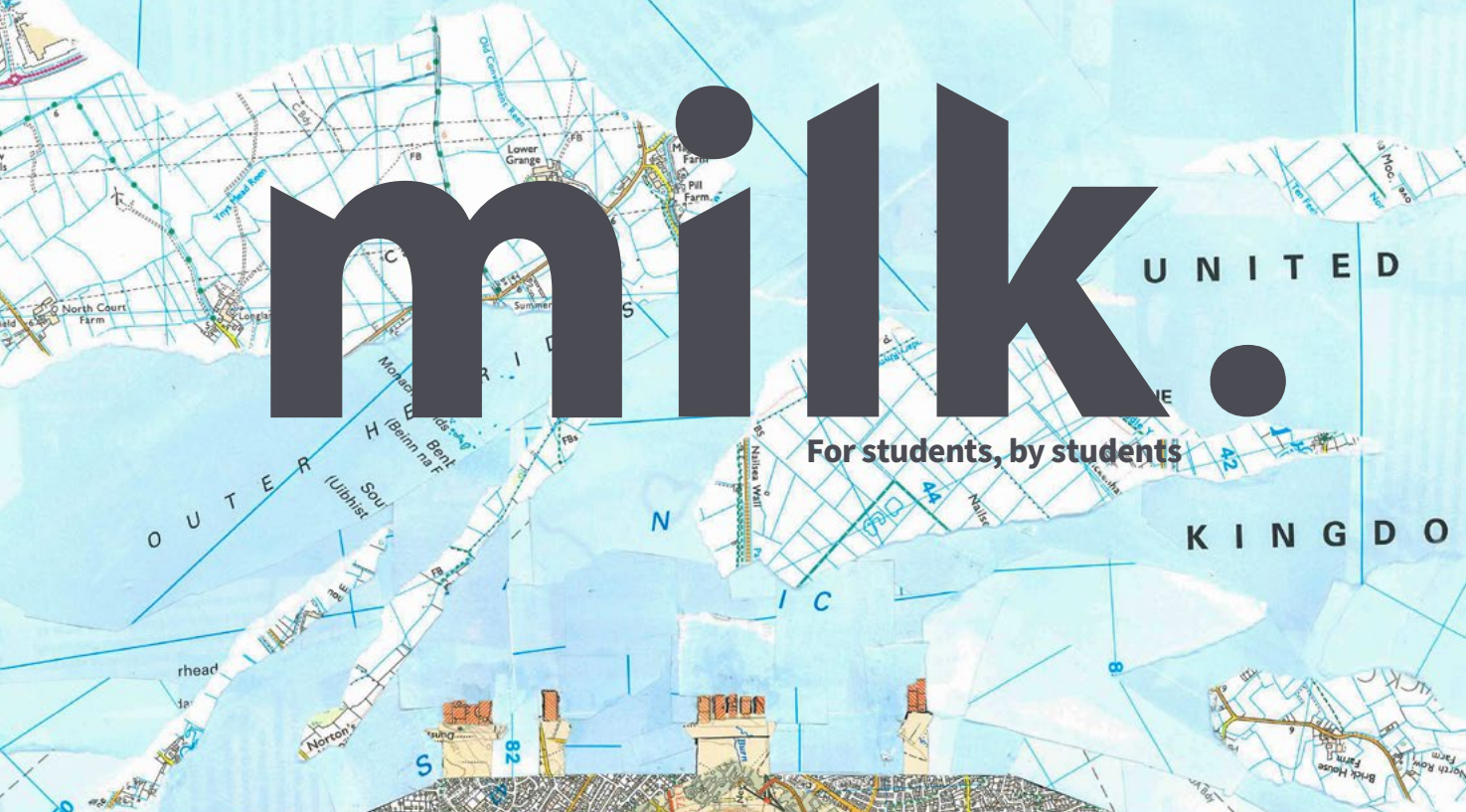




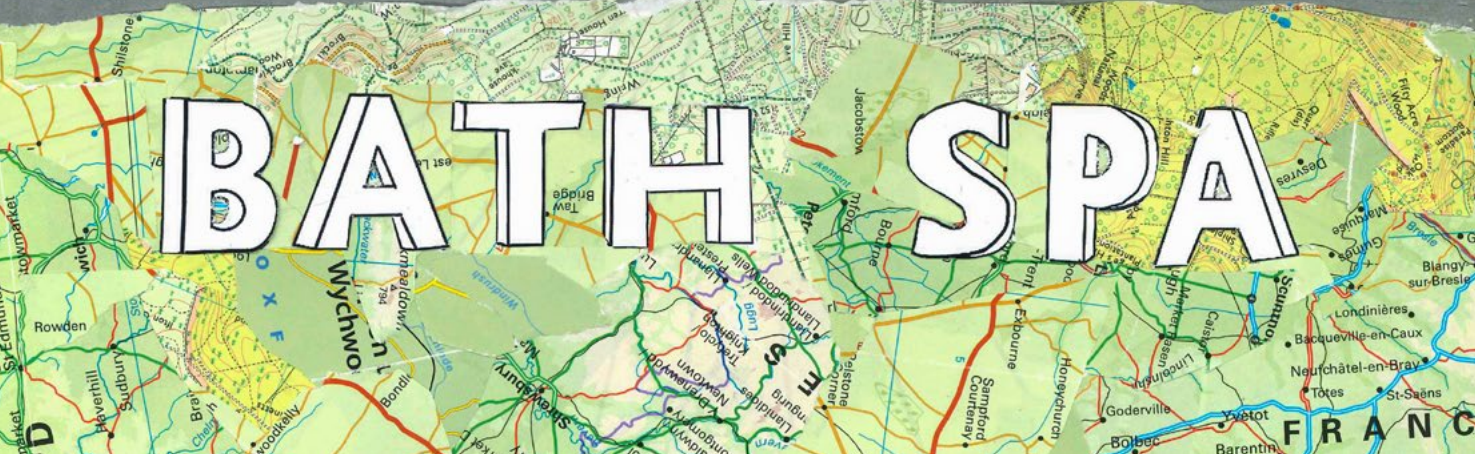
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UNITED

THE

KINGDOM

For students, by students



BATH SPA

FRANCE

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Thank you to all involved in the making of The Journey edition of *Milk*

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This year's cover of *Milk* was created by Creative Writing & Publishing student [Jade Thompson](#). She says: "I wanted to make a cover that was faithful to this year's theme of 'The Journey' in a creative way. The design was created entirely by hand and was inspired by a bookbinding workshop we did this semester, where we used old maps to create hardcover books. I chose Main House to ground the concept in something familiar. I collaged the image using a mix of old and new maps to get a difference in colour, and then cut out each individual shape by hand and glued them onto a piece of card. I also hand-embroidered the windows for extra 3D texture."

Welcome to...

milk.

We are delighted to welcome you to the latest issue of *Milk*. With one academic year closed and another just beginning, we reflect on the growth that happens during our time at university. With development comes change and with change comes more paths to take. Whether that's physical, mental or somewhere in between, a journey will always be embarked upon.

