

From Peru to Japan: rethinking
what it means to age well.

Van of Life: serving cheesy chips
and joy for more than 30 years.

Transforming the Thames breathes
new life into essential habitats.



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Kate Peters

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YBM



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Welcome to the Easter edition of *CAM*,

which means that exam season is... over! And what better way to celebrate than with a big night out, and possibly a late night refuel at that most Cambridge of institutions, the Trailer of Life.

This feature of the city's nightlife has been serving burgers, quesadillas and cheesy chips to grateful customers for more than 30 years, and on page 20 we hear from some of those who have enjoyed its healing powers about just what makes it so special.

Quite whether a diet of fast food is the secret to a long life we can't say, but on page 12 we look at what ageing well does actually look like, and the work of the Centre for Research in the Arts, Social Sciences and Humanities in redefining what it means to be old – and get older. Some of the examples from around the world are truly inspiring.

Elsewhere, on page 26, we look at how the multi-agency Endangered Landscapes and Seascapes Programme is reversing the toll human activity has taken on natural habitats in and around the River Thames, and is restoring the estuary to its former glory. And on page 34, we hear how Professor Tim Dalgleish has made it his mission to act on our affective system – the “life or death system in our heads” – specifically to improve young people's mental health.

On these topics – and on all things Cambridge – we look forward to your contribution to the debate, online at magazine.alumni.cam.ac.uk, by post and email or on social media.

Mira Katbamna
(Caius 1995)



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Inbox

AI and art

 I chuckled when I saw the AI image of me as an “art historian at work”. I am rather less panicked about AI than many (useful in its place, but so far as I have seen no substitute for human creativity). In this case it got my sartorial style very wrong (I’d never wear a jacket like that). But it did capture my fondness for getting up close to sculptures and (where it’s safe to do so!) dispensing with those regulation blue gloves.

**Mary Beard (Newnham 1973),
Professor Emerita of Classics**

Varsity

 The cover of CAM issue 107 was a lovely idea, from the novelty of the foldout to the photography, colours, setting and the universally cheerful expressions on everyone's faces. What a wonderfully happy way to celebrate the wide range of sporting activities available. Conratulations!

Simon Tuite (Fitzwilliam 1971)

✉ Just a few words of total admiration for the superb Go light Blues spreads in the latest edition! Not only does it make a big impression with its colour and format, but it gives a great view of the range of activities and people taking part in sport at Cambridge. In these times of focus on STEM and AI, it is so important for the health of students that they appreciate how their valuable time at university can be shared

with the humanising and interactive relationships enjoyed by participants in sports. Thank you for this inspiration.

Dominic Weir (Girton 2015)

DNA

 I opened my copy of *CAM* this morning, eagerly reading all the articles as usual. However, when I came to the article on Crick and Watson (Alumni life) I was astonished that the first sentence read: "The 1959 night at the Eagle pub when Francis Crick and James Watson declared they had discovered the 'secret of life' is the stuff of legend." Every Cambridge alumnus and every tourist visiting the Eagle pub knows that this took place in 1953, not 1959 (as written on the blue plaque outside)!

Ranald Spiers (Pembroke 1977)

FROM THE EDITOR: Every alumna, but apparently not this one! Our apologies and thanks to all of you who took the time to write – read them in full in Inbox online!

 Francis Crick's Nobel Prize was announced a couple of days before the end of term. *Varsity's* editor decided to bring out a special edition and I was sent to interview Professor Crick at his home, The Golden Helix. A party was in full swing. I had no idea what Crick looked like so I asked a somewhat bemused looking man nursing a glass of champagne where I might find my quarry. He replied languidly: "Probably upstairs in bed with my wife." Upstairs

were three doors: if I were to fulfil my ambition to abandon my medical studies and become an ace foreign correspondent, I had to follow the story. I couldn't bring myself to do it, so at that moment my journalistic dreams ended. The next morning's national newspapers carried photographs of Crick. He was, of course, the bemused looking man with the glass of champagne.

Harvey Marcovitch
(Sidney Sussex 1960)

Football

 I enjoyed Joshua Bland's piece about the heritage surrounding the supporting of football (Life's a pitch, *CAM* issue 107), but I'm not sure about his assertion that football "offers continuity against a broader context of discontinuity caused by deindustrialisation". There are exceptions to this general rule. Take my own club, Ipswich Town. Not a typical deindustrialised area like the examples that are cited in the article. Indeed, we are patronisingly referred to as the Tractor Boys precisely because of the rural roots in that part of the world. Ipswich Town, or indeed our great rivals Norwich City, do not fit the stereotype of the northern post-industrial football club.

Patrick Russell (Wolfson 2020)

Soundtrack

✉ I was taken back more than 65 years by Ruth Barrett's choice of *Das Lied von der*

Erde (CAM 107). Not knowing the work, but liking what little of Mahler I'd come across, I borrowed it from the University Record Library (housed in Miller's of blessed memory). That evening I cleared the decks and put it on. Immediately after the orchestral whump at the end of the first movement there was a power cut. Imagine what that did to an 18-year-old lying flat on his back immersed in fin de siècle darkness. To this day I can't hear *Der Abschied* – all 30 minutes of it – without remembering that 18-year-old with tears running down his face. Still happens, I'm glad to say.

Mike Lunan (Peterhouse 1960)

Foreign languages

 Dominic Weir (Inbox, CAM 107) is right about foreign languages. My mother believed in their hidden uses but, as an undiagnosed ocular dyslexic (meaning I have poor visual memory), German proved difficult to learn in my comprehensive, though I benefited from privately organised exchanges. Having gained a First from Liverpool University, but without postgraduate support, my health collapsed due to overwork. Academic references dared not mention dyslexia, in case I failed to get any interviews. Eventually, I did a Quaternary Science MPhil involving volcanological fieldwork in the eastern Eifel, where speaking German was invaluable.

David Nowell (St John's 1998)

Innovation

256 qubits

in the UK's most powerful quantum computer, soon to be installed in the new IonQ Quantum Innovation Centre at the Ray Dolby Centre.

cam.ac.uk/mag108/qic



Philanthropy

A solution for the age: New Rokos School of Government to begin work

The new Rokos School of Government will be opening soon, following a landmark £190m commitment from investor and philanthropist Chris Rokos – believed to be the largest individual donation to a British university in modern history.

The new school aims to prepare future leaders to navigate an increasingly complex global landscape shaped by political instability, technological disruption and structural economic change. It will sit in the Cambridge West Innovation District, positioning it at the intersection of science, technology and public policy.

