

milk.

Lifestyle . Culture . News . Showcase


The Green Issue





*Above image credit: Emily Chainey
Front cover credit: Helen Chacon*

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Another busy year has gone by at *milk*. and we're now bringing you our 2016 print edition. As our final deadlines have crept closer we've been thinking about ways to reduce stress. Our culture editor Lou explains the relaxing power of colouring within her article on the mindfulness trend and colouring books. You can even colour in the mandala on our back cover.

We've also been thinking about the wellbeing of animals. Not only are more and more humans becoming vegan and vegetarian, but some of our pets are enjoying veggie treats too. Check out my recipe for Jammie Paw-Prints if you'd like to know more. Additionally, *milk*.'s Emma Sherab has written a shocking exposé on the horrors of factory farming; drawing on her own experience at an abattoir.

The environmental crisis remains a significant concern for many of us at BSU. Our news editor Emilie speaks with BSU English Literature lecturer Dr Samantha Walton about the positive impact universities can have on environmental issues.

We also ran photography and poetry competitions: you can see these great images on our front cover and contents page. The winning poem brings this magazine to a close.

This year's print edition also offers a glimpse of the fashion to be found on the cobbled streets of Bath, as well as a peek at the architectural landmark city Barcelona, an insight into studying abroad in China, and some of the inspiring work created by BSU's very own Sion Hill textiles students.

And, if that weren't enough, actress Emily Atack speaks to us about what it was like filming *The Inbetweeners* and acting in her new play *Breakfast at Tiffany's*, which opens at Theatre Royal Bath in May.

So sit back, relax and enjoy this year's batch of fresh *milk*.

DAISY-MAY CHIVERS-BLACK
Editor

BARCELONA

- A Visual Journey -

Words & photographs: Ruth Anderson



Barcelona's coastal location gives the city an unusual visual dynamic. Bright, expansive ocean and rows of palm trees run parallel to urban life, colliding with the cluster of skyscrapers and the wealthy waterfront scene of super-yachts. Barcelona thrives with Antoni Gaudí's Modernista legacy of genius structures built between the nineteenth and twentieth centuries.

As you move inland to the older part of the city, through the interlocking street corridors, you're always on guard for the noise of a scooter precariously zooming up behind you. Walking through Barcelona might make your neck ache, as you cannot help but gaze up at the impressive architecture. From towering white and terracotta orange walls, intricate gothic detail on a row of shutters, to a cat lounging on a balcony and lazily meowing at the crowds passing below: there's always something to catch your eye. La Rambla is Barcelona's renowned

busy street with its litter of trees, souvenir markets and street performers. The bustle of activity makes it an ideal place for street photography and the pursuit of unusual angles. Yet nothing is busier than the design of La Pedrera, one of Gaudí's residential buildings. The mismatched puzzle of stone and iron with geometric angles is almost incomprehensible to the human eye (and very difficult to draw!).

Unusual angles can also be found at the iconic Sagrada Família basilica. The structure is curious and challenges all expectations of architecture. The original building plans were set out in 1883, but the project was left tragically unfinished after Gaudí's death. Today there's an odd juxtaposition of modern scaffolding and medieval temple as builders continue to pave their way to the sky. Step inside and light beams through the huge stained glass windows, bathing flocks of visitors in a rainbow of colour.



‘The structure of the iconic Sagrada Família is curious and challenges all expectations of architecture. The project was left tragically unfinished after Gaudí’s death.’

Stay For affordable accommodation, such as youth hostels, check out *Lonely Planet*.

Travel Book in advance for £30-40 flights (each way). A Metro day pass is a great way to travel around the city.

Climate In September the Catalan climate is still pleasantly warm, with highs of 21-25°C.

When Visit in September when accommodation is cheaper and it’s less busy.

Taste Try squid, salads and tortillas. You can find some great three-course set lunch menus.

THE INFINITE WONDERS OF COCONUT OIL

Words: Yazmina Suleyman Photograph: Laurie Newman

We all know that coconut is scrummy in everything from cocktails to curries, but the oil of this fruit also happens to be the all-round beauty gift that keeps on giving. It's solid at room temperature, so you may need to warm it first. *milk.*'s Yazmina Suleyman explains its uses, from skin-saver to teeth-whitener.

1. Condition your nails

Warm a little coconut oil between your fingertips and rub gently into the cuticles and nail bed.

Benefits: Coconut oil's intensive conditioning properties lock in the nails' natural moisture, strengthening them and nourishing the cuticles and skin.

2. Combat scars and stretch marks

Warm the oil to its liquid form by decanting into a bottle or jar and placing in a bowl of warm water. Leave for approximately two minutes until the coconut oil has completely melted. Apply the oil to skin after showering.

Benefits: Applying warm oil to skin opens the pores, ensuring the most effective absorption to heal stretched and scarred skin.

3. Repair damaged hair

Run warm coconut oil (see tip 2) through your hair after shampooing, coating liberally. Leave in overnight for an intensive conditioning treatment.