In this issue, we explore where these journeys – both literal and metaphorical – have been possible, including ones that have changed lives, sometimes quietly, sometimes for all the world to see. In a time where performativity on social media is rife, it's more crucial than ever that we take time to be the best version of ourselves, for ourselves. So, let us inspire you with stories of pageantry, of Italian food, of climbing mountains and so much more (our contributors have journeyed in many ways!). We are honoured to share these stories and welcome you to reflect on your own personal voyages.

Team Milk x



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NEWTON PARK'S GREEN FUTURE

Summer 2026 will see big changes that make Newton Park a greener and greater place to be

Words: Cameron Hall

At the time of writing, BSU's Newton Park campus is due to undergo many changes over summer in order to improve the student and staff experience. The largest change is the demolition of Newton and Corston buildings, which will be replaced with green space and improve visibility to Newton St Loe Castle.

Careful measures have been put in place to prevent the works disturbing local wildlife, including birds and the protected great crested newt on campus. Also, in attempts to streamline academic spaces, services such as the Student Hub and Mock Law Court will move to Commons, and Stanton will enjoy the installation of new teaching laboratories – along with a bat roost on the roof!

Various sustainability-related improvements will continue through to 2028, including lighting upgrades, the introduction of solar panels and new heating technology. These changes align with BSU's 2025 sustainability strategy, which establishes that 'every improvement contributes to a reduction in carbon emissions across the campus'.

In 2025, BSU was declared the second most sustainable university in the UK according to the People & Planet University League, and the new strategies demonstrate continued efforts to elevate our spaces with the environment as a priority. Right now, the primary goal of these efforts is to win a Green Flag award, which recognises excellence in sustainability, natural beauty and green space management. As these projects begin, planning continues to be done behind the scenes for future transformations to make Newton Park an even more beautiful and environmentally conscious campus. ■



Images: Cameron Hall; Natasha Kidd

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Locksbrook Lates: Our Creative Campus

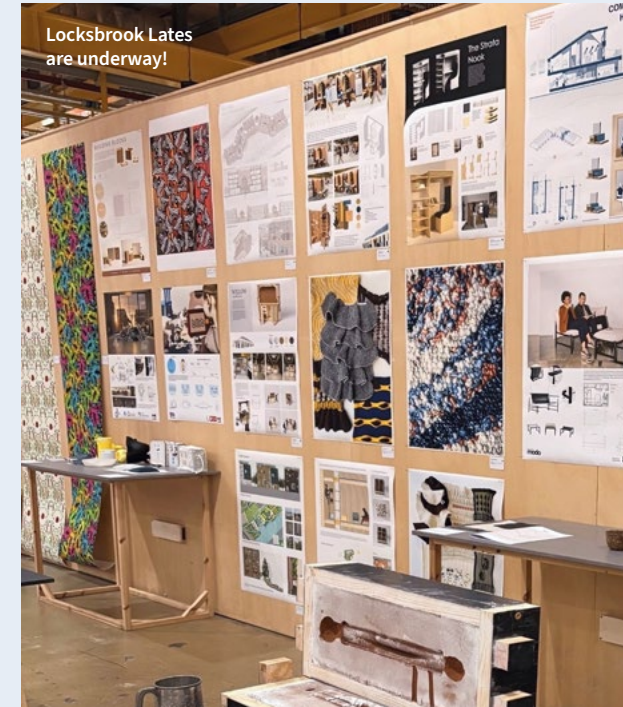
New series of events launches Locksbrook into the public eye

BSU's Locksbrook campus has launched a monthly series of after-hours events. Locksbrook Lates began in November 2025 and features a variety of creative presentations, interactive activities, panel discussions, plus live music and refreshments for all.

These free events are open to the public, inviting Bath's local community to enjoy the university's creative works. "The city is lacking an arts centre," says Associate Vice Provost Dr Natasha Kidd, who envisions the series as an opportunity to 'build momentum' for Locksbrook campus becoming a creative epicentre for the city of Bath.

These evenings give everyone a great excuse to stop by Locksbrook campus, and check out the creative student work being showcased. ■

Visit www.bathspa.ac.uk/news-and-events/events for updates on Locksbrook Lates and other BSU happenings



Bus Improvements

FirstBus gets rolling with better links and services from campus to the city

A survey late last year, conducted by BSU Student Life, reports that 80% of returning students are now satisfied with the updated bus routes to campus.

In Autumn 2025, U3 and U4 double-decker buses were introduced to service the residential areas of the city as well as directly connecting to the University of Bath. The U5 was also updated, and now provides a shorter commuting service circuiting Twerton and Newton Park.

The changes to the buses were implemented in response to student demands for improved services. The majority of students agree that the buses now meet the needs of their commute. When asked about the buses, one third-year responded, "It's great to have more options for my route going to class or into town. When I need to leave campus, I know there'll always be at least one bus available." ■

The U5 bus offers a service from campus straight to student accommodation at Twerton Mill



BATH GONE GLOBAL

Holly Hooper and Keira Driver chat with students about the personal growth and new friendships found on BSU's Go Global scheme



Image: Ciara Moxham

For many students, studying abroad can be both exciting and intimidating. Moving to a new country and adapting to a different culture can feel like a big step, but for two particular students who took part in BSU's Go Global scheme, the journey proved to be a transformative one.

Third-year Journalism and Publishing student Beth Burton spent a semester studying at Queensland University of Technology in Brisbane, Australia, where she took modules that complemented her degree.

Studying journalism in a different media landscape gave Beth a new

perspective on the subject. "Australian media has its own dynamics, debates and regulatory environment," she said. "Seeing how journalists operate there deepened my understanding of global news systems and helped me reflect more critically on British media."

Building friendships was another key part of the experience. While many exchange students quickly connected with others in similar situations, Beth wanted to meet local students as well. Attending a music event on her own led her to a group of Australian friends who later invited her to visit them on the Sunshine Coast.

Above:
Australian
city scene
from Ciara
Moxham's
time abroad

Izzy Parish, another Bath Spa student, spent a semester at Aarhus University in Denmark. Like Beth, she described the experience as a defining part of her time at university. "It's the best decision I've ever made," Izzy said. "It helped me grow as a person and be more confident in my abilities."

"It transformed my confidence, I felt far more comfortable stepping into unfamiliar spaces"

She said it was often easiest to connect with other international students, although group work in class also helped her meet local students. "You meet people from all over the world and make connections and memories that stay with you," she said.