Rokos, founder of Rokos Capital Management, says the initiative was inspired by a desire to “give something back to Britain” through education. He describes the School as an opportunity to rethink how governments respond to emerging global challenges, adding that

Cambridge’s culture of innovation makes it the ideal home for the project.

The University’s Vice-Chancellor, Professor Deborah Prentice, says the School will bring together experts across disciplines to generate “the insights and solutions needed to respond to our rapidly changing world”.

The school will recruit academics from fields such as economics, political science, engineering and history, while also drawing on expertise from government, finance and public service. It plans to offer Master’s and PhD programmes alongside collaborative research initiatives.

Rooted in a commitment to practical solutions and democratic values, the school hopes to become a leading international centre for policy innovation and leadership in the 21st century.

cam.ac.uk/mag108/rok

Cambridge Festival

More than 50,000 people took part in this year's Cambridge Festival, marking a record-breaking celebration of research, debate and public engagement across the city. With more than 360 events, the festival welcomed families, schools and other visitors into laboratories, lecture halls and public spaces, reinforcing the University's growing commitment to opening academic discovery to wider audiences.

cam.ac.uk/mag108/rbc



Deconstructed

New test could help detect lung cancer years before symptoms occur

A cross-Cambridge research team say a simple urine test could identify lung cancer years before symptoms appear, transforming early diagnosis and survival rates for patients.

The test detects proteins released by tumours, offering scientists a non-invasive alternative to scans and biopsies traditionally used to confirm suspected cancers.



Researchers believe earlier detection could significantly improve treatment outcomes, particularly because most lung cancer cases are diagnosed only after symptoms become advanced.

The findings add to Cambridge's reputation for innovation, though researchers say further trials are necessary before widespread NHS adoption can begin safely.

Two-minute Tripos

A MODERN DAY VERSION OF THE TURNPIKE TRUST COULD SOLVE THE POTHOLE CRISIS. DISCUSS

Execrable! Insufferable! Vile! Full of ruts! Break-neck! Totally impassable!

They still haven't done anything about the potholes on Cherry Hinton Road, then?

Actually, all those words were used by 17th-century diarists, including agricultural reformer Arthur Young and pioneering travel writer Celia Finnes, to describe the awful roads 400 years ago. That's all very well, but saying: 'Well, the roads were much worse 400 years ago!' is a low bar. That bar's not just low, it's sunk beneath the subgrade.

What's a subgrade?

The natural earth which sits under the sub-base of the entire road structure, of course. You've got to know your stuff when you're complaining about potholes.

Anyway, it seems that potholes are not, in fact, a new problem.

I saw a photo on Facebook of a pothole on the A1301 at Great Shelford that was so big this woman said she could lie down in it.

Indeed. My point is that the pothole complainers of yesteryear did end up with a solution and roads were better.

Tell me after I've fired off my latest email to the council.

Turnpike trusts! Trustees levied tolls on everyone who used the road and were required to reinvest all surpluses into keeping the road in good condition.

And it actually worked?

Yes. Roads became much safer and the whole of society benefited. In fact, Professor Leigh Shaw-Taylor, who researched this topic, says that better roads resulted in far greater circulation of people, money and ideas.

So in order to improve roads and therefore wider society I have to pay more money?

Yes.

Well, that's not going to happen, is it?

No.

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and plan your weekend of
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adventure. Join us in Cambridge
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Why haircare can be an act of resistance

There's much more to hair than pure aesthetics, says Karen Dominguez Mendoza, PhD researcher at the Centre of Latin American Studies.

INTERVIEW VICTORIA JAMES

ILLUSTRATION MICHAEL KIRKHAM

On my 15th birthday, like many Latin American girls, I celebrated with my *quinceañera* – a party that's effectively a modern ritual of womanhood. And a key part of the day was treating my hair. I grew up in a mixed-race family, and I'm the only one with 'kinky' hair. When I was young, my mom loved it, but didn't know how to manage it.

In racialised social orders, having straight hair is perceived as more attractive and more professional. But the attempt to relax my hair at that *quinceañera* went badly wrong. My scalp was burned and the following hair loss was appalling. And that awful experience began my journey into how Black haircare functions as a form of resistance.

It made me realise such expectations are another form of violence against Black bodies, in societies which force us to see our hair as undesired, as ugly, as having no value. And worse – societies that issue moral judgement. There's a phrase in Colombia, *pelo malo*, meaning 'bad hair', which is only applied to Black hair. Now, if something's bad, you need to attack it. Language builds realities.

As I dug deeper, I came across the Association of Afro-Colombian Women. They have been working since the 1980s on Black hair as a political tool and a means of identity formation for Black people – women in particular. With them, I realised this question was so much bigger than just

looking after your hair. It was about building community; about intimacy and trust in a space where you're taken care of – and that's important for Black people, because care has been stripped from our lives, only conceived as a form of labour – mostly unpaid – that we provide for others.

My research documents stories of resistance from the Black haircare entrepreneurs of Colombia. These stories matter, because they're about creating conditions that sustain Black life, and building an economy, both crucial in the ongoing fight against racism. And they matter because it's essential to understand that the Colombian economy was built on the shoulders of Black people. These are people that have been misrepresented, overlooked and marginalised. Their stories are missing in the scholarly world, and in journalism and documentary.

What does the Black hair economy look like? It takes place on patios, in courtyards, in living rooms, on pavements, even under trees. And, of course, in the salon and barbershop. From these places springs much more than you might ever imagine. Leadership has been developed in barbershops. They've become a tool for conflict transformation – for example, tackling gang violence in the most impoverished neighbourhoods. Local mayors in cities such as my hometown of Cali are now using barbers as mediators.

The women of the Afro Mata 'e Pelo Foundation, in the northernmost region of Colombia, gathered to talk about haircare discrimination, also founding a shared passion to advocate against child marriage and early union, which isn't uncommon in their region. Another group began activism on domestic violence after hearing, during haircare sessions, of members' experiences. Writers have emerged from this group, as have entrepreneurs and businesswomen. Hair has become a container to hold many ideas – and a tool for turning dreams into material realities. People have paid their way through university with the money they make braiding and cutting hair.

Knowledge transfer is at the heart of the haircare economy. In the same way, I want my research to reach wider audiences and expand conversations across the global diaspora. To that end, I've filmed a documentary series – telling 16 stories across eight cities – to capture the many experiences of Blackness and Black haircare practitioners. My hope is that it disseminates their knowledge, and allows us all to be seen in our humanity.

Black haircare supersedes aesthetics. It's about politics and economics. It's about resisting helplessness and opposing the normalisation of suffering and violence for Black bodies. It is about care and joy, and building a life that's worth living. ●



Y43, Christ's



PLAYS: NOT THE THING

Sanghera: This place put me off theatre. I remember one production of Othello where Othello was played by a white guy painted red.