Benefits: Coconut oil penetrates the hair and helps to protect it from heat stress, organically keeping hair rich in natural proteins.

4. Add to your cooking

Fry with it. Bake with it. Add it to smoothies. Use it instead of butter.

Benefits: Unrefined coconut oil, also known as virgin or raw, provides an immediate source of energy that isn't stored in the body as fat.

5. Brighten your smile

There are numerous recipes for home-made coconut oil toothpaste – try writer, retailer and activist Lucy Bee's simple whitening toothpaste recipe: see www.lucybee.co.uk. I like to use the traditional method of 'oil pulling'. Swill a tablespoon of coconut oil around your mouth for up to twenty minutes on an empty stomach. The oil effectively pulls dirt and toxins from your mouth.



Benefits: Coconut oil strongly inhibits the growth of bacteria that cause tooth decay, and also helps freshen breath. It's free from synthetic chemicals and inexpensive.

6. Cleanse away make-up

Rub a little coconut oil into a cotton pad and use it as you would any other make-up remover.

Benefits: This method is perfect for sensitive eyes and most skin types. Coconut oil contains no harsh chemicals and, because it has anti-inflammatory and anti-microbial properties, it not only soothes sensitive skin, but also helps combat the underlying cause. It nourishes eyelashes too, making them grow thicker and longer over time.

7. Mix your own exfoliator

Combine coconut oil with rock salt – and essential oils if you're feeling adventurous. Now you're ready to scrub skin for coconut oil comeliness.

Benefits: Perfect for cracked heels and dry feet, this exfoliator leaves skin smooth and supple.

8. Smell fresh – naturally

Gently rub into your armpits as if you were generously moisturising.

Benefits: The natural acids in coconut oil kill the bacteria in sweat that cause it to smell. This is a great alternative to traditional deodorants, especially if you are asthmatic, and is impressively heavy duty.

THE HORRORS OF FACTORY FARMING

Words: Emma Sherab

According to research carried out by Philip Lymbery, author of *Farmageddon: The True Cost of Cheap Meat*, more than seventy billion animals worldwide die each year in factory farms to provide the meat, dairy, and eggs consumed by humans. The demand for animal products has steadily increased year on year due to the enormous rise in meat consumption in countries such as China and India, and the continued demand by the rest of the world for meat on the table every day.

Felicity Lawrence, the *Guardian* correspondent and best-selling author of food business exposés *Not on the Label* and *Eat Your Heart Out*, believes that in a world where millions starve and others become obese from over-eating, as a society we are beginning to recognise that the question of food has become a moral, rather than political, issue.

She argues: 'You can either duck the issues around feeding animals large quantities of grain that could

be used more efficiently to feed humans, and then killing them, or you can confront them.'

The thing is we do not seem to be confronting them. Cows, sheep, pigs and chickens, horses, goats, deer, ducks, geese, fish – the list goes on – live and die in dire and inhumane conditions. They have little or no access to their regular habitats, no natural light, no movement, or an ounce of thought beyond how much they are worth monetarily. The tragedy is that they suffer not because we need their flesh to survive but because we like how they taste.

Commencing my restaurant training, at the age of seventeen, I was taken to a factory farm with adjoining abattoir, to learn where our meat came from. The first thing you notice at the farm is the smell. Penetrating deep into the back of your throat, the mixture of excrement, blood, and filth engulfs you; the feeling of utter desolation and sad suicidal runs that suffocate thousands at a time. Cows milked



Image credit: Farm Sanctuary

on mass until their udders pustulate and bleed. Intelligent pigs so stressed from the lack of room in their crates that they have resorted to chewing each other's tails off. The use of antibiotics and growth hormones to produce animals bigger and quicker than nature intended.

If their life isn't bad enough, they die in the most atrocious way imaginable. Trucked to the abattoir in airless crates, they are led out row by row, shoved, sometimes beaten and kicked, a bolt is fired into their heads and before they are dead steel hooks are driven through their rear legs, before they are hoisted up screaming onto a conveyor belt. Some animals are burnt alive while others are boiled.

No heed is paid to their eyes rolling in fear, the dogged effort some make to free themselves from the killing queue and the screams as they meet their death. Each

animal on the production line is nothing more than a commodity, a profit margin, and a nameless, faceless creature bred to feed our greed.

Yuval Noah Harari, professor of history and author of *Sapiens: A Brief History of Humankind*, points out in an article for the *Guardian* that 'the march of human progress is strewn with dead animals'. His studies show that the extinction of over 90% of all animals in Australia upon human habitation was the first significant impact that *Homo sapiens* had on the planet's ecosystem. We have been killing in the name of progress ever since.