Although both students faced moments of uncertainty along the way, they believe the challenges made the experience worthwhile. For Beth, the biggest lesson was learning to embrace the unfamiliar. "If something feels slightly daunting," she said, "that's probably a sign it will help you grow." ■

*Fancy a semester studying abroad?
For more info on the Go Global scheme,
email: bsuexchange@bathspa.ac.uk*



Image: Izzy Parish

Izzy Parish travelled to Denmark for her semester away



BSU Journalism student Ciara Moxham escaped to the shore for some well-deserved time out

Image: Ciara Moxham

On the BSU Campaign Trail

Sabbatical officers play a key part in the Students' Union, elected every year to ensure the student voice is heard. But how does it happen? **Keira Driver** spoke to some of the 2026 candidates to find out how the process works

Sabbatical officers are former students who take up a paid position for one year in order to represent Bath Spa University students. These hard-working officers ensure issues are resolved, whether that's to do with student education, housing, wellbeing, sports or anything else.

The election process normally begins around the end of January when nominations for the roles open. Nominations close at the end of February and candidates are officially announced. Before they are announced, all candidates attend meetings to learn the rules and regulations for the election period and are given tips on how to campaign effectively.

The first week consists of preparation. This includes banner-making, posting on social media and creating candidate profiles and manifestos. Basic campaign materials for making the banners are provided by the SU. The second week is when more active campaigning takes place. Speaking to students on campus and promoting the manifestos is key so students are aware of what they are voting for. Voting opens for one week in early March before the winners are announced at the awards night.

Both Maddie Simmons (top) and Grace Adams (right) worked hard on their campaigns with fun and engaging ways to connect with all BSU students



The Power of Promotion

Behind every campaign was a candidate with a story. We spoke to three candidates to get a glimpse behind the scenes

What was it like running in the elections?

"Running for elections was actually really nerve-wracking, it's unlike any other job I've experienced... However, overall I found the election experience to be really enjoyable and so rewarding."

What was the most challenging part?

"Going against people you knew or other students in general! Everyone is so passionate about the roles and it feels horrible having to go against them, but everyone is also lovely and understanding of the situation... The lead-up to results night was hard, but it was all over quickly!"

Maddie Simmons

What was the process like?

"The first week is a lot of prepping, making posters, painting banners, social media posts and creating your candidate profile. Then the second week is all about visibility. You must put yourself out there for students to know who you are and why they should vote for you."

Evie Trembath

Images: BSU Student Union



How did you find creating your manifesto and promoting yourself?

"I found it challenging at times because I wanted to make sure my manifesto was genuine... I built it around real conversations with students. I also drew on my own university experience and what I've observed over the past three years. Using personal experiences helped my campaign feel more honest and relatable."

Do you have any advice for anyone who is planning to run next year?

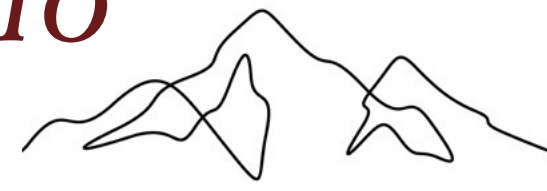
"Be yourself and go for it. It can feel daunting, but it's such a valuable experience. Speak to as many students as possible, listen to their perspectives and focus on being authentic."

Grace Adams



Handmade promo from Grace Adams (top), Maddie Simmons (far left) at BSU's Newton Park campus, and Evie Trembath (left) at Locksbrook

THE JOURNEY TO KILIMANJARO



Second-year student Ella explains how she is preparing ahead of her trip of a lifetime, which will also raise money for charity

Words & images: Ella Keyte

Kilimanjaro is the tallest free-standing mountain in the world. And at just under 20,000ft, it's the tallest mountain in Africa. At the time of writing this article, I am preparing for a nine-day hiking expedition, in the hopes of summiting the 'roof of Africa' to raise money for Meningitis Research Foundation. I will be among a group of climbers setting off together at the end of August.

Preparation is everything

I knew that the preparation would be just as hard, if not harder, than the trek itself. I'm a big fan of hiking, but when I signed up to the challenge I hadn't climbed anything remotely as tall or as difficult as Kilimanjaro. I had managed to summit Scafell Pike as a teenager, but that was years ago, and it required far less technical training and experience. There was also the pressing matter of my fundraising target, and how I might raise that amount of money in less than a year.

I began by getting myself a gym membership. I already liked running, but it was now time to up my fitness game, and so I developed a schedule where I was going three times a week to focus on building my strength and endurance. I've enjoyed going a

"It was time to up my fitness game so I developed a schedule"

lot more than I thought I would – it definitely hasn't been as terrifying as it first seemed.

I then started going for hikes around Bath and the local area, too. I bought a beautiful new pair of blue walking boots that got caked in mud on the very first hike I went on. I've been surprised by just how much of Bath I hadn't explored, how ignorant I've been to the countryside offerings in the southwest. In preparing for my big trip away, I've been able to connect more with the land I'm actually living on.

A short while into my training, I got in contact with my hearing aid company. Being hard of hearing is difficult, but it's sometimes useful if you're looking for a sponsor! By the end

My shiny new blue boots didn't stay clean for very long...



Getting walking practice on one of Bath's many countryside hikes

"I've been able to connect more with the land I'm actually living on"

of the first meeting with the head of marketing, I not only had gained a sponsor, but an opportunity to work with the company; advocating for the brand and for young people with hearing loss.

Ain't no mountain high enough

I still have a long way to go before I can summit Kilimanjaro, not to mention how much kit I still need to buy. But just in preparation for one of the biggest adventures of my life, I have been given more exciting opportunities and experiences than I would have even thought possible when I initially signed up for the trek. I'm excited to see where the next chapter takes me. ■



In my element, outdoors and enjoying the snow!

What is meningitis?

Ella is raising money for the Meningitis Research Foundation – the world's leading meningitis charity www.meningitis.org.

Meningitis is an inflammation of the protective membranes covering the brain and spinal cord. It can be caused by various factors, including bacterial, viral or fungal infections. Common symptoms include fever, headache, neck stiffness, confusion and sensitivity to light.

If left untreated, it can have a lasting impact on the person's health or even be fatal. Students are the second most likely demographic to catch meningitis, but it is often mistaken for freshers flu or a hangover.

If you would like to donate to Ella's fundraiser and help support meningitis research, please do so using the QR code below (open until December 7th, 2026).





From Diagnosis to Miss Dorset

BSU student Keira Lindsay says it with a smile as she shares her journey living with Tourette's syndrome

Words: Mei Jones

Keira Lindsay, a twenty-year-old Drama and Psychology student at Bath Spa University was proud to win the title of Miss Dorset 2025, and make it to the finals of Miss Great Britain. While this required plenty of focus and determination, Keira has also lived with Tourette's syndrome since 2020, which has made her journey even more remarkable.

Tourette's can cause repeated behaviours called tics (sudden, repetitive movements or sounds), which commonly include whistling, repeating words, making animal sounds, blinking, twitching or jumping.

There is currently no known cause or cure for Tourette's, and treatments include behavioural therapy. Many people with the syndrome also live with obsessive-compulsive disorder (OCD) and attention deficit hyperactivity disorder (ADHD), which can determine whether medication is used to manage the tics.

Following the pandemic in 2020, there was a spike in sudden-onset tics in teenage girls. According to research in the US, from 2015–2019, 2.5 in every 10,000 twelve to eighteen-year-old girls experienced their first tic. This shot to 10.3 in 2020, and 13.1 in 2021 – a significant increase for this demographic.