COLD CLIMATE

Thomas: I seem to have acquired an entire drawerful of jumpers. I'm not sure why. I just think they make me feel very homely.

HOT WATER

Sanghera: Rocio doesn't have a kettle in her room. How? A kettle was the source of all our food and drink. Pot Noodles, Cup-a-Soups.

YOU'RE HISTORY

Thomas: I switched from History to Law – I want to go into law, so I thought I'd save having to do a conversion course.



The posters may have changed, but the air of excitement, possibility and pride is as strong as ever, say author Sathnam Sanghera and Law student Rocio Leyva Thomas.

WORDS **LUCY JOLIN** PHOTOGRAPHY **MEGAN TAYLOR**

Sathnam Sanghera (Christ's 1995) and third year Law student Rocio Leyva Thomas are discussing that student room staple, the slightly pretentious poster. Thomas proudly displays one for Camel cigarettes featuring a sexy blonde peering over the corner of a pool table, waving a Camel and – rather impressively – a pool cue in the same hand. But, she is keen to assure him: "I am not a fan of Camel cigarettes and I don't smoke!"

"Don't worry," says Sanghera, whose own entry to the pretentious poster list is a Salman Rushdie poster he finagled from Waterstones. "I went through a cigar phase in this very room." He ponders the strangeness of a time that allowed smoking in rooms but not TVs: a rule which he flagrantly ignored. "I had a secret black and white TV. On Saturday nights, my best friend and I would sit in this room and watch *Blind Date* with Cilla Black while eating macaroni cheese."

Returning to Y43 brings up complex feelings for Sanghera, who arrived at Christ's as the first in his family to go to university, the child of Punjabi parents who had come to the UK in the late 60s. "My father couldn't read or write, and my mother didn't speak any English." His teacher at Wolverhampton Grammar School, Robin Roberts, dropped him off. "She got me my place here, more or less," says Sanghera. "Things were going wrong at home. My sister had just been committed, because she had schizophrenia. My parents decided to go to India, I think because they were dreading dropping me off. As a boy, you're supposed to stay at home. There was a real feeling that I was betraying them somehow. The first thing my dad said when I got my place at Cambridge was: 'Why can't you go to Wolverhampton University?'"

Walking in now, he says, sparks the exact same feelings he had on that first day. "A mixture of excitement and possibility, but also homesickness." Perhaps that's because Y43's furniture and layout have barely changed since the 90s: he's sure the chairs are still the same, as are, of course, the two vast windows looking out over Third Court. "I still have a lot of memories of sitting and looking out those windows," says Sanghera. "The light and the sound of the birds is amazing."

"I'm quite nosy, so I like watching the people walk along outside," agrees Thomas. "That's the College life thing. You know everyone, at least by sight. You can look at someone and think oh yes, they're from Christ's."

They fall to discussing how life in Y43 has – and hasn't – changed. "I have conflicting feelings: pride and regret at the same time," says Sanghera. "I think it's important to acknowledge the sadness. Although I was very socially confident at school and after I left Cambridge, I did not understand what was going on socially at university. >

BEAR NECESSITIES

Sanghera: I brought my teddy bear, Ginge, when I came up. He was 99p from Wednesfield Outdoor Market in Wolverhampton.

WHAT A FELINE

Thomas: We have two College cats which are always around, but they're really not all that friendly. They look more like Grumpy Cat memes.



I never imagined I would ever write a book. Books were written by other people, superhuman people. It's hard to see beyond. It's hard to dream beyond what you've seen

There were all these cliques. The posh clique. The nerds. I became very close to three of my fellow English students. But we all felt disconnected."

Thomas's social landscape 30 years later is very different. "We're all from varying backgrounds, but we just gel. My friends who visit from other universities do find some things strange, though. Like how it's only in Cambridge that it's cool to go to a jazz night rather than go clubbing."

But she, too, is part of a close-knit group of four friends on the floor. "I love the serendipity of us just leaving our doors open, walking in, having a chat. I don't really host in this room: it's the spontaneous wandering around between rooms that I love, especially in the digital age where everything is planned."

They both agree: their time in Y43 was and is special – but it's hard to recognise just how special that time is until you've closed that door for the last time. "I've tried to throw myself into Cambridge life," says Thomas. "When I go home, I do think: 'I could have done this, I could have done that.' But when my two little sisters hear about it, they think it's cool that I'm here and you realise: 'Oh, I did make the most of it.'"

"You can't imagine what you're going to become," says Sanghera. "When I was in this room, I never imagined I would ever write a book. Books were written by other people, superhuman people. It's hard to see beyond. It's hard to dream beyond what you've seen." ☺

Sathnam Sanghera is a journalist and author of a critically acclaimed memoir and novel, and bestselling works of history for adults and children. Third year Law student Rocio Leyva Thomas is Captain of Boats and has received a job offer from a commercial law firm on graduation.





In brief

CLEAN HYDROGEN

A team led by Professor Erwin Reisner from the Yusuf Hamied Department of Chemistry has developed a method to turn recovered car battery acid and plastic waste into clean hydrogen, offering a potential new approach to sustainable fuel production.

VIKING ERA 'EXECUTION PIT'

A possible Viking era execution pit, containing dismembered remains and complete skeletons dating from the ninth century, has been uncovered by archaeology students at Wandlebury Country Park on the outskirts of Cambridge. The excavation, led by Dr Oscar Aldred from the Cambridge Archaeological Unit, featured in BBC Two's *Digging for Britain* and will now undergo further DNA and isotopic analysis.

UNSEEN PETER SHAFFER PLAY

A Trinity PhD student has uncovered a complete unpublished play by Sir Peter Shaffer more than six decades after it was written. Discovered by James Critchley within the playwright's archive, *Our Lady of the Volcano* offers fresh insight into Shaffer's early creative ambitions before *Equus* and *Amadeus* established his international reputation. Trinity is marking the centenary of Peter and Anthony Shaffer's births this year.

POP-UP PLANETARIUM

Cambridge astronomers have launched a free pop-up planetarium designed to bring immersive space exploration directly into schools in the east of England. Developed by the Institute of Astronomy, the portable dome allows pupils to experience fully rendered 3D journeys through the universe, and forms part of the University's wider commitment to inspiring future generations of scientists.



University

Chancellor Chris Smith champions academic freedom

As Chris Smith, Baron Smith of Finsbury approaches six months as Chancellor, his emphasis on academic freedom continues to resonate across the higher education sector.