Factory farming is the great shame of the human race; there is no argument that can convince me otherwise. The meat and dairy industries try to justify it. They insist that their methods follow animal welfare guidelines set out by the RSPCA and

Image credit: Compassion in World Farming



Image credit: Farm Sanctuary



‘Animals are more than ever a test of our character, of mankind’s capacity for empathy.’



government: the need for an appropriate environment, a suitable diet, to be able to exhibit normal behaviour patterns, to be housed with, or apart from, other animals and to be protected from pain, suffering, injury and disease. However, they fall dramatically short of every one of these guidelines.

Governing bodies disregard the truth behind animal welfare and continue to ignore organisations such as Peta (People for the Ethical Treatment of Animals) and vegan campaign group Viva!, and documentaries like *Food Inc.*, a damning exposé of factory farming, and *Earthlings*, a documentary so critical of animal welfare that it comes with a health warning.

On the side of compassionate meat-eating, Matthew Scully is an American author, journalist, and speechwriter best known for his book *Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy*. He argues that ‘animals are more than ever a test of our character, of mankind’s capacity for empathy’. He believes that we should show kindness not because we owe animals equality, but because they are not equal to humans.

He also argues that due to the very nature of our position in the food chain we should exercise compassion. Hugh Fearnley-Whittingstall counters this with his interpretation of humanity. In his best-selling cookbook *Meat*, he states that while factory farming is abhorrent and unnecessary, we as a race are still entitled to eat animals. However, Hugh claims that this entitlement is only justified if these animals are treated humanely throughout their lives, killed with consideration, and every part of them eaten.

Recently the meat industry has been dealt a blow. The World Health organisation, backed by Cancer Research UK, released findings that confirm pork and processed meat act as carcinogens and can be detrimental to our health. Perhaps this will solve the problem of factory farming: if human beings’ mortality is affected by our consumption of meat then maybe the public demand for animal products will decline, factory farms will no longer be necessary, and we can go back to eating what we need rather than what we want. Perhaps it will be the consumers and not activists or politicians who bring about the change.

AN INTERVIEW WITH EMILY ATTACK

Words: Emma Head Photographs: Sean Ebsworth Barnes

Her role in the award-winning series *The Inbetweeners* put Emily Attack on the map, but it seems her career is only just getting started. Between shooting two films in two different countries, Emily is also playing the lead role in Nikolai Foster's theatre production of *Breakfast at Tiffany's*. Here at *milk* magazine, we were lucky enough to chat to Emily about her upcoming work on stage and screen.

Although you'd appeared in television soaps and dramas before, your role as Charlotte Hinchcliffe in *The Inbetweeners* arguably kick-started your career. What was it like filming the show?

It was just amazing. We were all such good friends so it was a great environment to work in. I'd only had one screen appearance before that – *Blue Murder* in 2007 – so *The Inbetweeners* was really what started my career. I owe a lot to that show.

You recently appeared in the new *Dad's Army* film, alongside your *Inbetweeners* co-star Blake Harrison. That film is a bit different to *The Inbetweeners*. What made you decide to work on it?

Well as soon as I saw the character description and the cast list I was just blown away – it was a no-brainer really! I just can't believe I managed to get the job.

They told me the same day that I'd got the role, it was amazing. And of course, it was great to work with Blake again.

How does filming a TV show differ from shooting a film?

Well they're both equally as exciting, but being surrounded by your heroes on a film set is just amazing. They're both very long hours but definitely worth it.

We're very excited here at *milk*. about your upcoming performance in *Breakfast at Tiffany's* at the Theatre Royal Bath. Could you tell us a bit more about the play?

It's such a wonderful play, and there are elements that are very different to the film. I've been reading it every day for a while now and each time I read it, the more I find out about different elements of the play I never noticed before! I don't want to give too much away but some of it is actually pretty dark.

You usually work on TV and film productions, but should we expect to be seeing more of you in theatre?

All my friends who work in the theatre have told me how addictive it gets, so we'll see how it goes. I'm so looking forward to it. I don't want to steer away from film and TV because I love

doing that, but I'm really excited to do something totally different.

This year at *milk*. we've been thinking about mindfulness. What do you do to unwind and keep stress levels low?

Well, I live in a flat with four other people and there's honestly nothing I love more than winding down with a glass of wine or going out for dinner with friends. I'm just a normal girl really. I don't do yoga or anything like that but I've heard it's great – maybe I'll take it up.

Many people find spending time in the great outdoors a good way to reduce stress. Are you passionate about preserving the environment? Do you have any views on green issues such as global warming?

Since moving to London I've really noticed the effects of global warming. I know it's easy for people to say 'oh it won't make a difference whether or not I look after the planet', but it's the same as a lot of things, if everyone thought that we'd be in a pretty bad position. In fact, everyone thinking like that has got us into the position we're in now. I recycle and do my bit and I think it's really important for everyone to do the same.



Do you have any other projects you're working on that we don't know about?