We sat down with Keira and asked her to share her experiences with both pageantry and her experience living with Tourette's syndrome both as a teenager and as a young adult.

How did your Tourette's syndrome begin?

"I developed it just after we came out of the second [COVID-19] lockdown, I believe. It was in October of 2020, and I started knocking on the table. And I thought, 'Oh, it's OCD'. This happened for about two weeks, and I hid it from my parents because I thought, 'This will go away. I don't need to talk about it'. But one of my teachers noticed and told my parents, and I kind of let it out from there... it was really scary."

Was it difficult to get a diagnosis?

"About four or five months after the symptoms, I had what we call a 'tic attack' in the Tourette's community. And they're pretty gnarly and brutal, so my mum took me straight to A&E... and that really got the ball rolling. I left A&E 24 hours later with a diagnosis and a pathway into CAMHS [Child and Adolescent Mental Health Services], because I was still under eighteen."

How did the lockdown affect younger women living with Tourette's?

"Prior to COVID-19, I think my hospital saw a total of 63 girls a year for a Tourette's diagnosis. In the following three years after the [COVID-19] pandemic, that number shot up to 13,000 girls. A lot of women ended up with Tourette's [due to] not being able to outlet their emotions."

Image: © That Girl With A Camera



“People are going to stare because I’m shouting, so I might as well give them something to look at”

So let’s talk pageantry! How did you get into it?

“Pageantry only really started for me [in] May 2024. So, it’s a fairly new thing. I saw an advertisement on my Instagram feed and I turned around to my mum and said, ‘Oh, should I go in for that?’ Like, as a joke... and I loved it! Pageantry is really just now about how well rounded you are as a person. So, what’s your course, your hobbies, your interests. Are you an academic person? Are you a working person? And then, what can you do in your community. And that was really, really nice, especially after COVID.”

What was the pageantry community’s response to your Tourette’s syndrome? There is a reputation that some people can be toxic?

“There wasn’t discrimination. More, it gave me a platform to be able to talk about it, which was nice. I would argue against [the stereotype that the pageant community is toxic], as I have made some really, really lovely friends from this experience.”



©Chris Perfect

How did it feel to run for Miss Great Britain?

“It was very full on! I won Miss Dorset late in comparison to everyone else; I was the last title winner, and then three months later, I was in the finals of Miss Great Britain, so that was very overwhelming. In GB, you’re faced with a lot of different age ranges, 18 to 30, whereas in Dorset, we were all very similar [in] age.”

Outside of pageantry and uni, what positive experiences have you had with Tourette’s?

“Kids can be quite cruel, but I have close friends around me, which made that easier. Eventually, those people who were quite cruel will come up to me and be like, ‘This is amazing what you’re doing’. And I like to think, ‘Well, great, but I hope you know that you can be nice too’. That comes with age, that comes with maturity, but it comes with awareness too. That’s my positive experience.”

How do you stay positive?

“My smile is definitely really, really important to me. Staying smiley. It comes from the people around you, I think, and knowing your limits. That’s really important, and that’s one thing I will always advocate for. If you need to take a day, if you need to take two days, do it. It’s hard for me to come to terms with, even five years later, that I woke up one day and my life [was changed]. I talk about it in a better way, but it really did have a harsh effect on not only me, but my friends and my family too. It was really scary and hard sometimes. But I think if you dwell on that for too long, you won’t do anything. So, I thought, well, people are going to stare and look at me because I’m shouting and screaming anyway, so I might as well give them something to look at!”

What advice would you give to your former self or others facing your situation?

“Try not to be so hard on yourself, you know? If you’re not keeping up in the way other people are, if you’re not showing up in the way other people are, it’s okay. It’s okay to take a break. It’s okay to say that you need help and take up people’s time. That’s okay.”

What final advice would you like to share?

“Probably take time for you, you’re the one that’s going through this, you’re the one that’s in control.”

It’s okay to say no, it’s okay to push yourself as well and if you can keep smiling, do. One thing that really made me very emotional for GB was I have the current title of the best smile in Great Britain.” ■

Let’s talk Tourette’s

According to TS charity Tourettes Action, nearly 300,000 children and adults in the UK are living with the condition. Keira is an ambassador for the charity, and campaigns to encourage open conversations and challenge stigma around neurodiversity and disabilities.

Find out more about the charity at: www.tourettes-action.org.uk



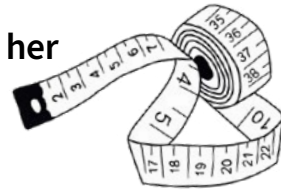
Outside of pageantry, Keira has a very keen interest in fashion, she is also a member of the Bath Spa Rapids
Page opposite (top): Keira being crowned Miss Dorset at the Miss GB finals; **(below):** on stage with an outfit change and the best smile in Britain

Image © Jade Thompson

Second Hand, First Choice

Bath-based former model Velvet Star gives her takes on sustainability and personal style

Words: Liliana Hawkes



Fashion has played a huge part in Velvet Star's life, but it's about so much more than simply a love of clothes – it “has made me more confident and brought new opportunities,” she says. She shares how her style used to be fairly muted and she would wear clothes to be able to fit in, but now, finding her style has liberated her: “I wear what I want to,” she says.

Icons

Velvet tell us about her influences, “Lady Gaga was huge to me when I was a child,” she says. In her teens, Velvet started experimenting with gothic fashion, which she still incorporates into her wardrobe. She walks us through her evolution: “I now wear colours and styles that I was too scared to before.” Today, icons include model Ugly Worldwide, whose alternative looks encourages Velvet to be “weird in the best way!”

Trending

While Velvet says trends can “help people find their style and feel like they are a part of something,” she counteracts that by saying buying clothes can also be “hugely detrimental to the environment.” This often happens with the constant flux of style trends that push people to

buy things that are only worn a few times before being thrown away.

In Velvet's opinion, trends can also make some people feel alienated, which encourages them to buy lower quality, cheaper pieces from fast fashion outlets. Sourcing sustainable clothing can break the cycle of waste and over-consumption that buying fast fashion only encourages.

Fashion Forward

Future Fashion Works (FFW) is a BSU initiative that ‘reimagines fashion through the lens of innovation, collaboration and sustainability’. It connects students with local creatives and community groups.

Velvet explains that she buys her clothes second-hand in charity shops and via sites such as Vinted and Depop. She says she is “more likely to buy clothes if they are handmade or sustainably made.” FFW shares this ethos to “build a more ethical and economically sustainable future for fashion.” Their Executive Project Manager, Tamara Parsons-Baker, has said they are “making fashion for a cultural and social regeneration.” ■

Visit www.bathspa.ac.uk/projects/future-fashion-works for more info

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Mindful Design

BSU's Fashion Society wants you to take a stand against unsustainable clothing and find your mode of self-expression – even on a budget!

