

# **milk.**

bath spa's student magazine



**The Connection Issue**

STOP AND LOOK UP

SEE THE COLOUR AROUND  
YOU AND CONNECT

Welcome to the 2025 issue of **milk** – a space where voices blend, stories converge and creativity flows with purpose. This time we’re exploring a theme that feels more essential than ever: **connection**.

In an age where algorithms can dictate our interactions and Wi-Fi signals tether us to one spot, what does it mean to *truly* connect? We explore this question in all its messy, magical complexity – through poetry that aches with longing, journalism that celebrates kinship, and photography that speaks without words – all from the creative minds of students at BSU.

Our contributors have documented furry encounters on campus, shared the electricity of online dating – as well as the weight of loneliness – and explained what life is like when your sibling just so happens to be your mirror image.

At BSU, we come from all corners of the world with different lives, interests and passions but always we’re proud to be united by our desire to connect.

**Thank you for reading.**

This issue of  
**milk** was created by  
**Daisy George, Sophie Lee,**  
**Lillie Martin-Evans,**  
**Alfie McComb**  
& **Anja Pritchard**

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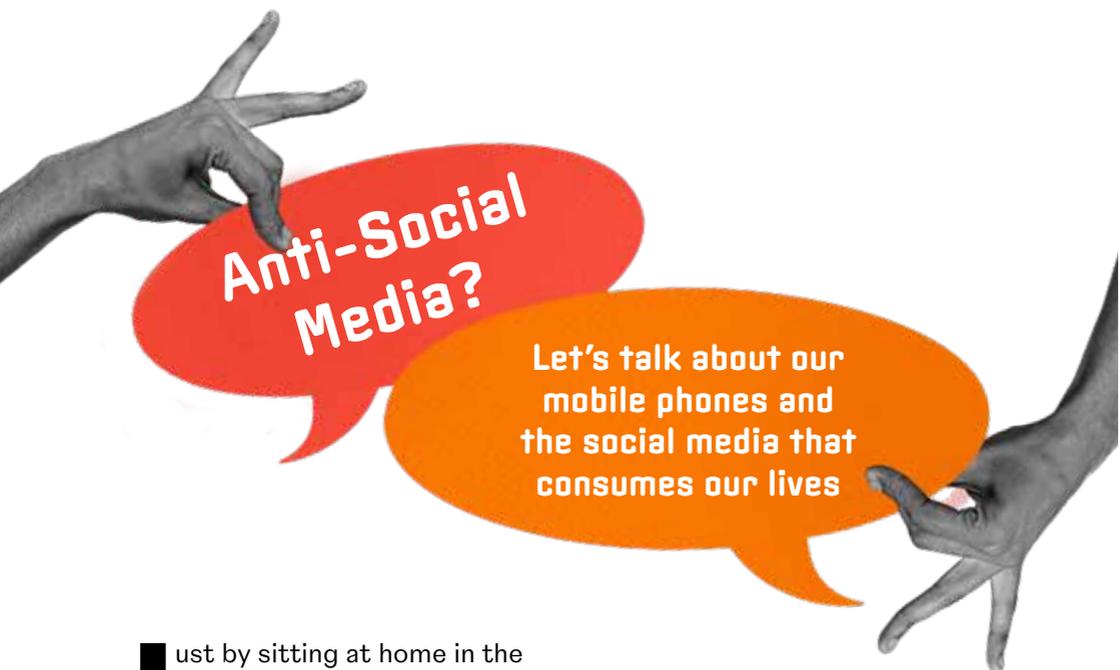
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Anti-Social Media?

Let's talk about our mobile phones and the social media that consumes our lives

Just by sitting at home in the UK, I can experience a day in the life of a student in Tokyo or join Sister Minnie – a cat in the US – as she gets ready for the day. I can be part of a digital crowd at a gig or chat to family wherever they are in the world. I can keep up to date with the news in an instant or take myself to a beach in Bali, all without leaving my sofa.

Going online to experience other ways of life helps us connect, find our people and learn more about the things we might never encounter on our doorstep.