Since formally taking office earlier this year, the former Culture Secretary has repeatedly warned against political interference in universities, describing recent pressure placed on leading American institutions as "deeply worrying". Speaking shortly after his installation, Lord Smith argued that attempts to dictate what universities can teach or research threaten the foundations of academic life itself.

The remarks came at a time of growing international debate about free speech on campus and the role of universities in public life. Within Cambridge, his comments were widely interpreted as a clear statement of the values he intends to defend during his decade-long tenure.

Alongside safeguarding academic independence, Lord Smith has also focused on promoting Cambridge as a centre of British innovation and encouraging closer co-operation between the University and its Colleges.

A former Master of Pembroke, Lord Smith brings extensive academic and public experience to the role, having previously studied English at Cambridge before completing doctoral research on the Romantic poets.

cam.ac.uk/mag108/ccs

On age

I want to live for ever. I want to retire at 50. Paying for care is a lottery. I don't know if I'll ever be able to retire. The tropes of ageing are simultaneously contradictory and limiting, so what does it really mean to age well?

WORDS LUCY JOLIN PHOTOGRAPHY KATE PETERS





Older people have so much value, so much wisdom. I believe we need a society of care where nobody is left behind



Kayak guide **Shokita Masakatsu** (73) photographed on a beach near his home. His philosophy is to share the joy of sea kayaking and the abundance of Okinawa's nature with as many people as possible.

Lima, Peru: in an institute for old people abandoned by their families, a woman refuses to put down her knife and fork and eat with a spoon. "They tell me it's the easiest way, that it will stop me dropping it," she says. "But I refuse, because I have always been a fighter."

Osaka, Japan: a group of old women gather to drink tea, chat and discuss who needs what and who can help: can anyone's son stop by Mrs So-and-so's house and help her change her lightbulbs?

Eastbourne, England: an old man in neat khaki slacks and garden shoes finishes mowing his lawn – just in time to make it to the golf course.

All these people have one thing in common: they are old. But the similarities stop there. The human experience of ageing contains multitudes, which is why researchers at Cambridge applied for support from the Centre for Research in the Arts, Social Sciences and Humanities (CRASSH) to launch the Precarious Ageing research network. It aims to widen the frame of reference,

looking at ageing through time and across cultures to redefine what it means to be old and to get older.

At its heart is the question of what it means to 'age successfully'. But that term itself is loaded, says Helen McCarthy, Professor of Modern and Contemporary British History. "It puts the focus and responsibility on individuals to look after their own health and finances, to stay fit, beautiful and healthy for as long as possible, spend lots of money on face creams and gym memberships, and invest in their bodies. All of which means that the state doesn't have to step in to support them."

It arose, she points out, from good intentions: older people's organisations wanting to push back against equally damaging stereotypes of older people as useless, frail and decrepit. "And there is still an incredible amount of ageism in our culture that needs to be called out. But if that pushback goes too far, old age becomes something almost radioactive – something you have to keep at bay for as long as possible, denying the physical ›

Taeko Matayoshi (77) makes soba noodles by hand from her small traditional cafe Yume no Aya in the hills of Motobu.



Kate Peters – Ikigai

The images shown here are part of a project by photographer Kate Peters. Kate, who regularly works on CAM, was inspired by the book *Ikigai: The Japanese Secret to a Long and Happy Life*, and wanted to explore the ideas through portraiture. (The Japanese term *ikigai* loosely translates as ‘a reason for living’, acting as a framework for people to find meaning and purpose in their lives.) Kate travelled to Okinawa, one of Japan’s southernmost islands and also a Blue Zone (an area with a high concentration of people living longer lives), to explore how people there find meaning. She met with elders and invited them to share how they discover their sense of purpose and what brings them joy.

realities of becoming old, and your need for care and support from others. But ageing, particularly advanced ageing, poses very significant challenges to that concept.”

Old age, suggests Dr Iza Kavedžija, Associate Professor of Medical Anthropology specialising in Japan, is just one axis of difference among all the others that come into play in society: class, economic status, sex, location. The discourse of ‘successful ageing’, she says, is encouraging – but also exclusive.

“What is considered to be successful in one place – for example, living independently – is not considered to be desirable in another. Plus, the idea that one will maintain health and be active is a very peculiar form of understanding successful ageing. It may exclude many who are simply unable to live that kind of life.”

She cites recent work examining attitudes of South Asian migrants in London. “They wanted to be dependent. They felt that they’d earned the right to be looked after by their families. They did not aspire in the slightest to independent ageing.”

The UK’s concept of retirement, for example – affluent, peaceful, inevitable – was born in the 19th century, pioneered by a civil service that wanted a way to get rid of older employees. A culture grew around adult education, holidays, gardening, the National Trust, golf and moving to the seaside. This was all driven by men, of course, says McCarthy.

“Advice manuals from the 1950s all have chapters in which they discuss how to handle things with your wife, who has usually had the house to herself. There’s a lot of commentary on how male retirement threatens domestic harmony because men want their lunch at a certain time. Of course, there absolutely were women who had continuous careers and did retire. But they are relatively small in number.”

However, in low-income countries ageing looks very different, points out Dr Magdalena Zegarra Chiappori, a medical anthropologist whose work focuses on urban older people in Peruvian society. “In my work in Peru, the experience I see is very different. Peru is a country where



Old age is just one axis of difference among others that come into play in society: class, economic status, sex, location. The discourse of ‘successful ageing’ is encouraging – but also exclusive

people don't have a lot. Very few people can age successfully – they just try to make the best of what they have. Ageing successfully is the prerogative of people who have had good life opportunities – economic security and social insurance, for instance. Right now, I don't believe that a majority are ageing successfully. I think it's about ageing the best you can with what you have.”

Zegarra Chiappori has conducted extensive research and fieldwork at long-term care institutions for older adults in Lima, examining the attitudes and experiences of, and threats to, residents. “They all follow the same routine every day. They wear the same clothes and eat the same food. They lose track of time. They lose track of everything. It's a place of what's known as ‘social death’. These people are, of course, not biologically dead, but they are invisible – to the other residents, to their families, to the state that should take care of them, and to the institution itself.”

At the Lima shelter, some residents had simply been left on the doorstep. Some had dementia or other mental health problems. ›



Founded in 2001, The Centre for Research in the Arts, Social Sciences and Humanities (CRASSH) promotes innovative interdisciplinary research across the arts, humanities and social sciences and supports connections between academic research and policy, cultural institutions, and wider public life. It is now one of the largest humanities institutes in the world, with a global reputation for excellence – and celebrating its 25th anniversary this year.

