointed to the prestigious HEE / NIHR Clinical Doctoral Research Fellowship Scheme Review Panel.



Match-funded clinical academic doctorates

CMMPH has been successful in securing four match-funded studentships:

1. *Pain in Early Labour; Developing Support for Women in the Latent Phase of Labour* – Dorset County NHS Foundation Trust;
2. *UNICEF Baby Friendly Initiative: a case study of the challenges, barriers and opportunities affecting the implementation of standards in maternity services* – Dorset County NHS Foundation Trust;
3. *Home phototherapy for the early term infant with neonatal jaundice: an in-depth study to explore the experiences of women, their families and healthcare staff involved with phototherapy in the home* – University Hospital Southampton NHS Foundation Trust;
4. *What strategies would early career midwives find of benefit in order to develop, grow and maintain their resilience in the workplace?* - University Hospital Southampton NHS Foundation Trust.

Interviews will be taking place soon for students to start in September 2018. If anyone is interested in supporting a match-funded studentship please contact Dr Susan Way, sueway@bournemouth.ac.uk

Conference Presentations

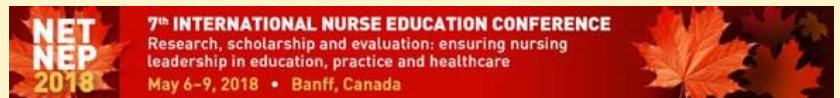
Nurse Education Conference Banff, Canada



Dr Susan Way presented recently at the 7th International Nurse Education Conference in Banff, Canada. The conference was designed to facilitate the sharing of knowledge and experience of nursing, midwifery and healthcare workforce.

Susan's presentation showcased the innovative assessment designed by Dr Jen Leamon, used in Level 6 unit, Health Leadership and Innovation in the BSc (Hons) Midwifery programme. The assessment is designed to bring together the art and science of midwifery through each students producing an individual digital story as a four minute video. The student is able to show their research skills (providing an evidence base for the context of the video); education skills (through story sharing demonstrating deeper learning

and reflection) and practical skills (the student's story considers how midwives can lead change to make a difference in order for women to receive compassionate and competent care).



13th Congress of the International Society for the Study of Fatty Acids and Lipids (ISSFAL)



Isabell Nessel, a third year PhD student in CMMPH, will present her PhD research at the 13th Congress of the International Society for the Study of Fatty Acids and Lipids (ISSFAL) in Las Vegas, USA in May! Isabell secures a prestigious oral presentation, and is also presenting two posters at this well regarded international congress, which expects around 800 delegates. To attend the congress Isabell, with the help and support of her supervisors Dr Simon Dyall and Prof Minesh Khashu, managed to receive a full Santander Mobility Award, and one of the rare New Investigator Awards from ISSFAL.

European Chiropractors' Union annual conference in Budapest

PhD student Amy Miller has had two poster presentations accepted at the conference in May. One poster will outline her PhD protocol, the other will present the specific areas of musculoskeletal problems identified in infants following different birth interventions. At the pre-conference researchers' day she will be presenting her PhD protocol and research completed to date, with a focus on interprofessional mixed-methods research.

Excellent student conference



Congratulations to Nicola Keefe and members of the student midwife council for organising the awesome student conference at Havant and South Downs College. Staff and students not only learnt lots but were also highly entertained. The speakers were excellent. We know how hard organising a conference can be and this team really rose to the challenge and made it a great success.

RCOG World Congress 2018, Singapore

PhD student Preeti Mahato presented an e-poster at the Royal College of Obstetrics & Gynaecology (RCOG) World Congress 2018 in Singapore (22-24 March). Her e-poster 'Study of rural maternity and childbirth care in a southern district of Nepal' is part of her PhD study on maternity care in southern Nepal. Preeti is grateful for the Santander Award she received as this covered most of her expenses for this prestigious conference.