### Activism vs Attention

Activism in particular has found a place to thrive online. With the power of social media, we can make real change spreading the word on causes and sharing

By Daisy George

information of marches and protests, for instance, which means no longer having to rely just on word of mouth. Although the means to activate change is an important use of social media, the downside is it can often be overwhelming and confusing, with too much content and far too many opinions coming our way.

Social media users are also exposed to lots of short-form content, which is not always a good thing. According to *Frontiers in Psychology* (2023), the rise of TikTok and the 'doomscroll' has meant "short-form video addiction [has] not only directly impacted academic procrastination but

has also placed indirect effect on academic procrastination through attentional control". In other words, watching short video shortens attention spans.

### Alone Together

While we have instant access to a global community, social media can be as isolating as it is connecting. For instance, there is the risk of loneliness after a long session of doomscrolling.

With social media we are often shown a perception of life that is just not reality. We're shown the perfect body, the perfect hair, the perfect clothes, the perfect home, the perfect friends, family, neighbours and relationships. We're taught new insecurities – have you ever heard of 'runner's face' or 'legging legs'? Micro trends that are completely made up to create a buzz and lead social-media users to conform to unrealistic standards. It's easy to lose our grasp of what real bodies look like when bombarded with superficial ideals.

This is why it's important to take a digital detox away from social

“While we have instant access to a global community, social media can be as isolating as it is connecting”

media and ground ourselves in what really matters – our own lives and the people around us.

### Keeping It Real

It's essential to prioritise real-life connections, making an effort to spend time offline with friends and family. Social media is good to enhance but not replace real-world connections. Try and use social media with intention, stepping back from scrolling and engaging with content that will help enhance your reality. ■



Image: © Adobe

# Wiser together:

## The Mature Students' Network

Finding your people is an important part of settling into student life, but what if you're older than your peers? **Anja Pritchard** meets the group who support BSU's mature students with work as well as play

**T**he Mature Students' Network at BSU is led by Creative Writing student Will Gould and Francesca Burke, who is studying for a Masters in Scriptwriting. As older learners, they are both aware of how age

**“The society aims to support those who may feel disconnection with university life”**

plays a part when it comes to the social side of being a student.

“Events such as Freshers Week are more geared towards students coming straight from college,” says Will. He then explains how mature students often have extra responsibilities, such as raising kids, which means less time to engage away from home.

“A lack of connection tends to magnify problems including isolation, whereas a strong community can lessen the impact of such issues,” he continues. And that's where the Mature Students' Network can help.

The group aims to support those who may feel any disconnection coming into university life. Francesca shares how the society puts on “low-pressure” events. She emphasises that there's no obligation to engage but a space is provided for students to “connect in an organic way”, something that is effective for forging strong connections.

### Warm Welcomes

Events include pizza hangouts and wine and cheese nights. At first, these are low-key meet-and-greets but eventually turn into a catch-up between friends.

The society also works with BSU and Student Union staff to

put on events such as the Mature Students mixer during Welcome Week. There is also a Mature Students welcome event before the start of the year with uni staff.

A WhatsApp group also exists between the Network's members and a newsletter is regularly emailed out reminding society members of upcoming events. ■

*Bath Spa University's Mature Students' Network is free to join. Email [maturestudents@bathspasu.co.uk](mailto:maturestudents@bathspasu.co.uk) to find out more.*

The network hosts events for older students looking to connect on campus



Image: © Anja Pritchard

### ASSIGNMENT DROP-IN SESSIONS

The Network holds drop-in sessions for students to work on assignments with the support of staff members from the BSU library, the Student Digital Experience team and the Academic Skills team. Mature students can ask questions and receive valuable support including directions to further useful BSU services and resources.



# Are Dating Apps Really Connecting Us?

From romantic relationships to new best friends, dating platforms can create more than just a casual hookup – but how much are we at the mercy of technology?  
**Sophie Lee** investigates

Image of Oliver Dutton & Cameron Moore. © Naitisha Bhowar

**‘Designed to be deleted’** is the motto of the popular dating app Hinge, which started life in 2012. According to the company’s website, it ‘sets up a date every two seconds’ and promises more meaningful connections with a design that deters from surface-level attractions.