I'm working on two films at the moment – one is a political film focusing in on the lives of a Muslim family. My character is a really nasty girl, which is such a change from what I'm used to. I usually play very girly, nice characters so it's interesting doing something else. It was so nice to work with actors like Gabriel Byrne and Harvey Keitel too. Obviously that is very much a political film. But the other one is totally different – it's a crazy sci-fi movie set on the moon which, again, is a total change from what I'm used to. But I got to work with Tom Green and we filmed it in Brussels, which was great.

Breakfast at Tiffany's is in Bath 16-21 May and on tour, including Glasgow, Dublin and Cardiff, until November:

www.breakfastattiffanys.co.uk

JAMMIE PAW-PRINTS

Words & photographs: Daisy-May Chivers-Black

Last summer I bought my dream dog, a Dalmatian named Perdy, and have surprised myself by how much I love to treat her. After chatting to a fellow dog-owner about homemade dog treats I began experimenting with my own. However, as a vegetarian I found that I didn't want to use meat. There is much debate regarding the ethics of feeding your dog a vegetarian diet. Some say that it's not natural; however, dogs are omnivores and so will naturally eat both meat and vegetarian food. I don't agree with the farming of animals for meat, for both ethical and environmental reasons.

When visiting my dad one day I was surprised to find his little Jack Russell picking and eating the strawberries growing in his garden. This inspired me to create a dog biscuit containing a small amount of her favourite fruit. While a little fiddly to make, the finished paw-print design is really effective. Tried, tested and approved by Poppy herself, these biscuits are sure to get tails wagging as an occasional treat.

Treat time:

Jack Russell Poppy
product testing



Makes 26
For the biscuits:
115g plain white
flour
55g oat bran
55g sunflower
margarine

For the jam:
4 strawberries

Portion guide:

Large breeds: 3-4

Small breeds: 1-2

1. Preheat the oven to 180°C. Put the flour, oat bran and margarine into a mixing bowl and rub together until it is a breadcrumb consistency. Add a drop of water and knead into a dough.

2. Roll out the dough on a floured surface to approximately 1cm thick. Using a circular cookie cutter roughly 4cm in diameter cut out 52 biscuits. Set aside half of the uncooked biscuits and add the paw-print design to the remaining half.

You will need a set of two fondant plunger cutters of 6mm and 10mm in diameter. PME's plunger cutters are sold at a reasonable price: pmecake.co.uk. Use the 10mm cutter to make the larger circle just below the centre of the biscuit. Next, use the 6mm cutter to make four holes for the toes.

3. Place all 52 biscuits onto baking trays lined with greaseproof paper, leaving approximately 2cm between each biscuit. Bake in the oven for 15 minutes or until golden brown. Once cooked, transfer to a wire rack and leave to cool.

4. While the biscuits are cooking, make the strawberry jam. Wash the strawberries and remove the stalks. Put the strawberries in a blender and blend for approximately one minute, until you're left with a smooth paste.

5. When the biscuits are cool, thinly spread the strawberry paste onto the complete biscuits and place the paw-print biscuits on top. Leave them for 30 minutes to one hour for the strawberry jam to set, then store in your dog biscuit tin. These Jammie Paw-Prints will last for about seven days if kept in a fridge.

NATURE AND TEXTILES AT SION HILL

Words: Laurie Newman

BSU's Sion Hill campus is a hub of artistic innovation. Everywhere you look you can see designers and artists developing magnificent artworks, clothing, textiles and so much more. After chatting to some of these designers we've found that nature and culture have been key sources of inspiration for many of these budding creatives.

Third-year BSU textiles students Rebecca Garforth and Rhian Beynon told *milk.* art director Laurie Newman a little more about how they approach a project.

Patterned Soul (facing page, left) is a funky, original and eye-catching brand created by Rebecca Garforth.

I have been interested in alpacas – and particularly Peruvian alpacas – and their owners for a while. I like to make sure that my work is individual by choosing unusual subject matter, so this seemed like the perfect opportunity to show my appreciation for these odd animals. The cacti came in afterwards due to the growing trend for cactus motifs and because they fit well with my bright, Peruvian-inspired colour scheme.

Towards the end of the second year we were given a brief for which we had to create a range of products that we could sell at Sion Hill on open days and at the graduate show. I decided to focus on stationery and began by designing pencil cases and notebooks. This led on to designs for prints for technology, such as tablet and laptop cases, which proved to be my most popular pieces.

I take inspiration from lots of different sources, including interior design, fashion, photography, nature, fine art, sculpture and ceramics. At the moment I am fascinated by the work of ceramicists such as Éric Hiblot and Jean-Marc Fondimare, as well as illustrative artists Monica Ramos and Naomi Wilkinson. I also love mid-century design and often envisage my work in 1950s Scandinavian interiors.

After school I was convinced I would focus on silk-screen printing, a more traditional method of pattern and print-making, but learning new techniques and skills within the first year led me to digital textile design. The textiles course at BSU has taught me to think outside the box and create designs that haven't been seen before.



Rhian Beynon is the designer behind a collection of exquisite and exotic furniture (above right).

