

LSBU Sustainability and Climate Action Events Series – Part Two

Consumption, Economics, Education and Wellbeing / Wednesday 4 – Friday 6 November 2020

Wednesday 4 November Consumption

9am / Welcome and introduction to the week / *Professor Deborah Johnston, Pro-Vice Chancellor, LSBU*

9.30am / **Keynote address:** The Unexamined Action / *Dillie Keane, author of blog 'Shit You Don't Need'*

10.15am / How creativity can replace our need for consumption

11am / Break

11.15am / Global consumer culture, impulsive buying and money budgeting – who buys more and saves less?

12pm / Lunch

12.45pm / **Keynote address:** How can we create retail installations that don't cost the earth? / *Gemma Ruse, Founder and Creative Director at Studio XAG*

1.30pm / Is Sustainability Embedded to Business School Curricula? Initial Findings from a UK wide study

2.15pm / Break

2.30pm / Real talk... Let's talk about fashion brands and sustainability

3.50pm / Summary and details of what's next

4pm / Break

5pm / The impact & influence of the fashion world on sustainability and the climate emergency – a panel discussion / *Aja Barber, Mayamiko, and The Sustainable Angle*

6.30pm / Closing remarks and details of the next day

Thursday 5 November Economics and Education

9am / Introduction to the day

9.15am / **Keynote address:** Extinction Governance and Engagement / *Professor Jill Atkins, Chair in Financial Management at Sheffield University, author of The Business of Bees and 'Extinction Governance'*

10am / Spirals, Spikes and Spinning Wheels: Temporal models challenging the sustainability agenda

11am / Break

11.15am / Embedding sustainability into accounting education – an empirical study at LSBU

12pm / Lunch

12.45pm / **Keynote address:** Embedding the Sustainable Development Goals into LSBU's Group Strategy / *Richard Duke, Director of Strategy & Planning, LSBU and Duncan Ross, Chief Data Officer, Times Higher Education Supplement*

1.30pm / Responsible Futures: Skills and Competencies for University Community Wellbeing and Student Employability

2.15pm / Break

2.20pm / Being bad to do good: using reverse psychology to embed Life Cycle Thinking and knowledge of Sustainable Development Goals in design and engineering curricula

3.05pm / A new economics for a post Covid world: how to make the change

4.15pm / Break

4.30pm / The contribution of Education for Sustainability to changing patterns of consumption and improving individual wellbeing

6pm / Closing remarks and details of the next day

Friday 6 November Wellbeing

9am / Introduction to the day

9.15am / **In conversation...** The impact of gardening and outdoor space on our mental health and wellbeing and how individuals and communities living in urban areas can create green spaces / *Bankside Open Spaces Trust, LEEF (London Environmental Educators' Forum), and Royal Parks*

10.30am / Break

10.40am / Managing your wellbeing during COVID-19/ *Mind*

11.25am / You're Not What You Think: How to manage the internal self-critic

12pm / Lunch and Learn: 'Remove clutter, welcome organisation and enjoy a more peaceful and sustainable life at home' / *Isabelle Lamy, Decluttering and Home/Office Organisation Expert, IDEa for your space*

12.30pm / **Keynote address:** IKEA Healthy and Sustainable Lifestyle / *Ailen McCreadie, Live Lagom Programme Manager UK&IE, Health and Sustainable Living, IKEA Ltd*

1.15pm / Mental health ecologies: space, design and lived experiences of distress

1.45pm / Lighten up! How daylighting in your living space can benefit your wellbeing and the environment

2.15pm / Break

2.20pm / Not My Problem: Recognising and reducing personal risks and harms in alcohol use

2.50pm / Developing and sustaining mental health and wellbeing

3.20pm / Break

3.25pm / Repackaging Christmas: gifts to protect the planet and its people / *The London Waste & Recycling Board, Sustainability Tribe and Terra Neutra*

4.40pm / Conference summary and details of what's next in the event series / *Professor Deborah Johnston, Pro-Vice Chancellor, LSBU*

5pm / Conference closes

Wednesday 4 November 2020 – Consumption

9am **Welcome and introduction to the week featuring:**
– Professor Deborah Johnston, Pro-Vice Chancellor for Education, LSBU
– Jaya Gajpara, Course Director for Education for Sustainability, LSBU
– Thomas Empson, Sustainability Project Manager, LSBU
– Neil Hudson-Basing, Corporate Events Manager, LSBU