Turning to Tinder, also launched in 2012, it has a different approach to Hinge, and consists of dopamine-fuelled swipes left or right. Tinder quickly became a cultural phenomenon with success stories of weddings and babies on one hand and scary stories of stalkers and catfishing on the other.

### **Queer, Here And Near**

Another app in the online dating world is Grindr, launched in 2009. Grindr was the first of its kind, a men-only dating app created by entrepreneur Joel Simkhai. The unique satellite element of Grindr allowed iPhone users to discover other gay men nearby, creating a space for queer relationships to flourish romantically, platonically and sometimes fleetingly.

**“The never-ending pursuit of someone better can lead users to treat the apps as a game”**

Whatever your app of choice, it is without doubt these platforms play a big part in shaping connections, offering an efficient way to meet new people. But the world of digital dating is not without its pitfalls.

### **A Double-Edged Sword**

In plenty of cases, dating apps have reshaped the way people behave when it comes to finding and forging new relationships, and this can often mean heartbreak, indecisiveness and ghosting. The never-ending pursuit of someone ‘better’ can lead users to treat the apps as a game, forgetting real people are involved.

However, most of these apps are adapting and, to minimise any bad behaviour, most now allow daters to set their preferences according to the type of relationships they are searching for.

Ask an older generation and their relationships were made in real life, down the pub, at a party, out clubbing, yet, the reality

## A Tinder Success Story



Online dating has revolutionised the way people meet and connect – and for one couple, it's proof that a swipe right can change your life



Kira and Alfie matched on Tinder in October 2024, and both admit to not thinking much of it at first. "The app was just a topic of conversation," Kira says. "A few of my friends were on it. I had no expectations when I downloaded Tinder, and definitely did not think I'd get a relationship out of it." But that single decision led to something more than she could imagine.

After matching, Kira and Alfie both spent a few weeks getting to know each other online but then "moved off Tinder relatively quickly," Kira says. "Alfie was like, 'What's the point in staying on the app?'"

Their connection was starting to feel more real than digital and so they finally decided to meet in person. "I messaged him to suggest it first," says Kira. "But we had spoken so much online, I was nervous that it would be underwhelming in person."

Luckily, their first date – a casual dinner at an Italian restaurant – was anything but boring and a real human connection was formed. Reflecting on her experience, Kira admits that it switched her perception.

"I have 100 per cent changed my opinion on online dating," she says. "I didn't really take it seriously before. I thought it would be a bit of a laugh."

She was also surprised by the match itself, and reflects on how anyone could match, at random, with another, but then they could end up being your partner: "You don't even realise it at the time – it's crazy."

Kira isn't the only one in her social circle to have found love online. "I also have friends who are in long-term relationships – four years now – because of dating apps," she shares.

Stories like this are common, painting a new picture of what modern romance looks like: rooted in technology, but no less real. Alfie and Kira's story shows the unexpected joy of digital connections – and how even the most casual swipe can lead to something real.



Image: ©Alfie McComb

## "AI software can read emotional cues to detect potential harassment and flag up problems"

is dating apps have become a fundamental part of how young adults now navigate romance. So the challenge is not only in finding the right person but using these digital tools in a way that fosters authentic connections.

### Smarter Swiping

AI is increasingly playing a part in online dating, with apps integrating updated interactive features that purport to elevate the online dating experience. Hinge was the first to test the AI waters with its 'Most Compatible' feature back in 2017. This prioritised profiles to align with a person's interests and values in order to create a smoother experience and a higher chance of having a positive encounter using the app.

Technology is also being used to address issues such as catfishing – where a user is not who they say they are – with stronger security features that check profiles using photo scans,

email verification and even legal ID. This is essential for helping people stay safe online and have a healthier user experience – and, of course, makes it trickier for anyone who wants to take advantage of the people behind the screens.

Another safety feature that AI has created is emotional-intelligence analysis, where the software can read emotional cues to detect potential harassment and flag up problematic interactions. Tinder, for instance, can now ban users who send inappropriate messages or comments.

### The Future Of Digital Dating

Ultimately though, it's up to us, the user, to judge how the apps make us feel – and no amount of technology can assess that.

As the future of dating becomes increasingly more digital, reshaping how we make connections and allowing people to value shared interests and personality traits over looks, we mustn't forget that it is still within our power to decide whether a connection is authentic.