Congratulations, news and events

Congratulations to Dr Stella Rawnsdon

Title: Stories of Companionship and Trust: Women's narratives of their student midwife caseloading experience



Stella says, my doctoral study focussed on hearing women's personal stories to develop an understanding of how being part of a student midwife's caseload may have impacted on their childbearing experience and the meanings this had for them. Utilising qualitative methods, data were collected within a longitudinal model through story accounts from six women who had agreed to be part of a student's caseload. Participant stories were sought on three occasions; twice during pregnancy and once in the postnatal period. This framework mirrored the woman's student caseloading journey, and enabled the interviews to capture episodes as her story of experience unfolded throughout pregnancy, birth and the early days of mothering

The story accounts were analysed through a narrative framework using a three phase re-storying model to uncover themes of significance to the individual women within the study, and the women as a group. Through this process two interrelated formats of re-telling were created through generation of individual poems and collective stories of experience. This enabled me to develop the women's stories re-told as poems as a powerful educational resource with which to inform student preparation for the continuity experience.

Study findings provide evidence that this group of women highly valued the student contribution via continuity to their care and this experience may be transferable to other women participating in student caseloading. This understanding adds weight to the Nursing and Midwifery Council expectations and reinforces the value of continuity educational schemes. The knowledge gained provides useful insights for curriculum developers nationally and internationally, educators and practitioners.

Paper by PhD student Alice Ladur

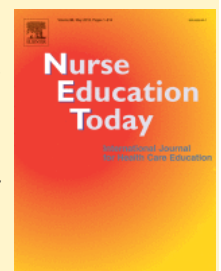
Alice Ladur published 'Whose Shoes?' Testing an educational board game with men of African descent living in the UK' in *BMC Pregnancy & Childbirth* with her supervisors Vanora Hundley and Edwin van Teijlingen.

The paper addresses men's involvement in programmes or interventions aimed at the improvement of maternal health. Alice uses an educational board game which offers a unique approach to present health information where learning is reinforced through group discussions supporting peer-to-peer interactions. The authors would like to thank Gill Phillips for permission to use the *Whose Shoes?* board game and all men for their participation in the PhD study.



Four 2018 papers by CMMPH student

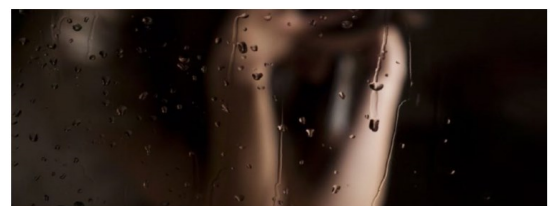
PhD student Preeti Mahato had three papers published in early 2018 and a fourth one accepted. These four papers are included on the back page of this newsletter. The papers were published in: (1) *Journal of Asian Midwives*, co-authored by Catherine Angell and Edwin van Teijlingen, and Padam Simkhada from Liverpool John Moores University (LJMU); (2) the Nepal-based journal *Health Prospect*; (3) *WHO South-East Asia Journal of Public Health*; and last but not least, *Nurse Education Today*. This fourth paper is co-authored by Catherine Angell, Edwin van Teijlingen, Padam Simkhada and Jillian Ireland (Professional Midwifery Advocate, Poole Hospital NHS Foundation Trust & BU Visiting Faculty).



Paper by BU student Rebecca Weston

Rebecca, a third-year student midwife had her first paper published: 'When all you want to do is run out of the room....'.

It is reflective account after a shift she worked, where she was involved in a traumatic, sudden and heart-breaking event in practice. The article in *The Practising Midwife* focuses on the feeling and emotions Rebecca felt that day.



When all you want to do is run out of the room...

When all you want to do is run out of the room... Rebecca Weston – Third year Student Midwife at Bournemouth University This is a reflective article which I wrote shortly after I was involved in a traumatic, sudden and heart-breaking event in practice. I had just begun my second year of midwifery and was excited [..]

Congratulations, news and views cont.