My first step when designing the furniture for this project was to gather inspiration and research: visiting museums, gardens, and fashion and interiors stores. It is important to me to photograph anything that inspires me so I have plenty of images to work from. I also use magazines such as *View* and *Texprint* to ensure my designs are on trend regarding scale, print, colour and styling.

This project was highly influenced by my trip to India last July, when I travelled with other art students from Mumbai to Delhi. My wonderful experience in India

has provided me with incredible research and endless inspiration for my designs. In addition to the beautiful architecture I was also drawn to nature, inspired by the tropical wild plants and flowers.

In the first year we had an amazing opportunity to collaborate with Bath's Anthropologie store. We hand-painted floral boards for the opening of the new store, which I thoroughly enjoyed. It was then I realised that hand-painted flat colour design was the style of print I wanted to pursue. As such, my style of work consists of hand-painted floral designs that I develop in Photoshop to create digital patterns. In addition to digital print, I have experimented with screen-printing for this collection.

GALA: A TRIP TO CHINA

Words: Sarah Rose McCann *Photographs:* Louise Bray

It was May last year, the end of term was in sight and, for once, I had absolutely nothing planned for my summer. That is, until I saw an advert in the BSU student newsletter about an opportunity to visit a university in China through the Global Academy of Liberal Arts network (GALA).

GALA is a liberal arts collective, a network of universities all around the world, that was created right here in Bath by the BSU Vice-Chancellor, Professor Christina Slade. This organisation offers students the chance to visit and study at other universities within the GALA network. Additionally, GALA also allows for universities to develop joint programmes, set up shared student projects, offer lectures and classes taught remotely by lecturers from other countries, and more easily and effectively carry out comparative research.

The prospect of visiting a university abroad was exciting and, thankfully, I was awarded a place on this scholarship. For two weeks, I would be immersed in Chinese culture, learning about the history, cuisine and cultural traditions. And, what's more, I would attend a GALA conference, where I would meet and speak with lecturers from across the globe.

The Communication University of China (CUC) in Beijing is an impressive institution with a huge campus where students and residents live side by side. Each day, we had a lecture on Chinese culture and customs, history and politics. I studied Chinese history at school and so felt as though I knew the culture pretty well, but being there and hearing what Chinese lecturers themselves had to say was eye-opening. When learning about a country, you just can't beat actually going there. I got to experience history first hand – from spending my birthday on the Great Wall walking along the construction that at one time so long ago kept Genghis Khan out of China, to going to Tiananmen Square to see Chairman Mao's resting place.

The sights and sounds of this city were at first disorientating. Beijing is such a big place; the buzzing of the traffic, honking of car horns and smells of smoke from the street food vendors wafted through the air. There was so much to take in that my senses felt at times overwhelmed. From the brightly lit advertisements on buildings to the exotic fruit in the market. After a while I grew accustomed to this assault on the senses and it all faded into the background. But one thing that I could never get used to was the smog. Thick



like a haze, you could see it descend upon the city and I soon realised that the face masks were at times a necessity.

Not only did I embark upon some unforgettable adventures, but I made some amazing friends. Even though none of us with a place on the scholarship knew each other when we arrived, we formed close bonds over the course of our stay in China. My favourite memory was the weekend trip away some of us took to see the Hanging Temple in Hunyuan County, Datong City. This was a long journey into the unknown that brought us across mainland China. Looking outside the window we could watch the real lives of

ordinary Chinese pass us by. The dusty roads and small villages that looked as if time had stood still were opened up to us. It was fantastic to see this glimpse into rural China and a real contrast from the buzzing capital of Beijing.

Jacob Leeson, another BSU student to be awarded a place on the GALA scholarship, shared his thoughts on our time in China: 'I was keen to discover Chinese culture and what it had to offer. My most memorable moments were climbing the Great Wall of China and visiting the Hanging Temple. I learnt that travelling abroad with a big group of people can be far more enjoyable than travelling alone or with just a couple

‘I would encourage all students to study abroad while they are at university. There are so many opportunities available for you to embark upon the trip of a lifetime.’

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of friends. There are great dynamics within a large group. Going to Beijing also made me aware of the poverty that could be found just a couple of miles outside its Central Business District. Some people were only just managing to exist, an issue I wasn’t aware of. I would definitely encourage people to go abroad; they are bound to have an incredible trip and meet some fantastic new people who will most likely turn into lifelong friends.’

Taking part in the GALA conference and scholarship programme at CUC has broadened my outlook and cemented my desire to work in the international field. It has given me the chance to develop real world experience in working on a global platform, experience that will prove invaluable when trying to secure a job after university.

GALA has also opened up opportunities for me during my final year at BSU. During the conference in Beijing a project was proposed in which BSU and University of Parma students would help in the creation of a series of digital publications for Parma’s CSAC art and design archive. As a student, it was a great experience to see such projects presented and discussed, before working

on them back at the BSU campus. I have also been given the opportunity to attend another scholarship at the Monterrey Institute of Technology and Higher Education in Mexico City this June and July. I couldn’t imagine a better way to graduate from university.