Words: Imogen Price

Brisha Kharel, president of the Fashion Society, tells us that allowing ourselves to find our own style is important for discovering personal identity and confidence. She shares the “sense of belonging” that the members have when going through one of the biggest changes a person can experience: adulthood. And that finding community could be the key to finding yourself.

When trying to develop a personal style, Brisha acknowledges there is a growing pressure to follow online trends that challenge individuality. This has led to an increase in micro-trends that encourage fast fashion, which Brisha deems the industry's “largest polluter”. Young people race to keep up with rapidly changing styles that are quickly discarded once the hype is over.

However, Brisha believes there is still a strong desire for self-expression. Cultural shifts towards DIY and thrifting are a key sign of defence against trend-driven fashion. While she doesn't see second-hand shopping replacing fast fashion, she argues we will see “shifting attitudes and encouraging sustainable habits” as time goes on.

Valuable skills

Although the internet often highlights fast fashion, it also shares plenty about how fashion-lovers can reduce waste, including by thrifting unique second-hand pieces in order to extend the lives of many items that were previously destined for landfill. And then there's making clothes by hand, which is fading as an art, but the Fashion Society gives students the space to learn valuable skills such as sewing, repairing and upcycling. Brisha has hope that if more people develop these skills, then it could lead to an increase in “mindful consumption” as they would value their items and “think more critically about how and why we buy clothes.”

Brisha says the changing attitudes to sustainability and individual style is exciting to witness. More awareness of the disruption caused by fast fashion could create a shift to sustainable unique styles. There is hope that the trend of being yourself, might start to take over. ■

Photography: © Cameron Hall; Illustration: Millie Bundy



Fashion Forward



We speak to third-year BSU student Jaymes Kirby about 'Safe T-Pin' – a welcoming community for trans folk to embrace their personal style

Words: Millie Bundy

What is Safe T-Pin and what inspired you to start it?

"Safe T-Pin (formally known as TransFormation) was a variety night held in response to the Supreme Court ruling of the definition of a woman. The group was created to allow trans creatives to find community and come just as they are, without fear of prejudice. It highlights the beauty of transness, allowing them to express themselves authentically and unapologetically."

How do you think personal style reflects who we are?

"Clothes are gender-affirming care. We believe that clothes and fashion allow individuals to express outwardly who they are without needing to justify or explain their identity. Clothing such as binders, tucking underwear, and packing garments can provide people with comfort and security in their appearance."

You organised a clothes drive to support trans people – can you explain what inspired you?

"We started the clothes drive to provide free access to gender-affirming clothes for trans folk in need. Gender-affirming clothes can be quite expensive, and trans people may face barriers to secure funding for these items. Clothes drives such as 'Reclaim-The-Rack' provide a sense of community, while also being a sustainable and affordable alternative to fast fashion for trans people."

How important do you think sustainable fashion is?

"We believe sustainable fashion is becoming increasingly important in contemporary society. Sustainable fashion has many benefits. It provides a more environmentally friendly alternative to fast fashion, ensuring that the clothes being bought are given a second home and not going to landfill and harming the environment." ■

Entitty on stage at the BSU student union. They hosted Safe T-Pin's night of celebration for Transgender Awareness Week



Photography: © BSU Student Union

Moving Through Music



From punk rock and reggae to indie pop and rap, the ‘long player’ has the power to take you on a transformative journey

Words by Grace Webb

More than just a collection of songs, the music album has the power to tell stories, speak on first-hand encounters, and transport the listener on a voyage way past the music. Albums bring together aesthetics, movements and messages. They also become a part of people’s lives, allowing us to remember a certain time and place, and who we were back then. The music becomes an imprint for what matters to us – from love to human rights.

In 2016 Beyoncé created *Lemonade*, an album centred around black power and feminism. It is seen as a declaration of her values as a woman, a mother, a daughter and is representative of the

stages of grief and healing. And while, the album delivers exceptional music, it also shows how womanhood can turn something ‘sour’ into something more positive and sparkling, like lemonade.

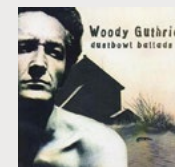
The journey Beyoncé as an artist takes us through begins in pain, goes through perseverance, and ends in empowerment. The songs follow the steps of intuition, denial, anger, apathy, emptiness, accountability, reformation, forgiveness, resurrection, hope, and redemption. Each song a theme, taking the listener alongside Beyoncé through past and present.

Read on to discover other favourite albums that have the power to take the listener to another time and place.

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A Magical Musical Tour

A handpicked selection of albums to help you on your voyage of musical discovery



Dust Bowl Ballads *Woody Guthrie*

Probably known as one of the first ‘concept’ albums, this 1940 folk album by

Woody Guthrie was groundbreaking for its time. Following Guthrie’s hardships as a refugee trekking to California in hopes of work, he created the music based upon the journey he took. The album gives us an insight into his mind, the people who surrounded him and how they stayed alive during this difficult time.



folklore *Taylor Swift*

With her 2020 album, Taylor Swift contrasts her typical ‘autobiographical’ records for something

else. Here we have fictional stories that take us away with each track as we find out how each character feels, creating a cohesive piece of work that nourishes listeners with a folk aesthetic and strong songwriting.



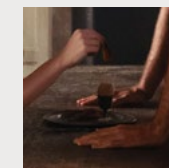
good kid, m.A.A.d city *Kendrick Lamar*

Kendrick Lamar’s critically acclaimed 2012 album has a sweeping narrative at its core. It plays as a coming-of-age, with songs about threats of gang and police violence, peer pressure, binge drinking and more. This poetic set of masterclass songs drops us in at various stages of Kendrick’s life.



Posing with Kendrick Lamar *good kid, m.A.A.d city* in Resolution Records, Bath

“Songs are the map to forming the journeys in our own imagination”



Wuthering Heights *Charli xcx*

Here Charli xcx soundtracks Emerald Fennell’s reimagined

2026 film “*Wuthering Heights*”. Writing in her Substack, Charli says she wanted to “dive into a world that felt undeniably raw, wild, sexual, gothic, British, tortured”. With an orchestral sound that takes us to the Yorkshire Moors, it’s impossible not to be swept away by the stories and music.

Bringing *Anima Italiana* to Bath

“Food is happiness for everyone.”
Nina Henty explores how a good (Italian) meal is key to mind, body and soul

Bath-based eaterie Bosco brings together the experience of lavish fine dining with the simple fare of a trattoria, pizzeria and ‘café Napoletana’. Its owners, who long ago fell in love with Italian culture, are determined that the restaurant represents ‘*anima Italiana*’ – Italian soul – a concept proudly displayed on their menus.

Tucked away in Bath city centre, a cobblestone path leads to the ivy-lined walls of Bosco’s courtyard set out with marble tables for *al fresco* dining. While the exterior carries a flair of European streetside trattoria and *la dolce vita*, the interior is candlelit and feels glamorous. Bowls and jars filled with pickled vegetables and classic Italian produce are assembled along the bar to emphasise the experience of being on the coast of Napoli or lounging in a vineyard in the lush green heart of Umbria. The atmosphere alone portrays Bosco’s authenticity, fortified by its carefully crafted menu.