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The idea that one will maintain health and be active is a very peculiar form of understanding successful ageing. It may exclude many who are simply unable to live that kind of life

Most had worked on the street all their lives – selling trinkets, sweets or T-shirts – and could no longer contribute to the family income. All had one thing in common: they were poor. And they all had stories. The man who left his home in the rural Andes to search for a better life in the city, away from Shining Path attacks. The woman who never went to school but taught herself to write.

The families who take their older relatives to the shelter also live precarious lives in the margins of Peru's economy and society – and the majority, Zegarra Chiappori stresses, send their older family members there with the best of intentions. She asked one man why his sister lived in the shelter. "He told me that the infrastructure of his house was too precarious. That he was a widower working two jobs to pay for his daughters to train as hairstylists and nail polishers – jobs which

in Peru will not take you out of poverty, so continuing the same cycle. He wanted to take care of his sister, but he couldn't."

In fact, the people who work at the shelter also felt invisible and exploited. When Zegarra Chiappori asked why residents were restrained with scarves tied to their bedposts, for example, the answer was simple: the nurses didn't like doing it, but a resident with dementia needed his incontinence pad changing and they couldn't risk them making a mess. "They had no resources to do it any other way."

Kavedžija's work focuses on Japan, often held up as a model of successful ageing. The idea of filial piety – treating your older relatives with honour and respect – is still very strong there. But the shape of the Japanese family is changing, she points out: people are having fewer children, meaning fewer siblings to share the burden of care.

Grandparents, meanwhile, are living longer. “So a couple might have only one child, but two sets of grandparents to look after. Their capacity to provide care has completely changed, not due to a lack of will or interest but a large-scale structural shift.”

Look on social media and you’ll find a very particular Japanese stereotype of ageing: tranquil older people doing t’ai chi in parks, eating a healthy diet rich in vegetables and fish, being looked after by their solicitous family. Yet these posts rarely mention the fact that Japan has one of the most extensive forms of long-term care insurance. Everyone is obliged to pay in from their mid-40s, and everyone over 65 is entitled to claim based on need, not on income. It supports care in the home and the community, residential care and daycare activities.

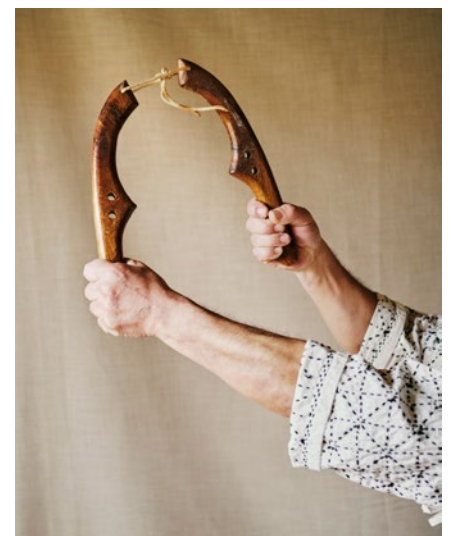
“Though I don’t want to romanticise it, as it also has its problems too – as the number of older people has grown, there is a strain on that system,” says Kavedžija.

During her research in Osaka, Kavedžija was struck by a particular group: older housewives who had not taken part in paid work but who had worked for their families all their lives, bringing up children and looking after their husbands. “They had a sense of well-deserved ease. They were living well. They had a positive attitude, and there were two insights that emerged to explain it.”

Firstly, the sheer amount of care that the older people were undertaking for each other – not just direct, but indirect, such as the lightbulb-changing son. And the second was the importance of story: the stories that the old people told each other, and the way that they remained active and involved by telling stories – about themselves, about others, about their past, present and future.

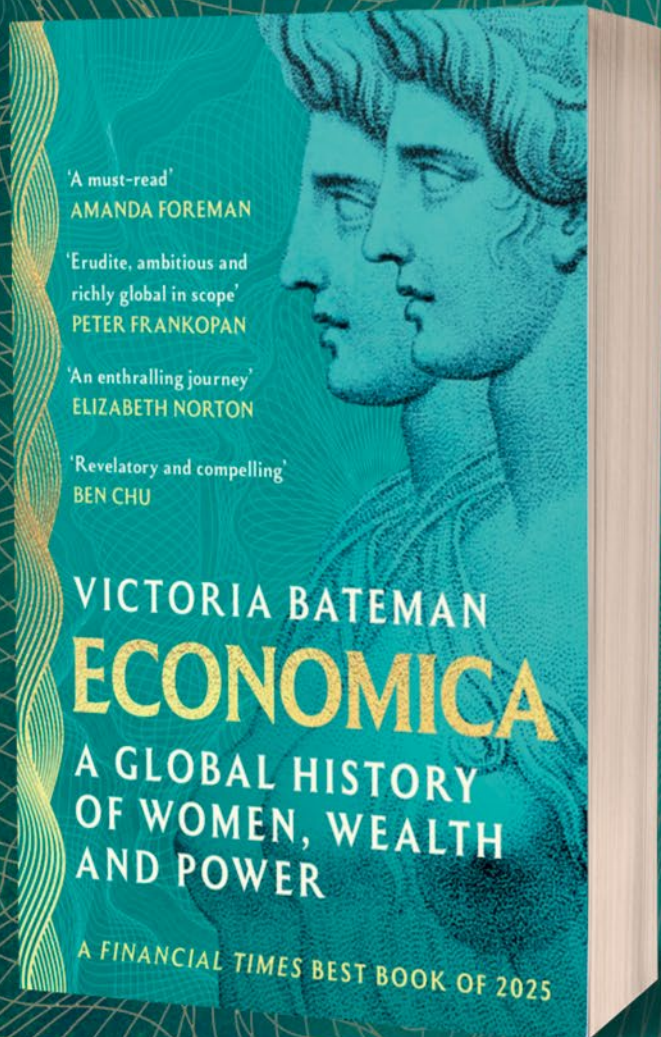
Stories, Kavedžija points out, are inherently social. “We tell them to each other, we compare ourselves to them, we contrast different stories. Being able to think narratively allows you to order your ›

The bigger conversation in society should be about the kind of support that creates the conditions within which people can pursue self-development, purpose and meaning



Karate master **Tatsunori Matsuda** is in his 70s and runs Okinawa Kenpo Nakamura Dojo. He has practised karate since he was eight years old – and also grows shiitake mushrooms behind his dojo.