The fantastic experience provided by the GALA international scholarship has helped me build many transferable skills that I hope to put to use in both my personal and professional life. The friends I have made along the way and the projects I have been a part of have encouraged me to continue to pursue my desire to work internationally. With the advent of social media and advancements in travel, connecting with countries around the world has never been easier, and so it’s beneficial to begin making international connections while studying. I would encourage all students to study abroad while they are at university. There are so many opportunities available for you to embark upon the trip of a lifetime.

The BSU International Office has lots of information for students who are interested in studying abroad. Financial grants and support are available. Contact the International Office to see where your studies can take you.



THE MINDFULNESS TREND: COLOURING BOOKS



Words & photographs: Louise Bray





With so much of our time taken up by the modern rituals of commuting, instant email-answering and beating deadlines, it's no wonder that people are looking for new ways to escape from everyday stresses.

Mindfulness is a lifestyle trend that has captured the imagination of millions. This movement has developed exercises using cognitive-based therapy methods and practices that have been part of meditative culture for centuries. The concept is to simply disconnect yourself from stress by engaging with moment-by-moment awareness, emotional intelligence and psychological freedom.

Now a commonly used term in media and marketing, 'mindfulness' has also become a hot seller on bookshelves, with art therapy books experiencing a remarkable boom in sales the world over. Colouring as a hobby has seen an incredible upsurge over the last couple of years as more adults pick up pen and pencil to unwind and de-stress.

Johanna Basford, creator of *The Secret Garden*, *The Enchanted Forest* and her newest colouring book, *Lost Ocean* (Virgin Books, £12.99), has sold over 10 million adult colouring books worldwide. She explains why colouring is a great way to relax: 'That notion of being "in flow" and completely absorbed in a task – particularly an analogue task

that doesn't involve a screen – is just so soothing. Everyone's lives are now so busy and so digital, I think colouring offers a welcome opportunity to unplug and allow yourself to be completely immersed in a task without the constant chatter of Twitter or the lure of Facebook. This is how I feel when I'm drawing, blissfully submerged!'

Mindfulness has been said to improve creativity, working memory, and attention span, as well as general mood and wellbeing. The purpose of art therapy books is to reconnect with simplicity and seek pleasure in small details. The self-control and focused attention involved in colouring is meditative in itself and, for this reason, is an effective remedy for irritability, anxiety and stress. Swiss psychotherapist Carl Jung had his patients colouring a century ago. The motion creates an unconscious freedom and alleviation from feelings of fear and trauma.

For many people, colouring is also nostalgic, transporting them back to their childhoods and to the simple objective of colouring-inside-the-lines. Wistful patterns and colourful gradients



created with simple art tools are pleasing to the eye and to the mind, making colouring a satisfying recreation.

The colouring community has been building across social media, with people uploading their designs and sharing constructive tips. Johanna engages with her audience through her blog and a 'Colouring Gallery' on her website that exhibits her audience's technicolour creations. For Johanna, it has been the reception of her books, and the personal stories readers share, that make her work all the more rewarding:

'They share details of their favourite pages, suggest pens and pencils they have found work particularly well, and perhaps most poignantly, some people have stories about how colouring has played a part in certain stages of their life, whether that be an investment banker de-stressing on his lunch break, a busy mum taking an hour to herself in the evening or

a cancer patient keeping their hands busy during chemo. The stories I receive are astonishing and so touching.'

It's easy to become absorbed within the intricacies of Johanna's designs; pages of forests and fauna create relaxing portals to escape in. The pleasure for many is that you can't go too wrong and it's not difficult to create something beautiful. Adult colouring books come in a variety of themes, from mandalas and flowers, to vintage patterns and pop culture. Other popular titles include Millie Marotta's *Tropical Wonderland* (Batsford Ltd, £9.99), Richard Merritt's *The Menagerie* (Michael O'Mara Books Ltd, £9.99) and *The Mindfulness Colouring Book* by Emma Farrarons (Pan Macmillan, £7.99).

Just the simple action of colouring can be enough to engage the mind and body, allowing you a sense of freedom and equanimity within your surroundings.

STYLE SPOTTER

Words & photographs: Jonathon Stephenson

From the boutique chic of New Bond Street to the panache of Milsom Street, Bath has a real style about it. The city's students are no exception. Dressing well is something many of us aspire to, and often spend more time thinking about than we care to admit. *milk.* set out to capture the style and personality of some of the city's student population – and discovered that it's not so much what you own, but how you put it together.



