

## FREE ONLINE SPORTS CLASSES

Don't let lockdown stop you training - join the Christ Church Sport team at [facebook.com/ChristChurchSport](https://www.facebook.com/ChristChurchSport) for live streaming exercise classes, direct to your living room every weekday at 12:30pm.



## CLASS TIMETABLE

**MON**  
12:30

**BOX FIT**  
A knockout workout! A cardio and muscular endurance session, suitable for all abilities, no equipment needed

**LEGS, BUMS & TUMS**  
A full body aerobic toning workout that will get you moving! Suitable for all abilities

**TUES**  
12:30

**WED**  
12:30

**STRETCH & FLEX**  
Stretching exercises for your everyday life! Exercises to move and improve your body and mind

**HIIT & ABS**  
High Intensity Interval Training! 100% effort through quick intense bursts, followed by active recovery

**THURS**  
12:30

**FRI**  
12:30

**SHAPE & MOVE**  
A calisthenics workout that uses gravity and bodyweight to help improve your fitness level and mobility

## SUPPORT FOR LOCAL BUSINESSES

The University is helping support the local business community as part of a collective response to the Covid-19 crisis by contributing our own expertise, including research, blogs and podcasts to a new online resource hub.

Run by the South East Business Hub, the Kent & Medway Growth Hub helps new and existing businesses find suitable support in their local area.

In partnership with Kent Invicta Chamber of Commerce, the Kent & Medway Growth Hub have recently launched the Covid-19 Business Community Website, which aims to act as a repository of resources in order to provide information and guidance to local enterprises during this confusing and difficult time.

Find out more at [cv19supporthub.org](https://www.cv19supporthub.org)



## STUDENTS SET UP BUDDY SYSTEM TO HELP THE VULNERABLE

Alongside their studies, a group of the University's Mental Health Nursing and Midwifery students have been volunteering to support the vulnerable during the Covid-19 lockdown, offering a free check-in and chat service.

Second-year BSc Mental Health Nursing students Alex Richardson, Georgie Savage, Ellie Scott, Shari Dawkins and Shylina Mbeve, and second-year Midwifery student Grace Scott, have set up a free chat service to customers of Alex's mum's gardening business in Whitstable.

Alex said: "I knew there was a way my coursemates and I could help. We have some experience and we love caring for people, so I put two and two together. We set up a buddy

scheme, we check in with people weekly and make sure they are OK. If there are any issues where someone is at risk or suffering, it is fed back and we support or signpost where necessary."

The students have received feedback from customers remarking on the difference the initiative has made to members of the local community, who have said they really value speaking to the "nurses of tomorrow".



## Radiography expert Dr Nick Woznitza: a national role in Covid-19 pandemic

Dr Nick Woznitza, Senior Lecturer in the School of Public and Allied Health Professions and Consultant Radiographer in the NHS, is providing essential support to help NHS staff in their fight against Covid-19.

Nick is working with the College of Radiographers and the British Society of Thoracic Imaging, in reviewing and keeping health professionals up-to-date with current and emerging issues during the pandemic, in addition to national and local policy.

Radiographers are crucial frontline staff who play a key role in the diagnosis and care for patients through their expert image reading of X-rays. CT and X-ray scans have helped to produce a body of evidence which doctors have used to diagnose Covid-19.

Professor Chris Burton, Head of School of Allied and Public Health Professions, said: "We are immensely proud of the work that Nick is leading on to develop new radiography services as part of our nation's response to the threat of Covid-19."



## LIFE SCIENCES ACADEMICS WORKING ON COMPUTER MODEL OF COVID-19

Canterbury Christ Church academics have been working with other universities around the world to generate a computer model to help improve understanding of how Covid-19 spreads.

The computer model will look at the molecular structure of the SARS-CoV2 virus spike protein of Covid-19, which allows the virus to bind on human cells found in the lung.

In collaboration with University of Texas and Professor Max Crispin, from the University of Southampton, our bioscience academics have been simulating missing parts and key sugar groups in the overall structure of the SARS-CoV2 spike protein.