9.30am **Keynote address: The Unexamined Action by Dillie Keane, author of blog ‘Shit You Don’t Need’**

Description: Socrates said a life unexamined is not worth living. I say an action unexamined is not worth taking. I aim to persuade people to a radical rethink of small, everyday actions that unwittingly cause harm to the planet – possibly themselves too. I hope to make them aware of habits and practices they cling to, and encourage them to understand they can change their ways with little inconvenience. I want to alert people to the role that marketing and advertising has in ‘helping’ us make those choices, and to examine the reality behind the hokum dreamt up in advertising agencies.

Biography: Dillie Keane is a performer and songwriter best known as one third of the satirical trio, Fascinating Aida. Of late, she has taken to blogging about ecological issues having been a doom-mongering greenie for many decades. Her ecoblog, shityoudontneed.blog, aims to persuade people to change their planet-damaging habits in an entertaining way. Dillie has been awarded two doctorates for her contribution to the gaiety of nations. Well, the citations didn’t exactly say that, but she can’t think why else she might have got them. Visit: shityoudontneed.blog

10.15am **How creativity can replace our need for consumption**

Description: Much of what we consume and buy is unnecessary but is so pleasurable to purchase in the short term. What if we could replace that ‘high’ by making, fixing and creating things we have that own memories? Could we then become more aware of the value of all things including our environment? As an artist and scientist whose work is about sustainability and who has worked with a fashion house during Milan Design Week, as well as created a hat for Ascot, I will talk about my process and how it can help to find joy in a different way.

Session lead: *Jasmine Pradissitto, Artist and Visiting Lecturer, LSBU*

School: Engineering

11am **Break**

11.15am **Global consumer culture, impulsive buying and money budgeting – who buys more and saves less?**

Description: How does the global consumer culture influence us? Do we buy more and save less, and hence contribute to unsustainable consumption patterns? In this cross-sectional study, we examined if those who acculturate to global consumer culture (GCC) are more likely to display consumption behaviours stimulated by GCC, namely impulsive buying and poor money budgeting. The findings show that consumers acculturated to GCC report higher impulsive buying and lower money budgeting, and that values of individualism and collectivism can help us understand why some people acculturate to GCC more than others.

Session lead: *Barbara Czarnecka, Senior Lecturer in Marketing, LSBU*

School: Business

12pm	Lunch	2.15pm	Break
12.45pm	<p>Keynote address – How can we create retail installations that don't cost the earth? <i>Gemma Ruse, Founder and Creative Director at Studio XAG</i></p> <p>Description: As a sector known for its constantly changing trends, high turnover of goods and large impact on the environment, it's clear that retail needs a drastic reboot. In response, StudioXAG have launched an initiative designed to realign their operations and begin to rethink the traditional retail display model.</p> <p>Biography: StudioXAG are an London and Amsterdam based creative agency which specialise in show-stopping, temporary retail installations for brands including adidas, Christian Louboutin and Liberty. Join Gemma as she introduces a number of creative approaches that the studio are using to make incremental, but impactful changes to how they work and the projects they deliver. <i>Visit: https://studioxag.com</i></p>	2.30pm	<p>Real talk... Let's talk about fashion brands and sustainability</p> <p>Description: We'll talk about the responsibility of the fashion industry when it comes to sustainability and how to start up a sustainable brand.</p> <p>Session lead: <i>Ronke Fashola, Course Director, Fashion Promotion and Marketing, and Fashion Buying and Merchandising, LSBU</i></p> <p>School: Arts and Creative Industries</p>
1.30pm	<p>Is Sustainability Embedded to Business School Curricula?: Initial Findings from a UK wide study</p> <p>Description: Initial findings from a UK wide study (specifically a content analysis) of module descriptors from all universities in the UK with business and management undergrad programs, identifying how/if sustainability is embedded to descriptors.</p> <p>Session leads: <i>Grace O'Rourke, Lecturer in Marketing, LSBU and Barbara Czarnecka, Senior Lecturer in Marketing, LSBU</i></p> <p>School: Business</p>	3.50pm	<p>Summary and details of what's next</p>
		4pm	Break
		5pm	<p>The impact and influence of the fashion world on sustainability and the climate emergency – a panel discussion</p> <p>Description: How has the fashion world changed in 2020 and what are the next steps for the each one of us to take? Join us in conversation with some of the leading fashion sustainability experts. We will be diving deep into a number of subjects & understanding how brands can authentically sustain an authentic commitment to sustainability.</p> <p>Speakers: – <i>Aja Barber</i> – <i>Paola Masperi, Mayamiko</i> – <i>Amanda Johnston, The Sustainable Angle</i></p> <p>Biographies: Aja Barber is a writer, personal stylist and style consultant living in South East London. Her work focuses on sustainability, ethics, intersectional feminism,</p>