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WRITTEN BY CAMBRIDGE ALUMNA
VICTORIA BATEMAN,
ECONOMICA TELLS A MORE ACCURATE
ECONOMIC HISTORY OF US ALL,
FROM THE STONE AGE TO THE PRESENT DAY

Yasuko Matsumoto (89) runs Ishikubiri, a restaurant where she makes fried tammu, a traditional Ryukyu snack made from a local fragrant purple potato.



There is still an incredible amount of ageism in our culture that needs to be called out. But if that pushback goes too far, old age becomes something that denies the physical realities of growing old

life events in a meaningful flow, rather than just an assortment of things that happen one after another.”

So what can we learn from these snapshots? There are many lessons in how older Japanese people live which individuals can adopt – Kavedžija is particularly fond of the formality applied to normal interactions. “The proper way of serving tea, for example. It’s not taxing, it’s pleasurable.” But, she says, the bigger conversation in society should be about the kind of support that creates the conditions within which people can pursue self-development, purpose and meaning.

In the UK, McCarthy observes, the retirement enjoyed by the post-war birth cohort is still very much in evidence – but Generation X and those who come after them are likely to have a very different ageing experience. “They may find that they don’t have enough of a pension to retire comfortably with. The government’s current thinking is around extended working lives, and there’s a certain logic to this because people are living longer. But the lessons of history should prompt caution – because all my research suggests that people are, on the whole, extremely pleased to give up work in their 60s.”

Getting old, after all, is something that hopefully comes to us all, wherever we are in the world – and every society needs to recognise that, says Zegarra Chiappori. “Older people have so much value, so much wisdom. I believe we need a society of care where nobody is left behind – children, older people, single parents, people with disabilities or mental health problems. We need to be aware of all the people who are being forgotten.” ☺



If you would like to find out more about the Centre for Research in the Arts, Humanities and Social Sciences, and how to support its work, please contact elizabeth.brent@admin.cam.ac.uk

VAN

OF



Cheesy chips, quesadillas and, of course, burgers. For more than 30 years, the Trailer – or Van – of Life has been a Market Square staple, delivering vital sustenance at the end of many a late-night student adventure. So what's its secret?

WORDS ABI MILLAR PHOTOGRAPHY JONATHAN KNOWLES

A close-up photograph of a hand holding a golden-brown quesadilla. The quesadilla is filled with melted cheese and some darker ingredients, possibly meat or vegetables. The hand is positioned on the left side of the frame, with the thumb and fingers visible. The background is a plain, light-colored surface. Overlaid on the right side of the image is a red rectangular box containing the word "LIFE" in a bold, black, stylized font.

LIFE

Under the startlingly fluorescent light of the luminous blue burger van, the owner Daniel turns to add one more customer's name to the bottom of the list. The hungry and slightly inebriated clientele in the post-midnight queue, including Isaiah Magdael (Fitzwilliam 2020), hold their breath. How will he spell it this time?

"Sometimes there were 'z's, sometimes there were missing 'i's or missing 'a's – my favourite one was probably 'IZAIA'," says Magdael. But tonight? As Daniel adds the final 'h' to the perfectly spelt 'Isaiah', a loud cheer rises from the assembled throng. "It had been a bit of a running joke, but it was so exciting when he got it right, especially as it was just before my graduation."

This, of course, is no ordinary burger van. This is the Trailer of Life, a true Cambridge institution. The very first time Isaiah had come across the van, Covid restrictions had just eased up. The nightclubs had tentatively reopened, and hordes of sweaty second years – determined to reclaim the freshers' week they never had – were spilling out of MASH (previously Fez). Hungry after a night of dancing, they stumbled towards Market Square, where they caught sight of the blue vision of goodness.

"There was a decent queue – we waited about five minutes, then got some good grub for the walk home," recalls Magdael. "Fitz is not a central College to say the least, so we normally needed something to motivate us to get back up the hill."

The grub in question was standard post-club fare: chunky chips and a regular cheeseburger with lots of condiments. Not exactly molecular gastronomy. And yet it signified something important: a reintroduction to that hazy late-night space, full of possibility, in which anything might happen and you might get talking to anyone.

Magdael became a regular customer, getting to know the owner well and paying a visit almost every time he went clubbing. During the warmer months, he and his friends >



VAN

would often stop at Castle Mound on the way back home. They'd sit at the top and stargaze for a while, pondering the wonders of the cosmos as they scarfed down their chips. Other times they'd simply mill around in Market Square. "The Van of Life was great for reconvening with the people I went out with and talking about what had happened during the night," says Magdael.

Of course, he's far from being the only one to feel this way. Founded in 1992, the Trailer of Life (colloquially known as the Van of Life) has provided the backdrop to many a late-night misadventure. Indeed, for many alumni it has attained an almost mythic status, cemented by its apparent rivalry with the 'Van of Death' (officially called Uncle Frank's) on the other side of Market Square.

"Where you went for your post-night out snacks was quite a tribal thing," recalls Claire Tomlinson (Clare 2002). "I remember being out with a friend from home who wanted to go to the other van, and I was like: 'What are you doing? That's the Van of Death. You don't go there.'"

Tomlinson isn't sure where this judgement came from, just that it was entrenched in College lore. You could visit Gardenia ('Gardies') if you wanted to get your photo on the wall of fame. The Trailer of Life was renowned for its cheesy chips ("the fact they melted the cheese made it that bit more special," she says). The Van of Death was simply the 'other', and sometimes it was arbitrary – your social group determined your allegiance.

"My friend remembers all his friends going to Gardies," says Tomlinson. "He used to secretly go to the Van of Life, and then sneak round the corner and meet everyone at Gardies. I feel bad about the Van of Death. They were perfectly fine; it was just this label that they got given."

Ersel Korusoy (Trinity 1993) matriculated shortly after the vans first opened. Although he did visit the Trailer of Life, which he describes as a "nice, homely chippy", his own loyalties lay with the Van of Death.

"It had a Turkish proprietor named Omar, and I'm Turkish Cypriot, so it was a familiar face in a fairly isolated place," says Korusoy. "There weren't many non-English people in Cambridge at that time. The food was obviously quite different to what you'd get in your average chip shop. Some of it was familiar to me, and some of it was really quite bizarre – lamb and chicken shish kebabs, kidney and liver, spicy potatoes, doner burgers, pickled eggs, and even intestines stuffed with things and put on the charcoal."