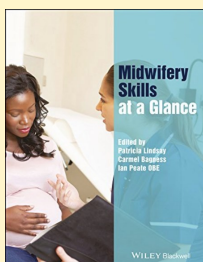
Charlotte Clayton to attend BU Destination Indonesia Summer School at BINUS Jakarta – from 1 – 9 June 2018

Charlotte is a midwife and in her first year of doctoral studies in FHSS, exploring the impact that living on a low income has on women's experiences of pregnancy, maternity care and parenting.

Charlotte recently applied to BU's 'destination summer school programme' in Indonesia and her application was successful. The programme will take place at the BINUS University in Jakarta, Indonesia in June 2018 and is designed for students from BU and BINUS University to work together on projects that address one or more of the Sustainable Development Goals (SDG). The SDG's are a collection of 17 goals set by the United Nations for countries to work towards achieving. The goals are interrelated although each has its own targets and they cover a broad range of social and economic development issues. These include poverty, hunger, health, education, climate change, gender equality, water, sanitation, energy, environment and social justice. Charlotte says, 'Collaborating with others on these projects will foster the development of my global mind-set and enhance my competence as a researcher interested in health and social sciences research'.

Book Publications:

Visiting Faculty Dr Ans Luyben has had published the book: *Birth Stories*. There are 28 special birth stories that health care professionals and women and their families wanted to share about child-birth are presented in this book. They were originally collected in order to share one story on each of the days in December leading up to Christmas. They were shared on Twitter and Facebook during the Advent of 2016. All of these stories are now presented together a Special Birth Story Book. The Special Birth Stories represent special moments in the lives of the women, men and families that sent them in to Ans and her team.



Sarah Emberley has authored several chapters in the new book, *Midwifery Skills at a Glance*. The book offers an invaluable, straightforward guide for students and practitioners offering readable, easily digestible information, supported with illustrations throughout to enhance application to practice. Emberley, S. 2018 In: Lindsay, P., Bagness, C., Peate, I., eds: *Midwifery Skills at a Glance* Sussex Wiley Blackwell Chapters 6 (p12 – 13), 22 (p46 – 47) and 47 (p96 -97)

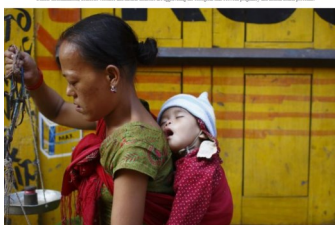
Debbie Houghton and Liz Davey have also been asked to update their book, *The Midwives Pocket Formulary*

Online publications in India

On International Women's Day (8 March) CMMPH Visiting Faculty Dr Bibha Simkhada and Prof Edwin van Teijlingen



A project is training midwives in Nepal to stem rising suicides of pregnant women



published an online article 'Why suicide rates among pregnant women in Nepal are rising' in *The Conversation*. This article was reproduced in two independent online newspapers in India the following week. The *Scroll.in*

(picture left) used the heading 'A project is training midwives in Nepal to stem rising suicides of pregnant women', whilst *The Wire*

(picture right) used the heading 'Why Suicide Rates among Pregnant Women in Nepal are on the Rise'.



Why Suicide Rates Among Pregnant Women in Nepal Are on the Rise

BY BIBHA SIMKHADA AND EDWIN VAN TEIJLINGEN ON 08/03/2018

Editorial appointment:

Dr Pramod Regmi, Lecturer in International Health, has been appointed as an Editorial Board Member for the *Journal of Global Health Reports*.