racism and all the ways systems of power effect our buying habits. She can be found over at her Instagram @ajabarber, microblogging daily.
Visit: www.patreon.com/AjaBarber

Paola Masperi. Founder of award winning fashion brand Mayamiko. Mayamiko is a responsible womenswear and lifestyle brand, created by women who are at the heart of social enterprise, with ethics and sustainability at its core. *Visit: www.mayamiko.com*

Amanda Johnston is curator and consultant at The Sustainable Angle, having curated the sustainable textiles collection and Future Fabrics Expo since its inception. She has a background in design consultancy and education, and has co-authored two books: Fabric For Fashion, and Fabric.
Visit: thesustainableangle.org

For Fashion The Swatch Book (both published 2010; 2nd edition 2014). Amanda teaches at the London College of Fashion, and regularly runs sustainable materials workshops, delivering presentations and seminars internationally, both at industry events and in educational forums. Amanda has a degree in Fashion Design from Kingston University.

Session lead: *Ronke Fashola, Course Director, Fashion Promotion and Marketing, and Fashion Buying and Merchandising, LSBU.*

School: Arts and Creative Industries

6.30pm **Closing remarks and details of the next day**

Thursday 5 November 2020 – Consumption

9am Introduction to the day

9.15am Keynote address: Extinction Governance and Engagement. *Professor Jill Atkins, Chair in Financial Management at Sheffield University, author of 'The Business of Bees' and 'Extinction Governance'*

Description: The session will cover the latest research by the speaker and her colleagues on exploring a framework for Extinction Governance. This framework seeks to integrate species extinction prevention and biodiversity protection into the heart of governance and accountability. The discussion will also cover engagement by institutional investors on extinction prevention and biodiversity protection.

Biography: Jill is an academic currently holding a Chair in Financial Management at Sheffield University Management School and a Visiting Professorship at Wits University in South Africa. Her research covers corporate governance, extinction accounting, extinction governance and responsible investment. Jill is also an author and illustrates her books too!

10am **Spirals, Spikes and Spinning Wheels: Temporal models challenging the sustainability agenda**

Description: Whilst governments seek to raise awareness and begin to generate initiatives to tackle the fall out of fast fashion, engagement with a specific temporal turn in relation to consumer demand fails to gain recognition. Here specific models of temporality that shift emphasis towards the drivers of consumption are explored and utilising the work of the philosopher A.N. Whitehead, deconstructs our understanding of the notions of past, present and future with specific reference to how we both perform and consume online. As the impact of Covid-19 leads to a readjustment of our consumer behaviour, the consequences for a sustainability agenda are examined.

Session lead: *Dr. Helen Powell, Course Director, Creative Advertising with Marketing, LSBU*

School: Arts and Creative Industries

11am **Break**

11.15am **Embedding sustainability into accounting education – an empirical study at LSBU**

Description: The last fifty years in financial reporting has seen a dramatic change in the way annual reports are produced. From producing only financial statements back in the sixties/seventies to present integrated reporting consisting of management commentary, governance and remuneration, to sustainable reporting. Despite this growing importance of sustainability and sustainable development agenda, accounting education still has a long way to go in order to educate accountants to think, act and account sustainably.

The purpose of this presentation will be to report on what students gained through educating them via examining their summative assessment about importance of sustainable reporting of six listed companies' annual reports and compliance with UN Sustainable Development Goal.