Coat: New Look
Vest: Topman
Cap: Charity shop



Coat: Vero Moda
Bag: Forever 21
Jeans: Mango
Scarf: Model's own

>>>
Jacket: Model's own
Rollneck: Topman
Hat: The Bath Hat Company



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Jacket: Steiner
Jeans: Topman
Shirt: Rover and Jakes

BSU AND THE ENVIRONMENTAL CRISIS

Words: Emilie Crabb Photographs: Lizzie Guilbert & Laurie Newman

As the generation that will inherit the world's problems, it is our responsibility to preserve the planet and take precautionary measures to halt environmental decline.

Destruction of biodiversity, degradation of the ozone layer and climate change are just a few of the problems facing the planet today. A study undertaken by Microsoft reveals that of those asked, 76% of the millennial generation believe that we care more about the environment than our parents' generation.

Unfortunately, when asked about solving the issue of climate change, '57% believe they'll actually worsen the earth's condition in their lifetimes'. While it is important that young people recognise the global environment is deteriorating, it is extremely discouraging that so many believe, even when recognising the unhealthy state of the world, that they will make the situation worse.

Universities are institutions that influence the beliefs and development of young people at a very significant stage of their lives and so play a crucial role in educating them about the problems currently facing our environment. How students engage with the environment at university will affect how they react and participate in their working lives. It is not only lessons taught in lecture halls that have an impact

on students, but every aspect of university life. As such, universities themselves must offer an environmentally friendly space in which students can live and learn; through recycling, healthy eating and eco-living. In this way, universities can actively encourage student involvement in preserving the environment.

BSU is an excellent example of a university working to reduce its own carbon footprint, while developing a curriculum that studies the environment in conjunction with other subjects. *milk.*'s news editor Emilie Crabb speaks with English Literature lecturer Dr Samantha Walton about her third-year module 'Writing and the Environmental Crisis' and whether cultural academic studies can really have a positive impact on environmental issues.

What do you think about BSU's attempts to become an eco-campus?

I think it's essential that universities, and big institutions, address and attempt to reduce their own environmental impact. The amount of waste produced by a university of this size is massive and it really puts small individual decisions

‘Destruction of biodiversity, degradation of the ozone layer and climate change are just a few of the problems facing the planet.’



Image credit: Laurie Newman

into perspective. Which bin you put something in can often feel like it doesn't really matter, but when you think about it on the scale that we have here it's absolutely essential.

English Literature and environment courses are only recently increasing in popularity, why do you think BSU offers such a course?

BSU has a long tradition of teaching eco-criticism and it was a forerunner, ahead of other universities. Current and former staff here, including Greg Garrard and Richard Kerridge, were really influential in getting eco-criticism taught in English Literature courses at a university level. BSU has a strong

history of addressing these issues, but they're getting really popular now and it's very exciting. That's in terms of both the amount of students wanting to study environmental issues through cultural perspectives and also through scholars sharing their perspectives on teaching environmental issues.

Do you think the module 'Writing and the Environmental Crisis' will have an impact on environmental issues outside the university?

I hope so – I think of it as a kind of activism. But it can't work alone; we're dealing with small groups and we're looking at texts. I hope it has impact on the way students think about these

issues and the way that they talk about them, the kinds of choices they make, personally, professionally, or even politically. So this module can have an impact at the local level, but I think that in the wider sense, the importance of thinking about how our cultural perspectives and ways we talk about the environment affect the way we act, and the way we expect people in power to act, is really important.

Have any of your previous students gone on to work on environmental issues beyond university?

That's an interesting one. We've had a number of students from the module go on to take our MA in Literature, Landscape and Environment; some of those students have gone on to do PhDs. We had one student on the MA last year who wanted to work in the third sector at an environmental NGO. I know that some of the current students are really engaged with political organising and thinking through how they can communicate as activists in a political sense.

Can you tell me a bit about the Landscaping Change project?