Alternating seasonally, it showcases a variety of traditional dishes to take diners on an exploration of Italy’s regions. The array of antipasti includes Venetian style carpaccio di manzo, Umbrian bruschetta pomodoro, Sicilian arancini, in-house baked focaccia doused in Puglian olive oil and the cozze, which is a mussel dish with ‘nduja, fennel and white wine.

Images © Nina Henty

milk.



Head chef, Sebastiano, moved from his hometown in Naples, Southern Italy to England to play rugby and ended up swapping coaching for the kitchen. “I’ve been lucky to grow up with my mother always cooking good food for me and my siblings,” he says. “When you’re so familiar with something you love, it incites a kind of passion in you.”

Well-travelled tucker

For Sebastiano, he is using his time in the kitchen to learn more about Italian food, including pizza, which originated in Naples between the 16th to late 18th century. Sebastiano, however, strays from its Napoli roots: “I’ve never done pizza. You’re either a pizza chef or a restaurant chef and I grew up being a restaurant chef... Now I’m improving my pizza skills – thanks to the lovely guy over there, Vitor.”

He nods to his Brazilian-Italian colleague, whose smile is faintly misted by a haze of flour as he spins a base of pizza dough from one hand to the other with immense skill. “For Italian people, the bond is where the kitchen is.”

In Sebastiano’s view, “More seafood on this menu would be the next step to making it ‘*anima Italiana*.’” Sebastiano’s role as a chef serves as a testament to the free exchange of ideas and the preserving, learning and exploring of cultures different to our own. It is essential to our society and to Bosco’s very existence. After all, “food is happiness for everyone,” says Sebastiano. ■



Top left: The bar staff have expert wine knowledge
Top: The restaurant has a warm and inviting glow
Above: From the *cicchetti* to the *dolci*, all food is made in house in the open kitchen
Below: Bosco prides itself on its quality, ingredient-led dishes savoured by locals and visitors alike



On the Rocks: Swapping Clubs for the Countryside

Isla Gibbs and **Teddy Dorich** join BSU graduate Georgia Snudden on a hike to chat Gen Z, spending time outdoors and why it's good to walk and talk



milk.

“If you haven’t done masses with your day, getting some steps in clears your mind”

“In first year, I was out clubbing regularly; by second year, I was hiking regularly,” says BSU Law and Politics graduate, Georgia, as she leaps to avoid a puddle on our walk along the Bath & Avon Canal path. “I don’t think of walking as a replacement for going out drinking,” she continues, “but I enjoy connecting with people outside of pubs and clubs.”

According to a 2025 OnePoll survey, 82% of Generation Z enjoy spending their evenings cooking, resting and exercising, rather than going *out*. “I’ve definitely seen an increase in young people getting involved [with hiking],” Georgia says, “including me! In the past, my mum would’ve gone ‘Oh, do you fancy a walk?’ and I’d be like ‘Nah... you’re alright.’”

In 2025, the British Mountaineering Council revealed that regular participation in hill and mountain walking stands at 3.58 million, up from 3.39 million the previous year. Gen Z are among those driving this trend. Social groups such as Overground and GorpGirls have been created primarily by (and for) young people interested in hiking. Advertised via Instagram, these communities schedule outdoor events such as runs, climbs and hikes. “I haven’t joined any hiking groups,” Georgia says, “but I’m definitely interested [...] I think going on hikes alone versus going on hikes with people serve very different purposes.”

Georgia has been hiking for more than two years and notices how her wellbeing has been boosted by this new habit. “If you haven’t done masses with your day, just getting some steps in really helps to clear your mind.”

A 2025 Oxfam survey revealed that 47% of Gen Z often feel lonely. Georgia believes encouraging young people to go on walks can help: “When you’re on a walk, granted, you might be on your own but you’re saying ‘Hi!’ as you pass people.”

As we chat, Georgia and I are briefly interrupted by a wood mouse, which reminds her of when a passing fellow



Images © Teddy Dorich



Find Georgia on Instagram at @gplansthings where she posts about hiking and organised walks

“[Hiking] is a social media trend, but it’s also one you get benefits from”

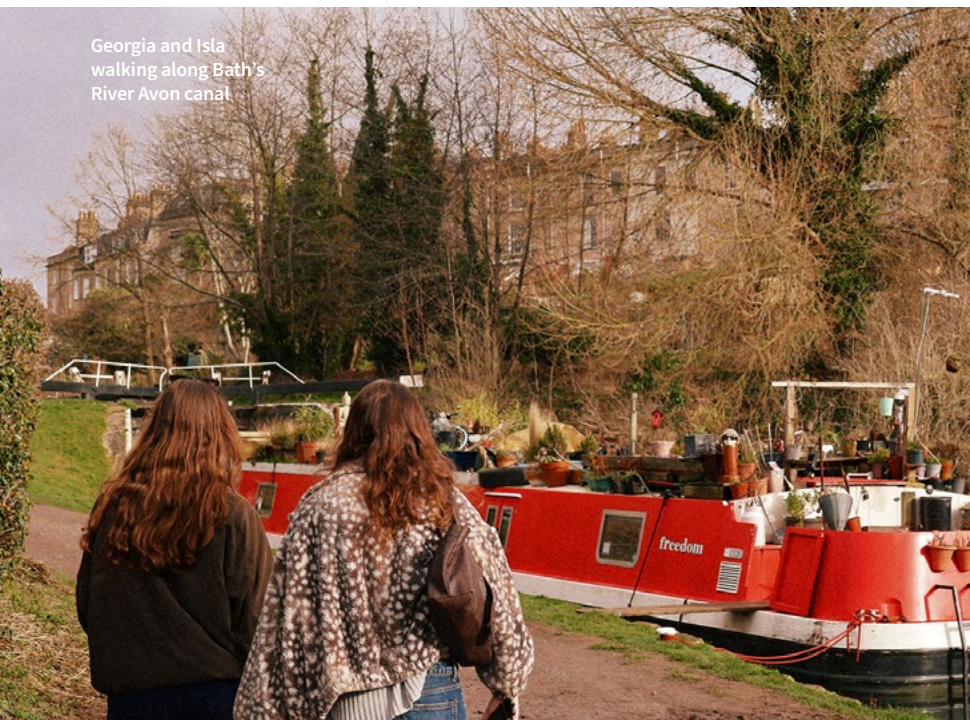
walker sparked up a conversation after they caught sight of a rare bird. “It’s small interactions like that which encourage me to go on walks.”, Georgia says.

With 7.9 million posts under #hiking on TikTok, it’s clear to see the activity is a trend boosted by social media. “I think [hiking] is sort of a social-media trend, but it’s also a trend you get benefits from,” Georgia says, “it’s not really one we can complain about.”