Session lead: *Usha Mistry, Senior Lecturer, LSBU*

School: Business

12pm **Lunch**

12.45pm **Keynote address: Embedding the Sustainable Development Goals into LSBU's Group Strategy.**
Richard Duke, Director of Strategy and Planning, LSBU, and Duncan Ross, Chief Data Officer, Times Higher Education Supplement

Description: The session will focus on what the UN Sustainable Development Goals are, and how the LSBU Group has integrated them in its 2025 Group Strategy

Biographies: Richard is an experienced HE leader, holding strategy, planning and finance roles in UK and Australian Universities for over 10 years. As Director of Strategy & Planning at LSBU, he has led on strategy development, the use of insight to inform decision making and performance measurement.

Duncan Ross has been a data miner since the mid-1990s. As director of data and analytics at THE, he oversees a team that generates university rankings and related data products. Prior to this, he led Teradata's data science team in Europe and Asia, where he was responsible for developing analytical solutions across a number of industries, including warranty and root-cause analysis in manufacturing and social network analysis in telecommunications.

Visit: www.timeshighereducation.com

1.30pm **Responsible Futures: Skills and Competencies for University Community Wellbeing and Student Employability**

Description: This session will focus on how embedding sustainability across LSBU has the potential to bring about wellbeing for the communities on and around campus. The session will include Research, Enterprise & Innovation (REI) at LSBU together with some REI student ambassadors in order to highlight the importance of equipping LSBU students with sustainability competencies that would increase their employability and wellbeing.

Session Lead: *Alex Misfud, Responsible Futures Project Manager, LSBU.*

2.15pm **Break**

2.20pm **Being bad to do good: using reverse psychology to embed Life Cycle Thinking and knowledge of Sustainable Development Goals in design and engineering curricula**

Description: Education about and for Sustainability must make an impact to ensure that knowledge of Sustainability and the Sustainable Development Goals are embedded in students' and graduates' professional practice. However many young people and professionals are suffering from 'sustainability fatigue' and 'eco-anxiety'. This session proposes that use of reverse psychology and 'playing the bad guy' have a positive influence on education for sustainability and professional practice and describes case studies from the Division of Mechanical Engineering and Design / School of Engineering. Session will include an introductory presentation and discussion with students about their experience of UNSUSTAINABLE design.

Speakers: – *Dr Benjamin Lishman, Senior Lecturer in Mechanical Engineering, LSBU*
– *Professor Elizabeth Newton, Associate Professor of Psychology, LSBU*

Year 2 Students: *Beth Browne, Javane Lawrie, Dimitri McGrath-Karvelis and Zaynab Patel*

Year 4 Students: *Joseph James and Luke Kingham*

Session lead: *Professor Deborah Andrews, Associate Professor in Design, LSBU and CEDaCI project lead*

Schools: Engineering and Applied Sciences

3.05pm **A new economics for a post Covid world: how to make the change**

Description: Policy areas include limits to growth, the move away from GDP, green accounting, sustainable finance, behavioural economics, macro economic policy. The panel would look at these policy areas in the context of how we make the change to a more sustainable world.

Speakers: – *Dr Sarah Abdaless, Head of Division of Accounting, Finance and Economics, LSBU*
– *Mark Winter, Lecturer in Accounting, Finance and Economics, LSBU*
– *Dr Christoph Biehl, Lecturer in Responsible Business, Department of Management, University of Birmingham*

Session lead: *Dr Hugh Atkinson, Distinguished Research Fellow, The Schumacher Institute for Sustainable Solutions, Bristol*

Schools: Business, Law and Social Sciences

4.15pm **Break**

4.30pm **The contribution of Education for Sustainability to changing patterns of consumption and improving individual wellbeing**

Description: “The word learning undoubtedly denotes change of some kind.” (Bateson, 1972, Steps to an Ecology of Mind.) What personal learning experience would change your consumer behaviour and improve your well-being? Join this wide-ranging discussion to explore the impact of education for sustainability in relation to consumption and well-being.