This simulation allows scientists to see how the protein and sugars move around at the atomic level and provide key details on the biology of the virus and its infection ability.

Dr Kristofer Leslie, Senior Lecturer in the School of Human and Life Sciences and PhD student Dan Carey have been working on the model since January 2020.

Kristofer said: "In the scientific community it has been heartening to witness the free sharing of data and our simulations are a visual representation of what such collaborations can achieve. Studying the glycobiology (the study of the structure) and the dynamics of this, and other viruses, is a key element in our understanding of the biology of such pathogens."

## Experts offer insights into the effects of Covid-19 on our lives and communities

Our academics offer a diverse array of expertise, with specialists teaching and conducting research across a comprehensive range of disciplines. During the pandemic, our experts have been examining the impact of Covid-19 across all areas of our everyday lives, including mental health, the arts, finances, and even shopping.

These expert comments are available for anyone to read, from essential advice on looking after your mental health and wellbeing during the lockdown, an exploration of the lockdown's effect on our theatre and TV industries, how Covid-19 could impact the possibility of implementing a universal basic income, to the problems

the pandemic has caused our high street and how it will cope in the future.

Read these articles and more of the latest insights from our experts at [blogs.canterbury.ac.uk/expertcomment](https://blogs.canterbury.ac.uk/expertcomment)

## COMMUNITY LIAISON

Despite the lockdown, our Community Liaison Manager is still here to help with any queries you may have. They can advise on a number of community projects, opportunities or issues relating to our students in the local community.

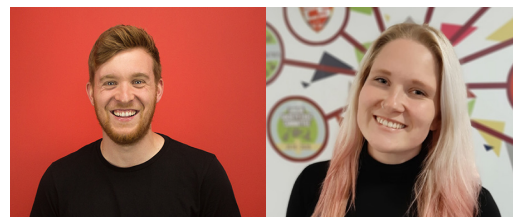
Canterbury Christ Church University  
e: [community.liaison@canterbury.ac.uk](mailto:community.liaison@canterbury.ac.uk)  
or t: 01227 923475

## WE'D LIKE TO HEAR FROM YOU

If you have any questions or comments about the University, or if there is something you would like us to feature in a future issue of Community Matters, please email [community.liaison@canterbury.ac.uk](mailto:community.liaison@canterbury.ac.uk)

For an electronic version of the newsletter and further information, visit [canterbury.ac.uk/community](https://www.canterbury.ac.uk/community)

## A MESSAGE FROM THE STUDENTS' UNION



Philip Kloppenborg (Canterbury Christ Church Students' Union President) and Becky Thomson (Canterbury Christ Church Students' Union Vice President Development and incoming Union President)

The Students' Union provides a key service for students throughout the year, ranging from academic and social advice to democratic representation. However, Covid-19 has abruptly impacted our usual operations, resulting in the discovery of new and innovative ways to engage with our communities.

We have tried to ensure that we help to positively influence the wider Canterbury community through extensive work with local businesses and charities. We know that the impact of Covid-19 has been immense on the local area, which is why we want to do our part for Canterbury and support the area in which our students live and work. We have built strong relationships with local businesses to bring them together with students who are still in the city, and offered support to charities who have been working hard to help the most vulnerable members of Canterbury.

During this period we have also been actively supporting nationwide campaigns, with particular regard to the NHS and our healthcare students who are on the frontline tackling Covid-19. The NHS is doing amazing work and our students are at the very heart of it. It has been our honour to be a part of national campaigns which are providing support to those students who are risking the most.

As with most charities in the sector, Covid-19 has had an unprecedented impact on us as a Students' Union. However, we remain committed to ensuring that all communities we are a part of - student, local, national - are in the forefront of our minds and that we positively contribute to all areas of the communities we function within.

# Community matters

June / 2020



## AN INTRODUCTION FROM OUR VICE-CHANCELLOR



Dear residents,

Welcome to the latest issue of Community Matters.