Georgia creates content for social media, filming and recommending hikes that are local to Bath. However, hiking is more than just a passing fad, it’s also being used as a way to detox from the online world, as Georgia acknowledges: “Social media feels like such a false concept [...] the people yearn for connection.”

After just 45 minutes spent with Georgia, the effects of getting outdoors had on both her and the others she walked with were clear. She sums it up simply, “It’s just nice to get out and see pretty things.” ■

Georgia and Isla walking along Bath’s River Avon canal



Get involved!

Want to get into hiking?
Here’s how you can get started

Bath-Bristol Cycle Path

Spanning an impressive 13 miles, the Bristol-Bath cycle path is a great way to spend your afternoon immersed in nature while connecting to neighbouring cities. If you get tired, you can always get the train back!

Bath Skyline Walk

Get to know Bath even better with this beautiful six-mile walk, which offers picturesque, panoramic views of the city and surrounding hills.

Ebbor Gorge

For the more experienced, Ebbor Gorge in Somerset provides a local challenge. While only two miles long, the rustic paths are made for the steadier footed. At the gorge idyllic views and fresh air are guaranteed.

BSU Walking and Mountaineering Society

The society offers students the chance to get outside and explore the countryside both within and beyond Bath – whether it’s a walk around the lakes and gardens of Newton Park, or trekking up Kelston Roundhill. Generally, walks and hikes are held once a week, usually at weekends, and range from a couple of hours to full days. Contact @bsuwams on Instagram or on email at walkingandmountaineering@bathspas.co.uk, to get involved.

Banned Books

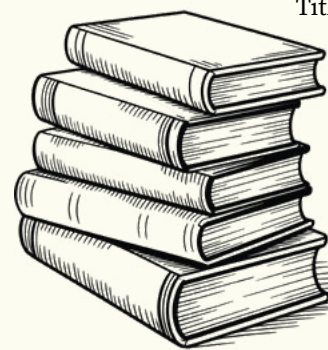


When it comes to freedom of speech in literature, how far have we really come? Ana Raimundo looks at the history of forbidden books and what the future could potentially hold

Behind every banned book is an idea that made someone uncomfortable. The spread of an idea can be as dangerous as a weapon, carrying influence and change with it. As such, we have a responsibility to acknowledge, understand and question why certain books have been banned, even today.

Historically, the banning and censorship of books was used to control the way people think, creating an intellectual monopoly that dissuades individuals from reading texts that have been deemed obscene, violent or ideological propaganda.

The origins of book-banning go way back. The Romans did it to the Ancient Greeks and their texts as a way to maintain the structure of their culture and society. The Nazis did it to books deemed “un-German” for praising or promoting socialism and communism (most notably with the book burnings of 1933), and the Catholic Church did it to texts that were seen as heretical, immoral or anti-clerical, with their creation and enforcement of the ‘Index Librorum Prohibitorum’.



Titles are still being challenged in many countries today. US journalist and book critic Jane Ciabattari stated that in 2022 the American Library

Association (ALA) documented more than 2,500 titles that had been challenged – the highest number of attempted bans since the early 2000s. The reasons given for challenging these books ranged from “transsexual material” to “grooming” and other “highly immoral” acts.

British author Juno Dawson’s 2014 title *This Book Is Gay* remains one of the most banned books in the US. Dawson has spoken out on the threats made against her and her writing due to her advocacy for transgender and LGBTQIA+ rights, saying that “they claim to be champions of free speech, and yet they’re going after books.” Silencing the voice of authors, especially diverse authors away from mainstream demographics, not only restricts free speech, but also erases diversity in literature. Limiting accessibility to writing that could make others feel seen and understood sends a message that they are not a welcome part of society.

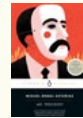
Banned books can offer a different version of reality, questioning socio-political situations, posing a threat to authority. Therefore, suppressing them becomes an essential tool for control, but no voice can ever be truly silenced. Banned books might just be the most important books of all to read. They invite us to look beyond what is evident, to question, feel and imagine other possibilities and worlds.

Turn the page for a timeline of some challenged texts.



A World of Forbidden Reading

Ana Raimundo shares some notable novels that have been subject to censorship over the past hundred years. Illustrations by **Laura Ward** (MA in Children's Publishing)



Mister President **Miguel Ángel Asturias (Guatemala)**

Inspired by Manuel Jose Estrada who rose to power and tyranny after the murder of President Jose Maria Reina Barrios. It explores dictatorship's effects on society.

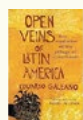
Reason for the ban: Political censorship due to the dictatorship in Guatemala meant the book could not be published for 13 years. Asturias maintains this was because the president Castaneda (dictator from 1931-1944), would not allow a critique of the government as it would also be a danger to him.



The Wonderful Wizard of Oz **Frank L. Baum (USA)**

Dorothy and her dog Toto find themselves in the strange land of Oz after a cyclone hits Kansas. To return home, Dorothy must follow the yellow brick road to find the famous Wizard of Oz who lives in the beautiful Emerald City.

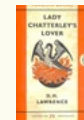
Reason for the restriction: Many libraries including the Chicago Public Library believed the story was “ungodly for depicting women in strong leadership roles”. It was also said to promote socialist values, the use of witchcraft and magic and attribution of human characteristics to animals.



Open Veins of Latin America **Eduardo Galeano (Uruguay)**

Galeano analyses the history of the Americas, from the time of the European settlement of the New World to contemporary Latin America, describing the effects of European, and later, United States economic exploitation and political dominance over the region.

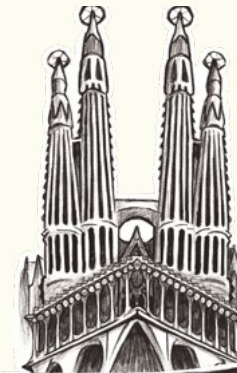
Reason for the ban: It was declared an instrument of corruption towards the youth of Chile, Uruguay and Argentina. The popularity within the left-wing party caused the book to be banned in the 70s by the right-wing military government.



Lady Chatterley's Lover **DH Lawrence (UK)**

Connie, an upper-class woman, is encouraged by her husband to have a liaison with another man. The controversial book is erotically charged and a commentary on equality and social hierarchy in the 1900s.

Reason for the ban: Banned until 1960 by a law that criminalised books for immorality. However, publisher Penguin challenged this and used the Obscene Publications Act that declared a book could be published if it had literary merit.



The House of Bernarda Alba **Federico Garcia Lorca (Spain)**

After the death of her husband, Bernarda Alba imposes years of mourning for her and her daughters, which causes conflict to arise and tragedy to follow.

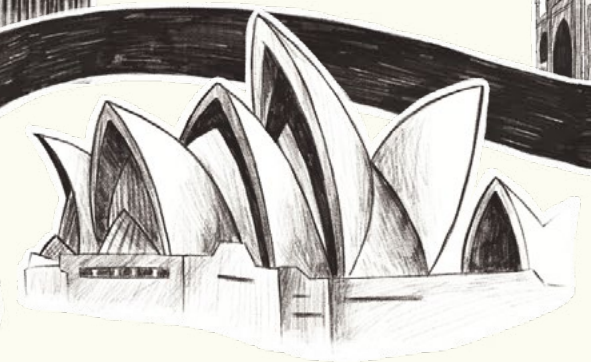
Reason for the ban: Lorca's left-wing involvement during the Spanish Civil War, led to Franco's right-wing government banning his works.