Late 2017

- Brailey, S., Luyben, A., Firth, L., van Teijlingen, E. (2017) Women, midwives and a medical model of maternity care in Switzerland, *International Journal of Childbirth* 7(3): 117-125.
- Hundley V, Way S, Cheyne H, Janssen P, Gross M and Spiby H (2017) Defining the latent phase of labour; is it important? *Evidence Based Midwifery* 15(3): 89-94.
- Mahato, P., van Teijlingen, E., Simkhada, P., Angell, C. (2017) Determinants of quality of care & access to Basic Emergency Obstetric & Neonatal Care facilities & midwife-led facilities in low & middle-income countries: A Systematic Review, *Journal of Asian Midwives* 4(2):25-51. **T**
- Regmi, P., Alloh, F., Pant, P.R., Simkhada, P., van Teijlingen, E. (2017) Mental health in BME groups with diabetes: an overlooked issue? *The Lancet*, 389: 904-905. **T**
- Mahato, P.K., Regmi, P.R., Waithaka, E., van Teijlingen, E., Simkhada, P., Angell, C. 2017. Health Promotion opportunities for Auxiliary Nurse Midwives in Nepal, *Health Prospect* 16 (2):13-17 **T**
- Vickery, M. van Teijlingen, E., (2017) Female infanticide in India and its relevance to Nepal *Journal of Manmohan Memorial Institute of Health Sciences (JMMIHS)* 3(1): 79-85. **T**

Early 2018

- Adhikary P, Sheppard, Z., Keen S., van Teijlingen E. (2018) Health and well-being of Nepalese migrant workers abroad, *International Journal of Migration, Health & Social Care* 14(1): 96-105. **T**
- Emberley, S. 2018 ‘several contribution’ In: Lindsay, P., Bagness, C., Peate, I., eds: *Midwifery Skills at a Glance* Sussex Wiley Blackwell Chapters 6 (p12 – 13), 22 (p46 – 47) and 47 (p96 -97)
- Hall, J., Way, S., 2018 A discussion paper: Do national maternity policy reviews take account of the education and training of the future midwifery workforce? An example from England. *Midwifery* <https://doi.org/10.1016/j.midw.2018.03.019>
- Ladur, A.N., van Teijlingen, E., Hundley, V. (2018) ‘Whose Shoes?’ Testing an educational board game with men of African descent living in the United Kingdom, *BMC Pregnancy & Childbirth* 18:81. <http://rdcu.be/JXs0> **T**
- Mahato, PK., Waithaka, E., van Teijlingen, E., Pant, PR., Biswas, A (2018) Social autopsy: potential health-promotion tool for preventing maternal mortality in low-income countries. *WHO South-East Asia Journal of Public Health* 7(1): 24–28. **T**
- Mahato, P., van Teijlingen, E., Simkhada, P., Angell, C., Ireland, J. on behalf of THET team (2018) Qualitative evaluation of mental health training of Auxiliary Nurse Midwives in rural Nepal. *Nurse Education Today* 66: 44–50. <https://authors.elsevier.com/c/1Wu2axHa5G~S-> **T**
- Marsh, W. Leamon, J., Robinson, A., Shawe, J. 2018. A creative approach to analysing and representing narrative data incorporating photo-elicitation techniques. *Journal of Research in Nursing* 2018 DOI 10.1177/1744987117750218
- Oladapo OT, Souza JP, Fawole B, Mugerwa K, Perdoná G, Alves D, Souza H, Reis R, Oliveira-Ciabati L, Maiorano A, Akintan A, Alu FE, Oyenyin L, Adebayo A, Byamugisha J, Nakalembe M, Idris HA, Okike O, Althabe F, Hundley V, Donnay F, Pattinson R, Sanghvi HC, Jardine JE, Tunçalp O, Vogel JP, Stanton ME, Bohren M, Zhang J, Lavender T, Liljestrand J, ten Hoope-Bender P, Mathai M, Bahl R, Gülmezoglu AM (2018) Progression of the first stage of spontaneous labour: A prospective cohort study in two sub-Saharan African countries. *PLoS Medicine* January 16, <https://doi.org/10.1371/journal.pmed.1002492>
- Simkhada, P.P., van Teijlingen, E., Gurung, M., Wasti, S. (2018) A survey of health problems of Nepalese female migrants workers in the Middle-East and Malaysia, *BMC International Health & Human Rights* 18(4): 1-7. <http://rdcu.be/E3Ro>
- van Teijlingen, E. (2018) Midwives and Mothers: The Medicalization of Childbirth on a Guatemalan Plantation (book review), *American Anthropologist* (accepted Jan 2018).

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