Like so many of you, I find it hard to believe the world has changed so dramatically in such a short space of time. I do hope that you are safe and well in these challenging times.

On lockdown, our University campuses closed but we continue to support our students and staff virtually. It is important to us that we also continue to support our local community.

Many of our nursing and healthcare academics and graduates are working in the NHS and health and social care professions, and some of our final year nursing and health and social care students have also volunteered to support the fight against Covid-19.

We have donated our stores of Personal Protective Equipment (PPE) to the Social Care team at Kent Country Council and our

engineering academics are also supporting those in the community to produce visors for health workers using 3D printers.

We appreciate that many parents and carers in our community are supporting children with home learning. Our Education Faculty and STEM Hub have created a range of online resources for young people, parents and teachers that you can access online.

You can read more about our response in this issue of Community Matters.

We are looking forward to welcoming new students in September, and doing everything we can to support the economy and wider society recover from the pandemic.

With best wishes,

**Professor Rama Thirunamachandran**  
Vice-Chancellor and Principal

## A thank you to key workers

We would like to take this opportunity to thank the courageous key workers in our local community who are working tirelessly in the fight against Covid-19.

Canterbury Christ Church University has a long history of educating health professionals and teachers, and these roles have never been more vital than now. We are incredibly proud of our amazing students, alumni and staff who have joined these community heroes on the frontline, from the nurses, midwives and health and social care workers who are saving lives and caring for us, to the teachers and educators who continue to provide our children's education.

Thank you.

## HOME LEARNING RESOURCES FROM THE FACULTY OF EDUCATION

As the Covid-19 school closures have meant that many children are now being home-schooled, our Faculty of Education has created a new resources blog to support parents, teachers and schools with remote education during the lockdown, including webinars, podcasts, and learning toolkits, with new resources added each week.

The blog has a dedicated Learning at Home section, which offers a range of support for parents, including video tips on home learning, shared online resources from local schools St John's Primary and Chartham Primary, music composition lessons for young children, online First Aid courses, and activity ideas from The Harmony Project, which uses an approach to education based on the principles of harmony with nature and sustainability.

Access these resources at [blogs.canterbury.ac.uk/adviceresourcesforschools](https://blogs.canterbury.ac.uk/adviceresourcesforschools)





## A nurse's experience on the frontline

We caught up with one of our recent graduates, Jesse, who graduated in January 2020, to hear what life has been like on the frontline.

*Which hospital do you work at, and what is your role within the hospital?*

I work at the Medway Maritime Hospital as a Critical Care Nurse.

*How has your role changed since the coronavirus pandemic?*

Since the pandemic, we now spend our 13 hour shifts wearing hazmat suits, FFP3 masks and a whole heap of personal protective equipment (PPE). My area became a small Covid-19 unit caring for patients in need of non-invasive ventilation, I was then moved to a larger area to accommodate more patients with Covid-19, and I have now been redeployed to intensive care to care for the people who have been most affected by this horrible virus, who have had to be intubated and put on ventilators to allow their lungs and the rest of their body a break in order to recover, while we provide organ support to assist in the recovery process.



*As a recent graduate, how has your training and education helped prepare you for this situation?*

Our training, through a variety of placement and academic means have helped to prepare me for this situation by being aware of the range of needs my patients may have. We are not just dealing with Covid-19, we are caring for a person and their family, and must act holistically and with compassion to look out for that person's interests and enhance person-centred care if they are unable to express their needs themselves.

University has taught me to think critically and analyse my practice and the research around me. Given that Covid-19 is very new for us, there is new information and changing guidelines daily which we must keep informed of as best practices can change. The variety of placement settings I experienced as a student have enabled me to think pragmatically, on my feet and act swiftly in an emergency situation, while also planning and coordinating for possible events and tasks to be completed in a timely manner throughout the shift.

*What has been your experience during the pandemic?*

My experience through the pandemic has been filled with both uncertainty and anticipation, from starting in a respiratory high dependency unit where we expected to be busy but had no idea how different it would be treating patients with Covid-19 in comparison to other conditions, to being moved to work in intensive care and learning to use lifesaving equipment on the job.