Speakers: – *Jaya Gajpara, Course Director for Education for Sustainability, LSBU*
– *Rolf Jucker, author of blog ‘Sustainability Writings’ and the book ‘Can We Cope with the Complexity of Reality?’*
– *Paul Maiteny, Ecologist & Psychotherapist plus Lecturer in Education for Sustainability, LSBU*

Session lead: *Dr Glen Strachan, Education for Sustainability Programme, School of Law & Social Sciences, LSBU*

School: Law and Social Sciences

6pm **Closing remarks and details of the next day**

Friday 6 November 2020 – Wellbeing

9am **Introduction to the day**

9.15am **In conversation... The impact of gardening and outdoor space on our mental health and wellbeing and how individuals and communities living in urban areas can create green spaces**

Speakers: – *Mary O'Connell, Head of Parks & Community, Bankside Open Spaces Trust*
– *Molly Gadenz, Green Hub Coordinator, Bankside Open Spaces Trust*
– *Laura MacMahon, Community Learning Officer, Royal Parks*
– *Iain Boulton, Chair of Trustees, LEEF (London Environmental Educators Forum)*

Description: Gardening is not only good for the environment but evidence shows it can make a massive difference to your stress levels and improve well-being. In fact, doctors are even starting to prescribe gardening for mental health!

Biographies: Bankside Open Spaces Trust (BOST) is an environmental and volunteering charity with over 20 years of protecting, preserving and enhancing parks, gardens and other amenities in London's SE1 and surrounding areas. The charity aims to improve people's health and wellbeing by making where they live and work greener and more beautiful. Collaborating closely with local residents and businesses to champion green spaces. The award-winning open spaces each are unique, with their own atmosphere, identity and sense of place.

Mary O'Connell, Head of Parks and Community at BOST, is a trained Horticulturist with extensive experience in open space management. Mary will discuss the

importance of open spaces for health and well-being and give advice on how you can get involved in gardening or green up your local area.

Molly Gadenz coordinates the Green Hub Programme at BOST, with wide-ranging skills in community engagement and supporting residents in setting up community gardens. The Green Hub programme supports residents, forming a network of gardeners, providing them with resources, connecting them with each other and teaching new skills, so that they can engage in gardening and growing activities in their local green spaces. Molly will give tips on how to engage your local community in a project and how to get your community gardening project off the ground. *Visit: www.bost.org.uk*

The Royal Parks is a charity managing London's eight historic Royal Parks across 5,000 acres with 77 million visits every year. Laura McMahon is the Community Learning Officer for The Royal Parks and coordinates a long-running programme of activities designed to enable visitors to see the parks in new ways. This includes walking tours and workshops open to all; and in-depth work with London's underserved community groups who face challenges in accessing the parks. Laura is trained in Social and Therapeutic Horticulture and Organic Horticulture and has almost a decade of experience setting up community gardens and teaching people how to grow their own food.

Laura will present the community programme she delivers in the central Royal Parks and highlight specific projects she delivers that engage local underserved communities with nature to improve their wellbeing. *Visit: www.royalparks.org.uk*

We'll also be joined by Iain Boulton, Chair of Trustees for LEEF. Iain is a long-term LEEF member, and parks

office for Lambeth council, and will provide a contrasting view of green space from a public and local authority perspective. Iain is also known as the Bat Man as he often runs highly engaging bat walks in various green spaces in London. *Visit: www.leef.org.uk*

Session lead: *Jaya Gajpara, Course Director, Education for Sustainability, LSBU*

10.30am **Break**

10.40am **Managing your wellbeing during COVID-19.**
Kerry McLeod, Head of Content (Information), Mind

Description: The coronavirus pandemic has been a stressful time for many of us. You may have experienced – or be experiencing – feelings of anxiety, low mood, loneliness, grief or anger. You might not even know how you're feeling sometimes. Right now our feelings are affected by lots of things that are outside our control and this can all have an affect on our mental health. Join this session to learn some simple ways that you can manage your wellbeing during the coming months.

Biography: Kerry McLeod is the Head of Content (Information) at Mind, the mental health charity. We won't give up until everyone experiencing a mental health problem gets support and respect. We provide advice and support to empower anyone experiencing a mental health problem and over the past few months we have been working to support the mental health of people throughout England and Wales during the pandemic. Kerry works with a fantastic team of people to produce information for everyone aged 11 and older, covering diagnosis, treatment, legal rights, services and tips to help you in your everyday life when you are living with a mental health problem. *Visit: www.mind.org.uk*

11.25am **You're Not What You Think: How to Manage the Internal Self-Critic**

Description: The aim of the session is to increase awareness about the nature of self-critical thinking and the commonly used term 'imposter syndrome.' We will raise understanding about your own self-critical thoughts and your relationship with them. By the end of the presentation, you will understand the difference between confidence and competence and have tools to manage your own self-critic.