Aside from his cultural connection with Omar, Korusoy felt drawn to the dark romance of the Van of Death. "I used to be really into fantasy fiction novels, which tended to involve people going off on adventures," he says. "I suppose walking through the market square, by the light of the moon, felt like a bit of an adventure. You'd reach this oasis of light in the middle of all this darkness between the buildings, and there was Omar and his van." ›

OF

Where you went was quite tribal. I remember being out with a friend from home who wanted to go to the other van, and I was like: 'What are you doing? That's the Van of Death. You don't go there'



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Back in the 90s, the rivalry between the vans was no laughing matter. Ersel maintains the Van of Death nickname was a derogatory term coined by the Van of Life people, who were attempting to conduct a kind of PR sabotage. However, this tension seems to have eased up over the decades. By the noughties, says Tomlinson, the life/death duality was perceived as being “a bit comical”. And by the 2020s, it was all but gone. “I didn’t really get a sense of that rivalry at all,” says Magdael.

Of course, many of the vans’ customers would have been somewhat worse for wear. Tomlinson remembers going to formal hall, then to the College bar, and then to Cindies, finally stopping at the Trailer of Life to soak up the booze. “We’d do a slow amble back to College and the food was gone by the time I reached my room,” she said. “It either got eaten or dropped on the floor – one of the two.”

Pollyanna Hopkins (St John’s 2019) has a similar memory. She remarks that since you weren’t technically allowed to bring food into College, you had the choice between smuggling it in under your jacket or sitting on the wall outside and finishing it off. “My regular order would have been the quesadilla – chicken, cheese and pepper folded in wraps and fried, with chilli oil and garlic oil. It was always amazing,” she recalls.

There was another important subset of customers, however – students working late into the night. Ersel and his girlfriend would often pause their studies around midnight and wander towards the market square in their pyjamas. Tomlinson too would sometimes head there once she’d finished writing for the day. “We’d go and get cheesy chips as a reward for slogging through another thousand words,” she says. “The food wasn’t just for when you’d had a lot of alcohol.”

So how did this humble kebab van become such an essential part of the Cambridge experience? It’s hardly the kind of thing a tourist would associate with the city – something to see alongside the gothic towers and dreaming spires. And yet for students, the Trailer of Life is often just as meaningful and memorable as those more Harry Potter-coded elements.

The most obvious reason is that Cambridge is a small place, with relatively few late-night eating options. But there’s also the calibre of the people who worked there. “It always felt like they were enjoying their job, even if it

was 3am with a crowd of drunk students,” says Hopkins. Then there’s the Trailer of Life name, a marketing masterstroke. As Tomlinson puts it: “You’ve got this brightly lit up beacon of hope at the end of a night out.”

Hopkins was recently back in Cambridge for her MA celebrations, and was heartened to see a healthy queue outside the Van of Life. “I live and work in London now and the food culture after a night out is very different,” she

We’d do a slow amble back to College and the food was gone by the time I reached my room. It either got eaten or dropped on the floor

says. “You don’t get the same familiarity with the people you’re seeing and the food you’re eating, because it’s quite a transient place.”

Tomlinson is also London based now, and isn’t necessarily tempted to revisit the life-giving trailer. “Would I go all the way back to Cambridge just for those cheesy chips? Probably not,” she says. Korusoy says he hasn’t been to the Van of Death in years, but that next time he’s up in Cambridge, he’ll take a look.

Magdael stopped at the Van of Life the year after he graduated, and found that it evoked a certain melancholy. “By that point Daniel had left,” he says. “I don’t know the streets as well as I used to. I think it would be a fruitless endeavour to try to recapture that time in my life – it’s fun to remember, but I won’t be able to get that specific experience back.”

For many alumni, cheesy chips may plunge us right back into the sights and sounds of our student days. And more so than the quality of the food or the quality of the service, that’s arguably what makes the Trailer of Life so special: its inseparability from a very particular stage of life. ☺

ODE TO 4AM

SHALL I COMPARE THEE TO A CHEESY CHIP?

THOU ART MORE GREASY AND DELECTABLE:

ROUGH WINES DO SHAKE THE BOOZING BNOCS OF MAY,

AND CAESARIAN SUNDAY HATH ALL TOO SHORT A DATE;

SOMETIME TOO MERRILY THE FRESHER DOTH WASSAIL,

AND OFTEN IS THEIR GOLD COMPLEXION DIMM’D;

AND EVERY FARE FROM FAIR SOMETIME DECLINES,

BY CHANCE OR EVENING’S RAGING COURSE UNTRIMM’D;

SO LONG AS THERE ARE BOPS WHERE WE DANCE FREE,

SO LONG LIVE CHIPS, AND CHIPS GIVE LIFE TO THEE.

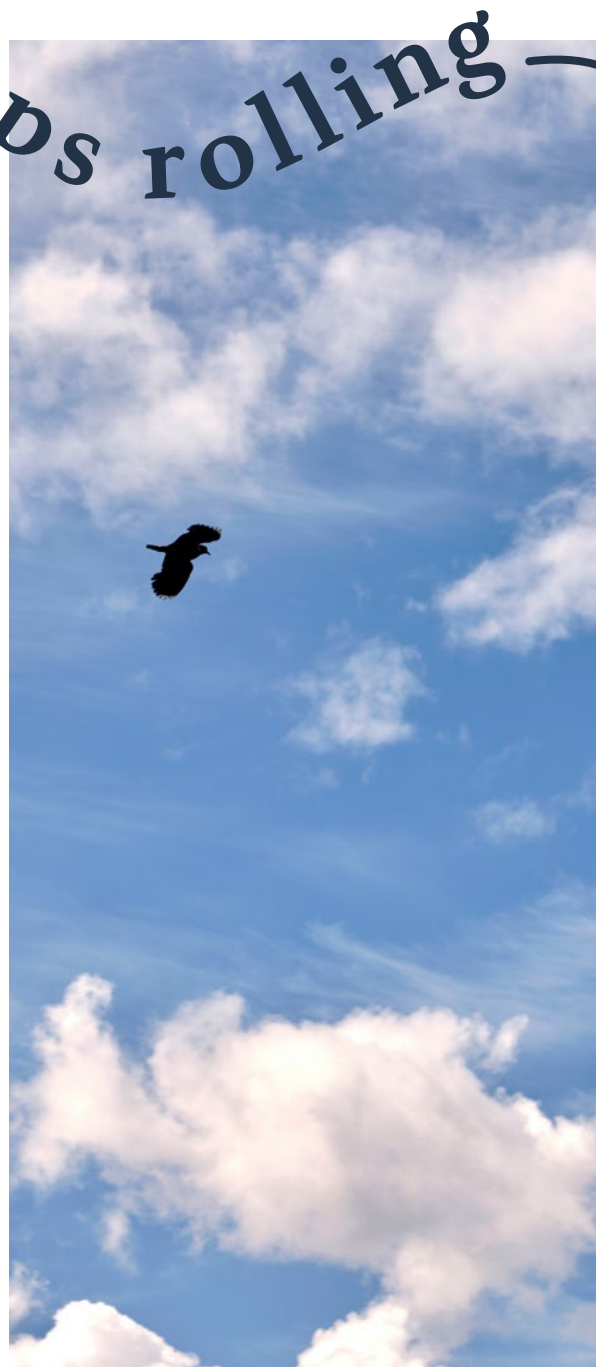
APOLOGIES TO THE BARD, LOVE CAM XOXOXO



↑↑ The RSPB's Lauren Band, monitoring the lapwing population at Blacketts Farm.