So, if the apps aren't working out for you right now, maybe it's time to step out into the world and trust that love will save the day away from the screen. ■

# intertwined

Simple sticks of wood or metal and cosy balls of wool in infinite colours combine to create something beautiful...

**Wallis Wallis** discovers the connection between knitting, crochet and togetherness

I first learned to knit when I was eight. Or, more precisely, my nanna *tried* to teach me when I was that age and I just couldn't get my head around it. A good while later, at the age of 20, *The Knitting Song* by Paris Paloma, inspired me to try the craft again.

The lyrics of the song draw on the intimacy of teaching and being taught, a skill passed down from grandmother to granddaughter. To me, the song

encapsulates the craft in one line: "Simple entwining of intimate string, it's a beautiful thing." How could I fail to be captivated?

## Tight-Knit Community

At BSU, we have our own Knitting and Crochet Society. The society's president Jessica says that the society is a place for like-minded people to talk, share projects and get tips on all things yarn-related. Alongside this connection, the society also provides books and patterns to help crafters expand their skills.

If you have caught the knitting bug, there is more to be found in the city. Bath has a well-established and welcoming craft community. Wool, one of Bath's local yarn stores, can be found tucked away on Old Orchard Street, a charming cobbled lane in the city centre.

A garment in the making (left); Wallis wears the finished creation with pride (page opposite)



The shop is calm and stacked full of yarn and accessories for anyone to indulge in, whether you prefer delicate laceweight wool or larger-than-life 'super-chunky' wool (for quick and cosy projects!). Wool also hosts a weekly knit night run by Lotus (and Clover the dog).

## Crafty Ways

Everyone is welcome in the BSU society, as well as the Wool group – the most important thing is community. Some of the crafters in these groups began their creative journey during lockdown, while others have been knitting or crocheting for decades. Either way, the meet-ups provide the chance to relax and socialise without pressure, and to work on a project where there is no rush to

“Crafts have always been social and are also a way of showing love”

finish – it's all in the process and being with like-minded folk.

Crafts have always been social, and are a way of showing love, whether that's crocheting a baby blanket or knitting a scarf for a friend. Crafts bring people together, a strong bond of love and making intertwined. While people might think that yarncraft is a hobby for grandma – if that's the case, maybe we should listen to her more often... ■

## Bath Spa Knitting & Crochet Society

Whether you're a first-time crocheter or a hardcore knitter, get involved! Get in touch at [KnittingCrochet@bathspasu.co.uk](mailto:KnittingCrochet@bathspasu.co.uk)

Images: © Wallis Wallis

# “Do you *like* being an identical twin?”

With only 0.5 per cent of births resulting in identical twins, there’s bound to be curiosity. As a twin, **Lillie Martin-Evans** tries to make sense of the questions and maybe ask a few of her own...

**B**eing asked if I like being an identical twin has been one of the most frequent questions I have received for as long as I can remember. And even after years of being asked, my response is still ‘I don’t know.’ Simply, because that’s the truth – I don’t know what life would be like without my twin sister.

I was born one minute after my sister Poppie and we have spoken every day since, but we do not have telepathic powers and can’t read each other’s minds! Although I understand why people ask that question, this kind of ‘telepathy’ is just down to knowing someone very well, picking up their mannerisms, micro-expressions and how they might react in different situations. With identical twins, you’ve shared a womb and spend most of your time with them, so it’s natural you will know them better than anyone else.

## **In Pairs**

As twins we share a lot of things that other people don’t. One thing is our birthday. We have always had a joint party, a joint cake – we even get joint cards! To most people we know, we come as a pair. This meant that growing up my sister and I made an effort to have

“Wherever I went I had my best friend with me”

individual personalities. I was the ‘tomboy’ and my sister was the ‘girly girl’. Another thing we share is the same face, so if we could present as complete opposites people might stop mixing us up. That was the plan anyway...