Session lead: *Dr. Daniel Kolubinski, Psychology Lecturer, LSBU*

School: Applied Sciences

12pm **Lunch and Learn: 'Remove clutter, welcome organisation and enjoy a more peaceful and sustainable life at home'.** *Isabelle Lamy, Decluttering and Home/Office Organisation Expert, IDea for your space*

Description: "Nowadays, clutter can creep very quickly in our homes. Besides the visual impact of things lying around, chaos has many other negative consequences on the way we live and our level of stress.

So, to improve our wellbeing, going through our belongings might be the right decision. I will share with you the tips I use with my decluttering clients. I will also tell you how it's easier to keep clutter at bay when our home is efficiently organised. And because some people might be short in space, I will help you to figure out how to make the most of your home." – Isabelle

Biography: Isabelle Lamy is a professional organiser, declutterer and storage optimisation expert. She has a degree in Interior Design and gained specific skills in the field of space and storage optimisation when she worked for IKEA in France. She enjoys metamorphosing cluttered, messy, overwhelming, and somewhat life-draining spaces into sources of joy, relaxation, overall wellbeing, and success. Isabelle says that the most rewarding part

of her job is when her clients say that working with her metamorphosed their whole life (not just their space), turning it around from stressful into peaceful.
Visit: www.ideaforyourspace.com

12.30pm **Keynote address: IKEA Healthy and Sustainable Lifestyle.** *Aileen McCreadie, Live Lagom Programme Manager UK&IE, Health and Sustainable Living, IKEA Ltd*

Description: As part of our global People and Planet Positive ambition to inspire and enable 1 billion people to make a step to behave more sustainably by 2030 in the UK&IE we launched The Live LAGOM Programme 6 years ago which was designed to support our customers and co-workers to see that sustainability is easy, affordable and desirable. Reducing energy, waste and water and being kind to the planet and their pockets. Over 3 years of research, we found living sustainably and wellbeing are very much connected.

Biographies: "I have worked for IKEA for over 19 years in several roles from IKEA Food, HR Manager, Payroll Specialist and Marketing Manager. I became Live LAGOM Programme manager 5 years ago where I work with all the units across the UK&IE.

Previous to IKEA, I had my own business, where we owned 3 Public houses and managed 30 others within our holding company. From 33 pubs to 22 units of IKEA I have loved every step of my journey. Inspiring and being around people is where I thrive most"- Aileen
Visit: www.ikea.com/gb/en/this-is-ikea/sustainable-everyday

Aileen will also be joined by LSBU Alumni Nureen Glaves. Nureen works with IKEA on the #LIVELAGOM initiative. Her company, FeedMeGood provides health and wellbeing services to housing associations, youth services, homeless schemes, the education sector and local councils. *Visit: www.feedmegood.co.uk*

1.15pm **Mental health ecologies: space, design and lived experiences of distress**

Description: In this session, Paula will introduce ideas around the impact of the environment on mental health, providing case examples from work on inpatient environments before broadening out the discussion on ecological approaches to mental health, in formal service provision and beyond.

Session lead: *Professor Paula Reavey, Professor of Psychology, LSBU*

School: Applied Sciences

1.45pm **Lighten up! How daylighting can benefit your wellbeing and the environment**

Description: Zoe will be discussing how access to daylight can affect your well-being. Too much and discomfort glare can be caused and too little can negatively affect people's mood and how productive they are in a day. She will be elaborating on her PhD research which was carried out at LSBU in collaboration with the British Blind and Shutter Association where she analysed the effects of a window blind's performance on people's health, well-being, and productivity. Lastly, she will be explaining how improvements to occupants' interactions with shading may not only provide social benefits but also environmental benefits through saving energy.