It has been emotionally and physically draining spending 13 hour shifts in hot and sweaty PPE, not knowing the answer when a patient asks you if they will survive or how long they will be unconscious for when intubated, holding the hands of patients



who took their last breath without their families present and making those heartbreaking phone calls to break bad news.

However, every cloud has a silver lining and the camaraderie from my university class mates and my team at work has been paramount in getting through the pandemic mentally. Words of encouragement and support from our old lecturers and university staff have also been key in keeping morale up.

*How has your experience on the frontline affected you?*

It has helped me to appreciate the little things like seeing loved ones in person and the ability to hug friends and family.

By working on the frontline it has helped me think and act tactically on my feet and take each challenge in my stride and as a learning opportunity - if we can work through this 'once in a generation' pandemic as newly qualified nurses, then what can't we do?!

## Students provide vital education support during Covid-19 school closures

With the Covid-19 pandemic closing the school gates to the majority of pupils, our students and alumni from the Faculty of Education have been getting creative to ensure children receive the teaching and resources they need to progress their education in these unprecedented times, as well as providing support to parents and the local community.

Megan Belt, a cricketing sports scholar at the University and a first-year student on the Foundation Degree in Physical Education and Physical Activity (PE and PA), has created a series of PE videos on Google Classroom, allowing children at home to practise the techniques and send back videos of themselves to show their progression.

Anthony Lloyd, who also studies PE and PA, led and ran a holiday club during the Easter break to provide activities for the children of key workers, allowing key workers to

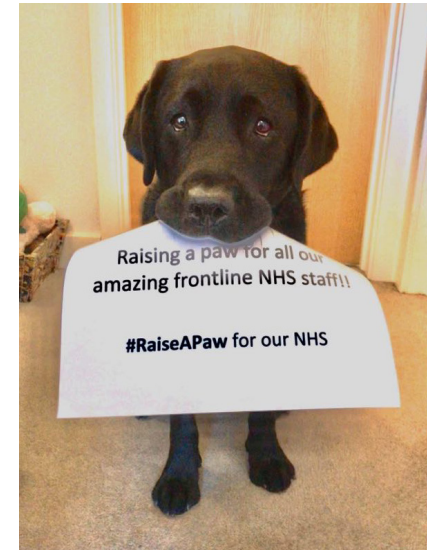
continue to perform their critical roles while the schools were closed for the holiday.

Megan Snipp, a BA Primary Education graduate, has moved her Reception classroom online, uploading accessible work to the school website for pupils to complete, as well as setting up a Facebook page so she can still read the children all their favourite stories, just like at school.

Read the full story at [blogs.canterbury.ac.uk/facultyofeducation](https://blogs.canterbury.ac.uk/facultyofeducation)



Our Justice dog, Oliver, has been supporting the South East Coast Ambulance paramedics during the pandemic, and encourages us all to raise a paw for our amazing NHS workers!



## PROTECTING OUR KEY WORKERS

The University is doing everything it can to keep our community safe during Covid-19 crisis, and we're proud to be supporting key workers while they keep vital services running.

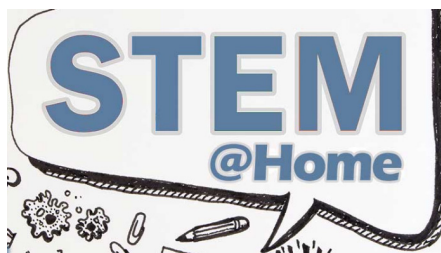
Our health teams have donated essential PPE equipment to the Social Care team at Kent Country Council, providing them with approximately 50 boxes of gloves, 15 large rolls of aprons, surface wipes, and 30 bottles of hand sanitiser.

Our forensics and science teams stepped up to support local health and emergency workers at the South East Coast Ambulance service, donating crucial healthcare apparel including gloves, protective suits, goggles, and lab coats, as well as frontline infection control equipment.