## **Twin Speaks**

Although there was a struggle to establish separate personalities when we were growing up, I do enjoy being an identical twin. We are like a little team. I never had the fear of not knowing someone when starting new schools or clubs. Wherever I went, I had my best friend with me. Sometimes that could be a problem though. For instance, when we were younger, we invented our own way of speaking and would only talk to each other in this strange



Lillie Martin-Evans with her sister Poppie (above); page opposite, Lillie stands to the left for a mirror-image selfie with Poppie

language. It got so bad that my sister would rely on me to speak to others for the both of us!

## **Constant Competition**

Even as we got older people still compared us. This is one of the hardest things about being a twin as there was a competition imposed on everything we did – from the way we looked, to school grades and athletic ability.

I wouldn’t ever not want to be an identical twin. While it comes with challenges, I’ve had a best friend since the day I was born. But I understand it makes people curious? So, my question to you: would you want an identical twin? ■



Images: © Lillie Martin-Evans

# FLYING FLAGS IN A WINDLESS WORLD

Creative Writing student  
Theo Bawa-Hellens reflects on the  
2024 Booker Prize-winning novel *Orbital*

*Orbital* is a novel that makes an indelible impression and leaves the reader with the question: what is Earth without its children, and us without Earth?

The author – BSU’s own Samantha Harvey – weaves in themes of existentialism, belief and human connection, as six astronauts and cosmonauts, each of whom are confronting their thoughts and feelings, observe the Earth. From space, our planet is formidable. Harvey personifies it as a mother with her children questioning their existence without her.

The crew contemplates as she, Earth, endures the plight of natural disasters across her countries, magnificent in their ability, yet equally terrifying. Even in space the group also craves the customary: family life and day-to-day activities. On ground however, Earth is ‘landscaped by

want’. Most of our natural resources have been shaped by us. Every forest, beach, mountain and ocean withered under our touch. Harvey makes you wonder what Earth would look like, or who she would be, had humans never captured her. Are her children killing her from the inside out, ungrateful and uncontrollable, blinded by greed?

Space itself is also personified by Harvey. All at once *Orbital* breathes life into space yet renders it barren, as though it is alive through human curiosity. The author suggests the Moon yearns for human contact fifty years after the lunar landing; does it miss the people who gave it meaning? The ones who insist on ‘flying flags in a windless world’, but who may be the only ones to offer it just that, for all we know?

## Who We Are

This is a novel for curious souls, offering a near-tangible intimacy

with our universe. To be nowhere and everywhere at once makes no time of the essence. Space doesn’t know clocks, and time sweeps through each sunrise and sunset like breath.

It becomes something of a subtle lesson that this time is not ours; we will only watch the sunset so many times, witness natural phenomena even less, and pass having never known time outside of ourselves. But up there – that’s how you could never lose it. By the next day it would return, as would the astronauts, weary from travel and yearning for a touch of home, for feet on soft ground. *Orbital* will teach you that, like Earth, we are merely a moment in time, and that ‘We exist now in a fleeting bloom of life and knowing, one finger-snap of frantic being, and this is it’.

Inevitably, time is what takes time from you. Harvey offers us the strangely comforting sentiment that ‘We matter greatly and not at all’. To think that our existence in such vastness is not special, no matter what our wins or whether we reach the ‘pinnacle of human achievement’. It is stranger than that this is exactly why each human life is special

Our being, feelings and choices are not dependent on the grander

“From  
space our  
planet is  
formidable”

life form that holds us, but on how we decide what matters. Somehow, this makes our place in the universe so simple and yet so complex. Our containment to this earth is both a gift and a conflicting confinement.

## Pure Wonder

Speak with any reader of Harvey’s books and they will tell you how she brings a beautiful language of her own. *Orbital* will make you contemplate the world we live in; Earth is not simply a vessel that carries us, but an integral part of who we are. ■

Buy *Orbital* at  
Mr B’s Emporium of Reading Delights  
14-15 John Street, Bath, BA1 2JL  
[mrbsemposium.com](http://mrbsemposium.com)

# See The World

For BSU student Lois Brewer using a camera is more than an interest, it's a way to connect. Here she shares what photography means to her

“I’m very grateful that I get to do photography professionally and work on many cool shoots”



“My grandad owned a professional camera, and I used to experiment with it and take photos of my grandma’s garden. When I was 13, I decided to buy my own camera”



“I’m inspired by natural light and avoid using artificial light whenever I can”