Session lead: *Zoe De Grussa, Sustainability Engineer and Communications Designer, British Blinds & Shutters Association*

School: Engineering

2.20pm	Not My Problem: Recognising and reducing personal risks and harms in alcohol use Description: People often assume that problem drinkers are a special category of people who lack any control over their alcohol use. In fact, the vast majority of people who experience harms from alcohol use are not 'addicted' in the sense that you might assume. In this session we will explore some of the risks related to alcohol use, and other behaviours such as gambling, and consider ways in which these risks can be managed and minimised. Session lead: <i>Professor Antony Moss, Professor of Addictive Behaviour Science, LSBU</i> School: Applied Sciences
2.50pm	Developing and sustaining mental health and wellbeing Description: This presentation will showcase interventions for mental health and wellbeing that have the potential to bring about sustained changes in people's mental health and wellbeing across a range of distress states. Session lead: <i>Professor Patrick Callaghan, Dean of the School of Applied Sciences, LSBU</i> School: Applied Sciences
3.20pm	Break
3.25pm	Repackaging Christmas: gifts to protect the planet and its people Description: Christmas and other cultural holidays are expensive and stressful times of the year! However, this expense is not just from our own pockets – our presents and traditions have an ecological footprint too. Join this

session to rethink your Christmas gifts in 2020 – ones that are kinder to the planet and the people who make them, better for our wellbeing and which support a healthier green economy.

Speakers: – *Luke Gaydon, Co-Founder, Terra Neutra*
– *Amruta Kshemkalyani, Founder, Sustainability Tribe and #ZeroWasteUAE Social Initiative*
– *Wayne Hubbard, Chief Executive Officer, The London Waste and Recycling Board*
– *Professor Patrick Callaghan, Dean of the School of Applied Sciences, LSBU*

Biographies: Luke has 20 years of experience working in digital media and cloud technology, including stints at Channel 4, OC&C & Sony Pictures Television Network. He's spent the last 12 years building global SaaS businesses, working across Product, Commercial and Strategy functions. Recently his primary focus has been to evaluate the commercial and technical viability of bringing new SaaS/software solutions to market with Brightcove most recently, Accedo. Luke has consulted internally and externally around new product launches, acquisitions and go to market strategies. A child of the 70s, Luke was taught to conserve at an early age, always turning lights off, sharing bathwater and putting on an extra layer if he felt cold. Unfortunately as an adult of the 21st Century, Luke spent several years flying all over the world for work, thereby racking up a huge carbon footprint. Luke co-founded Terra Neutra in November, 2019 with the aim of helping him and everyone else reduce their carbon footprint. Married with two young children, Luke flies a lot less these days. Visit: <https://terraneutra.com>

Amruta Kshemkalyani, founder of *Sustainability Tribe* and *#ZeroWasteUAE Social Initiative* is a sustainability advisor, speaker and educator. Originally a mechanical engineer, later certified as sustainability consultant; Amruta is a sustainable design and built environment expert. Over last 13 years she has professionally

contributed to sustainable development in the Middle East. Moreover, for the past 11 years Amruta has inspired climate action and played the part in bringing a positive social behavioral change through her work of educating society about climate change and sustainability. Amruta is also advisor to international environmental organizations and is honorary judge at many international sustainability awards.
Visit: www.sustainabilitytribe.com

The London Waste and Recycling Board (LWARB) is a partnership of the Mayor of London and the London boroughs to improve waste and resource management. The city's economic and environmental future depends on our transitioning to a low-carbon circular economy. And at LWARB, we work to ensure that London's businesses, local government and communities thrive by helping them make the very best use of resources and materials.

Wayne is the Chief Executive Officer of the London Waste and Recycling Board, where he oversees the day to day running of the organisation. He has been heavily involved in LWARB since its establishment and has substantial local government and waste industry experience. Prior to LWARB, Wayne worked as Head of Waste Policy at the Greater London Authority and has also held roles at the London Borough of Haringey and East Sussex County Council. Wayne has over 20 years' experience in the waste industry. *Visit: www.lwarb.gov.uk*

Session lead: *Thomas Empson, Sustainability Project Manager, LSBU*

4.40pm **Conference summary and details of what's next in the event series**

- *Professor Deborah Johnston, Pro-Vice Chancellor for Education, LSBU*
- *Jaya Gajpara, Course Director for Education for Sustainability, LSBU*
- *Thomas Empson, Sustainability Project Manager, LSBU*
- *Neil Hudson-Basing, Corporate Events Manager, LSBU*

5pm **Conference closes**