The Satanic Verses **Salman Rushdie (India)**

In this novel, two Indian actors fall out of the sky and into the English Channel after a plane hijack. One becomes the Angel Gibreel, and the other becomes Saladin Chamcha who represents the devil, in a mix of reality, dream sequence and allegory.

Reason for the ban: Rushdie was accused of blasphemy in his depictions of Muslims and Islam. The supreme leader of Iran called for Rushdie's execution, and the author spent ten years in hiding.



The 120 Days of Sodom **Marquis de Sade (France)**

Four libertines – a duke, a bishop, a judge and a banker – lock themselves away in a castle in the Black Forest with an entourage that includes two harems of teenage boys and girls specially abducted for the occasion. Four ageing brothel madams are appointed as storytellers for each of the four months, and their brief is to weave a 150 “passions” or perversions into the tales.

Reason for the ban: Banned decades after its publication for being obscene. Sade himself described it as “the most impure tale written since the world began”.

The Morning After the Apocalypse

By Simon Clarke

The morning after the apocalypse she packed a bag and made for the coast. The trains were cancelled of course. She thought about hitchhiking but her mother had always taught her that it wasn't safe. Instead she set off to walk. After all, there was no point rushing. It was a bright, crisp morning. Perfect October weather. A line of cars stretched along the highway. Traffic was at a standstill, but she made good progress on foot. At last, she topped the brow of the hill and saw the sea. It was on fire. What a rush, she thought.



Illustrations © Laura Ward

I Packed My Suitcase

By Jade Thompson

I packed my suitcase and in it I put,
The sweet smells of springtime, and moss underfoot.
Watching the stars shine on a crisp summer night,
The way water dances in the late afternoon light.

I packed my suitcase and in it you'll find,
My mother's resonant laughter, her reminder to be kind.
Struggles softened by siblings, my father's warm embrace,
The rise and fall of my dog's chest as she sleeps in front of the fireplace.

I packed my suitcase and filled it with things,
Like poetry, music, and late-night musings.
For if not through art, then how can we feel?
Through art, we can celebrate, we can mourn, we can heal.

I packed my suitcase till it burst at the seams,
With courage, steadfastness and undying dreams.
The strength to fight and the wisdom to rest.
The persevering pounding of my heart in my chest.

I shall leave behind what I wish to forget,
Like pain, embarrassment, and pointless regret.
I let go of the bad thoughts that clutter my head,
And pack in my suitcase gladness instead.

For what is life, if not a journey?
On which we can decide,
What we carry with us,
And what we cast aside.

There is no right or wrong answer,
The choice is yours to make.
What moments do you live for?
And what chances will you take?

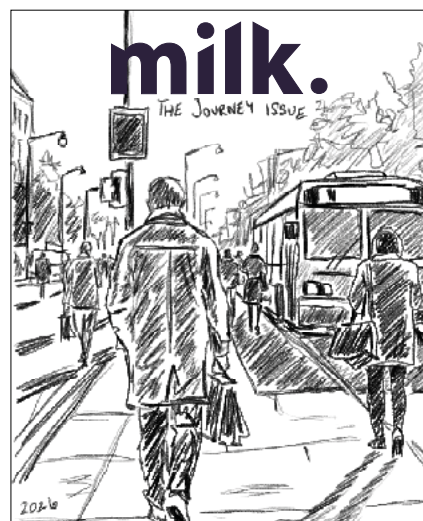


Cover Contenders

The shortlist for the cover of *Milk* 2026

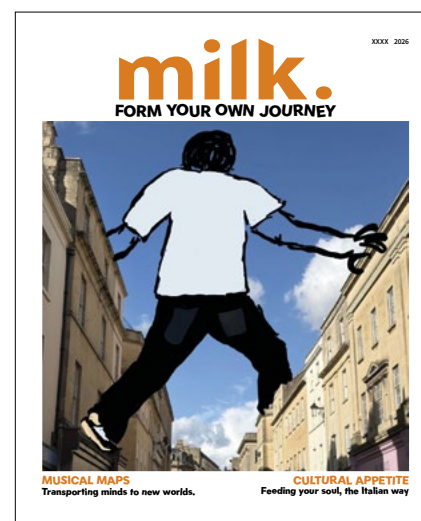
Five cover options were created for the 2026 issue of *Milk*. All covers were put to the vote with Jade Thompson's handmade option being declared the winner! Jade was supported by fellow team members Mia Roberts, Em Carter, Phoebe Hughes and Mei Jones. Here are this year's other cover contenders and the teams that created them.

1. Cameron Hall, Lili Hawkes, Millie Bundy, Ella Daily and Imogen Price. The cover represents the journeys of everyday people.



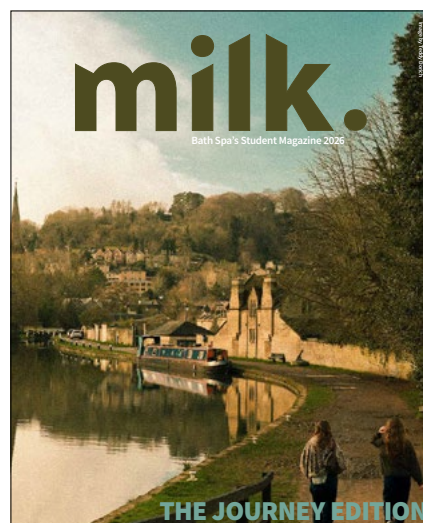
1.

2. Emily Johnson, Ciara Moxham, Nina Henty, Nina Qyshko and Grace Webb. The cover represents how we form our own journeys in life.



2.

3. Keira Driver, Holly Hooper, Teddy Dorich, Isla Gibbs, Rissy Wozniak. The cover features BSU students strolling the city and nature.



3.

4. Alexandra Bartlett, Gracie Wickens-Sweet, Nicolle Frascati, Perri Le-Conte, Ana Raimundo and Rebekah Faulkner. How individual moments shape shared experiences.



4.

milk.

We are

Writers

Editors

Photographers

Journalists

Designers

Illustrators

Poets

Critics

We are

milk.

And you can be too!

The theme for next issue is **BLUE**. Ocean blue. Sky blue. Ice blue. Blue jeans. Blue eyeshadow. Blue movies. Feeling blue. Yves Klein Blue. Once in a blue moon. Kind of Blue. Blue is for boy. Blue cheese. Blue-sky thinking. Blu-ray. Blue Monday. Bluetooth. Bluey. The Bluest Eye. The Pale Blue Dot. **BLUE** is the colour. Whatever it means to you, let us know at milk.mag@bathspa.ac.uk