Main photo: a self portrait; this page: nature is a predominant theme in Lois’ photography



“I use a Nikon D5300. It’s quite old now and I would love a new mirrorless camera. However, it still does the job! I have different lenses for different shoots, depending on if it’s a wedding, a portrait, or a brand shoot”



Read the full profile on Lois over at [milk-magazine.co.uk](http://milk-magazine.co.uk)

# Creative by nature

**Daisy George** speaks with fellow BSU student Adam Finch to discover how a personal connection with the great outdoors can open up our imaginations



Walking around BSU's Newton Park campus allowed Adam to connect with nature and explore his creative potential

**C**ommercial Music student Adam Finch was raised in Cornwall, a region full of captivating nature and wildlife. So moving to Bath to study was at first a shock. However, the city soon felt like the “perfect stepping stone between rural life and the big wide world”. And with Bristol – with its vibrant creative culture – and the lush greenery of the Avon Valley nearby, BSU was the perfect balance.

Adam's lectures are at the uni's Newton Park campus and he appreciates that “it's not everywhere that you can go to a music business lecture and within five minutes walk to a lake by the woods to watch the wildlife”.

## Studies In Connection

In his second year Adam started a music project under the guise of ‘Taros Vannow’ (on Instagram @taros.vannow), where he explores his connection to nature. One of his projects is a trilogy centred around the networks found in nature. Inspired by the book *Entangled Life* by Merlin Sheldrake, which explores how fungi play a role in life processes, the pieces in Adam's trilogy are *Spore*, *Hyphae* and *Mycelium*. Spores are ‘seeds’, tiny and self-contained, and hyphae are single

Image: © Daisy George



*“It's not everywhere that you can go to a lecture and then within five minutes walk to a lake by the woods to watch the wildlife”*

tube cells that rely on connection to each other to form the full network – the mycelium.

“The tone of the pieces mirror my perception of each part,” says Adam. “The isolation, yet connectedness of each layer and the system as a whole – in both the lyrical content and musical arrangement. At the same time, I also draw from general life experience and thoughts.”

## Natural Inspiration

Among nature is where Adam finds peace and space. He shares how ideas flow more freely, because “out in nature there's a myriad of sights and sounds to spark an idea”. A beautiful reminder to anyone who wishes to explore the full potential of their creative life. ■



# Campus Companions

**At BSU, some of the most popular staff members don't speak... they bark! Sophie Lee discovers how care dogs are getting all tails wagging across Newton Park campus**

**S**tudent stress can often feel relentless, and while help is never far away, at BSU a new kind of support system has been making students smile. The Care Dog scheme is a collaboration between Bath Spa University and the charity Canine Concern, and, unsurprisingly, it is one of the most popular initiatives the uni has to offer.

Steve Parsons is the Project and Engagement Co-ordinator at BSU and he tells us how the scheme originally started small. "It was just a few Student Wellbeing Services staff bringing in their dogs and then it kind of exploded into something a bit more formal and organised... with a *lot* more dogs!"

Because the scheme is accredited through Canine Concern, this ensures both the student and animal welfare is top priority. "Any dog that enrolls onto the scheme goes through an assessment, which is [centred] around whether it's the right thing for that dog to do" Steve says.

## Top Dogs

Glance at any BSU student's photo reel and you will likely find many photos of the dogs. "Walking across campus with one of the dogs is like being with a local celebrity," says Steve. "People stop you for pictures! We even have students come to campus just to spend half an hour with a dog, even if they don't have lectures that day."

But the connection between human and animal goes beyond mere fun – there's also something therapeutic about stroking a calm dog or just sitting quietly next to one. "We've had students who were having a difficult time and a dog would go put their head on their lap – and that changed the whole tone of the meeting," shares Steve.



Images: © Kirsty Bennetta; © Lois Harman

**“It’s not just a wellbeing thing any more – the dogs have become a big part of who we are as a university”**

### Growing Demand

Unsurprisingly, the popularity of the scheme has created its own kind of pressure and demand on the organisers. At the start of the academic year, a shortfall of dogs led to emails saying: ‘There aren’t many care-dog sessions – how can I see one?’ ‘That shows how important it is,’ Steve says. ‘We want to expand, but we’re also

mindful that these are volunteer staff, and the dogs’ wellbeing comes first. The owners also go through a lot to be a part of it.”