The Faculty of Health and Wellbeing at the Medway Campus has donated vital PPE supplies to the Kent Community Health NHS Foundation Trust, providing multiple boxes of theatre gowns and sterile gloves, which will help protect nurses, carers, medics and other health professionals while they work to fight Covid-19.



## STEM HUB LAUNCHES NEW ONLINE RESOURCES FOR HOME LEARNING



The Science, Technology, Engineering and Mathematics (STEM) Hub team, which is based at the University, has created new online resources for young people, parents and teachers.

The STEM@HOME pages first launched in March 2020 with resources and activities all about Space, and have already attracted more than 5,000 visitors. In the Space section children can enjoy songs about

the constellations and create artwork about their favourite planet, and for older students there are also videos about careers in STEM. Every two weeks a new topic will be explored.

To find out more visit [thestemhub.org.uk/index.php/stem-at-home](https://thestemhub.org.uk/index.php/stem-at-home), or for any queries please contact [thestemhub@canterbury.ac.uk](mailto:thestemhub@canterbury.ac.uk)

## COMMUNITY FRIDGE

The University's lay Chaplain Alanna-Jayne Williams has been helping fight hunger in the community during the Covid-19 crisis.

Alanna-Jayne oversees the Community Fridge, which delivers food to people struggling in Canterbury and the surrounding villages.

Run in conjunction with Canterbury Baptist Church and Lily's Bistro (a not-for-profit social kitchen), the Community Fridge was set up in February 2020 to allow people

to take what they needed from the weekly Fareshare allocation that Lily's Bistro didn't use, but has now been repurposed to help ill, vulnerable or self-isolating people who may not be able to get out to buy food.

The Community Fridge is open to everyone in the local area, so if you need help with getting food, or know someone who does, please contact [office@canterburybaptistchurch.org.uk](mailto:office@canterburybaptistchurch.org.uk).

The service is completely free, but you can give donations if you wish.



## ENGINEERING ACADEMICS SUPPORTING THE NATIONAL DRIVE FOR 3D PRINTED VISORS

Our Kent and Medway Engineering, Design, Growth and Enterprise (EDGE) Hub has been responding to the Covid-19 crisis by developing solutions for the urgent production of essential personal protective equipment (PPE) to support nurses, GPs, care workers, parole officers and other frontline workers in the fight against the virus.

The Engineering team has created a prototype three-part open-source PPE visor design that would enable the small 3D printer community to contribute to the nationwide efforts. The designs have been given to 3DCrowd UK, a community of 3D printer owners who are volunteering to print these face shields to trial.

Through the STEM Hub, which operates out of the University, the Engineering team has called out to their STEM contacts across the

South East with small and large 3D printers to assist the collective effort in producing the visors. This resulted in 199 volunteers registered across Kent, including Chatham and Clarendon Grammar School who have now produced over 27,400 visors.

If you or your business needs facial visors, if you have a 3D printer, or if you wish to financially support this national effort, then please visit [3dcrowd.org.uk](https://3dcrowd.org.uk) to support 'The Big Print' campaign.

## Community Legal Champions continue to provide legal support virtually

Law student volunteers have been providing a vital, pro-bono legal service for the community despite the lockdown, through the CLOCK (Community Legal Outreach Collaboration Keele) project.

The CLOCK in Kent project is a community-based service run by law students at the Canterbury Law Courts, but currently CLOCK operations across the country have

been scaled down significantly, including the closure of help desks within court centres where CLOCK has a presence.

However, the operation in Kent has not ceased entirely, thanks to the University's student Community Legal Companions, who continue to monitor the applications made through the Admin System by service users. CLOCK in Kent continues to assist the community via email and other virtual

media including signposting to legal advice and other third sector services where possible.

CLOCK in Kent's commitment to the local community carries on despite these very challenging times, ensuring that support is still available to help guide people through legal procedures. Visit [clock.uk.net](https://clock.uk.net) to find out more.