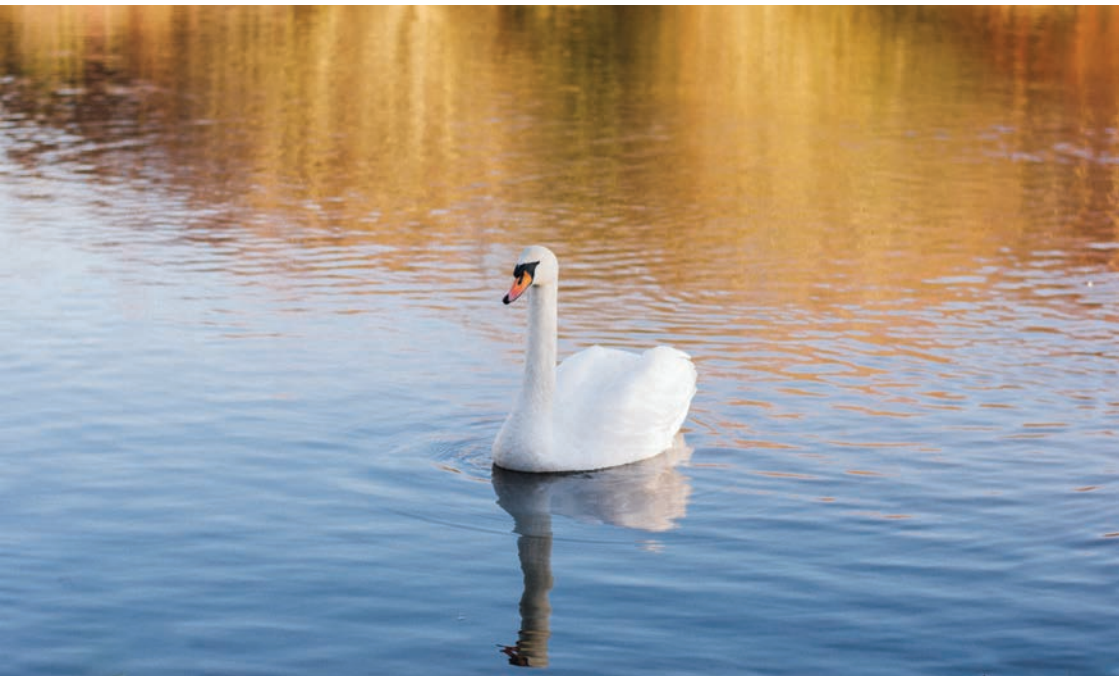
It's a project supported by the British Academy, the UK's national body for the humanities and social sciences; its focus is to engage people with research

that's being conducted in universities. So often as scholars we're asked 'what are you doing?' and 'why should anybody care about it?' So it's basically trying to bring academic research into the public forum and to public discussions; to make connections between what researchers and creative people, like writers and filmmakers, and activists are doing.

We've had four events – one was focused on soil – and we looked at research into land use, forests, and soil fertility. We had a group called the Blue Finger Alliance, who are working in Bristol to protect Grade 1 agricultural land that's being used to house a new road expansion. So we're connecting things that are happening right at the present moment in environmental advocacy with what we're doing in the university.

Are there any other projects or campaigns you are working on?

A number of charities and organisations are trying to get a Nature and Wellbeing Act put into law. I think there's a lot that cultural and historical perspectives can bring to discussions of the relationship between human wellbeing and a flourishing natural environment; it can sometimes get lost if the debate remains in the scientific and political realm. Therefore, I'd like to do some



research into wellbeing and nature, bringing cultural perspectives to those kinds of scientific discussions.

Is there anything you'd like to add?

Another way BSU is addressing environmental issues is through the environment humanities. The previous departments of English, History, and Publishing have been regrouped. We're no longer in the School of Humanities and Cultural Industries; we're now in the field of Culture and Environment.

This means that people who are studying such subjects as English Literature, are now also in a bigger field with people who work in Environmental Science and

Geography; our head of field is now a biologist. As such, it will be more common in the future for students from the humanities departments to be engaging in environmental issues and people from environmental disciplines, such as Geography or Biology, to be considering cultural perspectives. BSU will continue to be a leading hub for environmental humanities research.

While the first stage of the Landscaping Change project is now over, the British Academy has recently awarded the project follow-on funding for another year of events.

Keep an eye out for these at:
www.landscapingchange.wordpress.com

KINTSUKUROI



milk. competition winning poem: Poppy Henderson

(n) (v.phr.) “*to repair with gold*”

the summer's loud heat
is still ringing in my ears
and the baked earth
sits quietly cooling

i long for the sound of rain
smashing the canopy of gold
the fat drops lashing the trunk
and drumming the apples

the clouds hanging low and heavy
casting a crisp shadow

i watch the blazing dandelions
turn to milk witch clocks
with delicious restlessness

their downy seeds
unbuttoning themselves
into the october wind

starry florets flying bright
against the steely skies

and the brisk chill and snap
of the autumn months
cannot come sooner

i am tired of the bucket
always tumbling on its string
down to an empty well

this heat has been too long
i am thirsty
i am thirsty

MEET THE TEAM

EDITOR Daisy-May Chivers-Black

FEATURES EDITORS

Louise Bray
Emilie Crabb
Kimberley Onasile
Sarah Byard

DESIGN EDITOR

Laurie Newman

PRODUCTION MANAGER

Hannah White

DIGITAL PUBLISHER

Gemma Callender

ONLINE SUBEDITOR

Anna Muskett

CONTRIBUTING PHOTOGRAPHERS
AND ILLUSTRATORS

Ruth Anderson
Louise Bray
Helen Chacon
Emily Chainey
Daisy-May Chivers-Black
Sean Ebsworth Barnes
Sarah Rose McCann
Laurie Newman
Suzanne Rodzik
Jonathon Stephenson

CONTRIBUTING WRITERS

Ruth Anderson
Louise Bray
Daisy-May Chivers-Black
Emma Head
Sarah Rose McCann
Laurie Newman
Emma Sherab
Jonathon Stephenson
Yazmina Suleyman

MARKETING DIRECTORS

Sarah Byard
Sarah Rose McCann

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