The impact of the scheme has since caught national attention, with other universities reaching out for advice on how to replicate it. “It’s not just a wellbeing thing anymore – it’s become a big part of who we are as a university,” Steve says. At Newton Park, care dogs aren’t just cute additions – they’re part of the BSU community. And in a time where connection, empathy and support are more important than ever, sometimes the simplest comfort comes with four paws. ■



**Previous pages:** (main) Colin is proud to be a BSU care dog; (page 25) Logan helping out at a uni event; **this page (left):** the dogs take a well-earned rest; (above) Buzz with his uniform on ready for a day on campus

# LOVE, LOGAN x

**Meet the popular pooch who’s a hit with students and staff alike**

One of the most beloved care dogs at BSU is Logan, a calm and friendly pup who trots through Commons with his owner Lucy, a staff member at the university. Logan, like all care dogs in the programme, is registered and insured through Canine Concern and also carries additional public liability insurance through Dogs Trust – just in case he accidentally trips someone up during one of his wellbeing tours.

“Logie does a minimum of two shifts a month,” Lucy explains. “His job is really to just be a companion and a solace to students. We don’t stay in one place – we wander around Commons and say hello to people. That way, he meets lots of students without them needing to book a session. He’ll just trot over and brighten someone’s day.”

### Laidback Logan

Logan’s calm and friendly nature made him an ideal candidate for the programme. “There’s an assessment administered by someone in the wellbeing team who’s trained by Canine Concern,” Lucy says. “They check that he’s good around people, doesn’t jump up, isn’t too vocal. He’s a bit funny about his bum being touched,” she says with a laugh, “but other than that, he’s chill.”

Logan also attends Lucy’s classes and staff meetings. “He’s popular! And he really enjoys being on campus, although he can find it tiring. It’s a lot of social contact but he loves young people.



It’s not just students who benefit from Logan’s presence. As an accredited care dog, he’s eligible to support people beyond the campus too. “He could go to schools, care homes, even prisons – wherever Canine Concern might need him,” says Lucy. “He’s always ready for a new experience.”

The programme’s popularity has soared in recent years, although not without some light-hearted drama. “The ‘Care Dog of the Year’ category was dropped from the Vice Chancellor’s Awards,” Lucy tells us. “There were three years of it and a bit of friendly competition among dog owners. But now people are nominating dogs in other categories like ‘Outstanding Support’ – and honestly, Logan deserves it.”

Logan represents what the scheme is all about: comfort, connection and a reminder that even on the busiest days, there’s time to stop and say hello to a furry friend.

Images: © Lucy Sweetman; © BSU Comms; © Elizabeth Powell



# Crying in Morrisons

By Manganaro

In the middle of the fridge aisle  
tears season the air  
as they drip  
past  
the corner  
of my  
lips.

How did I get here?

In a city where buildings are so tall  
they sway with a gust of wind.  
In a city where no one stops  
to say hello.

In a city where navigating transport  
is like entering an escape room.

I call anyone who will answer,  
family, friends, even schedule time with lecturers,  
clutch their familiar voices  
like my suitcase holding valuables.

I can feel the handles of the metal shopping basket  
dig into the lines on my palms  
as I fill it with foods I know,  
pomodorini & sliced bread -  
they never told you  
that doing a grocery shop  
would be the hardest part.

# THANK YOU FOR CONNECTING WITH US!

We couldn't have done it without...

Lois Brewer  
Lois Harman  
Sophie Lee  
Lauren Thomas  
Wallis Wallis

Natisha Blower  
Kira Davies  
Oliver Dutton  
Poppie Martin-Evans  
Cameron Moore

Neil Baber  
Jason Bennett  
Dan Davies  
Gemma Matthews  
Davina Rungasamy  
Emma Sherab  
Sam Stewart

Lucy Sweetman  
&  
Logan

Want to connect with *milk*? Pitch your ideas to:  
[milkmag@bathspa.ac.uk](mailto:milkmag@bathspa.ac.uk)