Great Father Thames has provided food, industry, transport and protection for the inhabitants of London and the east of England for more than a thousand years – but human activity has taken its toll. Now's the time to restore its former glory.

WORDS VICTORIA JAMES PHOTOGRAPHY JULIAN ANDERSON



↑↑ Lapwing populations have declined by 55 per cent since the 1960s and are now a Red List species.



along, down to the mighty sea

↑↑ Grazing cattle help maintain suitable nesting habitats for the ground-nesting lapwings.

If you think *Sharks Take London!!!* sounds like the premise of a schlocky Netflix movie, think again. “We have four species here in the Thames Estuary,” says Anna Cucknell, Seascapes Programme Manager at the Zoological Society of London (ZSL). “The waters are brown and muddy looking, but they’re still rich with life. We regularly find harbour porpoise and dolphins, two types of seal, many

commercial fish species such as sea bass and flounder, and the whole area is an internationally important site for wading birds. It’s a gorgeous mosaic of habitat.”

But all this is under serious threat. Over the centuries, the Thames Estuary habitats – from oozing mudflats and rippling seagrass meadows to plated shellfish beds and the briny tang of saline lagoons and saltmarsh – have become fragmented and ›

degraded. Intensive human intervention and exploitation, such as industrial outflow and large-scale construction of sea defences, has taken its toll.

The long-term impact on some species has been little short of catastrophic. Compared to the pre-industrial period, saltmarsh in England has declined by 85 per cent since 1860, and the UK's native oysters by 95 per cent over a similar timeframe. In 1953, water quality in the upper reaches of the Thames was so poor the river was declared 'biologically dead'. And estimates suggest nearly 40 per cent of UK seagrass has been lost since the 1980s.

Now an unprecedentedly ambitious partnership – funded by the Endangered Landscapes & Seascapes Programme (ELSP) and managed by the Cambridge Conservation Initiative (CCI) in partnership with Arcadia – is seeking to bring the river and estuary back to its former glory. The project, named Transforming the Thames, began ELSP-funded feasibility work in 2023. Then, in spring 2025 and with almost £4m backing from the programme and more from other funders, work began.



↑↑ Seagrass meadow at Seasalter.

We believe that restoring nature at scale is one of the best ways to tackle the twin crises of biodiversity loss and climate breakdown

BRINGING HABITATS BACK TO LIFE

"The ambition attracted us," says Berry Mulligan, Seascapes Programme Manager at CCI – a partnership between the University of Cambridge and 10 world-renowned conservation organisations. "The project has built an incredible spectrum of partnerships: with government agencies such as Natural England, seabed and landowners like the Crown Estate, leading environmental groups such as the RSPB, and regional wildlife trusts."

"There's an incredible mix of opinions," says Cucknell, who adds industry and local councils to the list of partners. "But we're all working towards a single goal, which is a 100-year vision for these habitats to come back to life. "The ELSP requires every project it funds to be trying something new and reporting back on it. They encourage you to push the envelope."

"We believe that restoring nature at scale is one of the best ways to tackle the twin crises

of biodiversity loss and climate breakdown," Mulligan explains. "Until now, the typical approach has been focused on small sites, and on single species. Landscape or seascape restoration attempts take a more holistic approach to recovering these places."

The Thames project is among nine similar seascape projects funded by the programme, including restoring the North Sea's Dogger Bank, rewilding the seas of northern Cyprus, and supporting Denmark's Sejerø seascape. But it's a still-novel conservation approach.

"We're quite unusual as a funder in that we have a dedicated science team working with us," says Mulligan. "They support projects to ensure they're delivering robust restoration science that can build evidence to show what works and what doesn't. It really fits with the scientific ethos of the University." Findings will be made open access, for others to learn from.



↑↑ 87 per cent of seagrass in the Greater Thames Estuary has been lost.

THE THAMES - MAGICAL AND ICONIC

Designing, organising, implementing and evidencing a project the size of Transforming the Thames requires an immense range of skills, Mulligan explains. “You need the people who know how to restore oyster reefs, or how to safely access a mudflat on a hovercraft. Very practical, hands-on things. And you also need people who are asking questions such as: ‘What’s the impact of water quality on the different habitats? How do we monitor that over time?’ The Thames as a river is iconic. The seascape is magical. And the demonstration value of this project, in showing what can be done, is potentially massive.”

One strand of ZSL’s Thames work already underway is seagrass restoration, where the conservationists are trialling new techniques. “We’re using drone monitoring to help us track our progress and produce statistical analysis,” says Sally Gray, ZSL’s Partnership Project Manager for Transforming the Thames. “There is no universal how-to guide for seagrass restoration. We have to test different methods and use the evidence to determine the best restoration approach for our context. Of course there will be things we try that don’t work, or not in the way we expected. And discovering and learning from that is important too.”

Alongside the exciting innovation, there’s also boots-on-the-ground hard work of the

old school variety. “Some of it is amazingly workaday,” says Gray, with a smile. “Yes, we’ve got drones. But we’re also using stock fences in a way that farmers and landowners have been using for hundreds of years.”

And those boots on the ground sometimes mean pattens – wooden overshoes that were common from medieval times through to the Georgian era, and now worn by Transforming the Thames Project Coordinator Olwen Belgrove for a day’s restoration work in the seagrass meadows.

“First, we put on our waders,” she says, “because it’s extremely muddy work – we’re in the intertidal zone, which is covered by water at high tide. Then on go the pattens, big wooden squares that help us walk on the mud and which minimise damage to the existing seagrass. If we’re at the donor meadow, where we’re removing cores of healthy seagrass for transplantation, we’ll be pulling a bodyboard that has all our kit on it, which gives you a beach holiday feel.

“And once we’re planting those cores at their new location, that feels a lot like normal gardening. You’re getting everything nice and neat, judging the depth – not too shallow so a new planting is washed away when the tide comes in, but not so deep that it’ll be covered by mud and silt. Lots of people in the office joke about how our lives revolve around the tides.” >

There is no universal how-to guide for seagrass restoration. We have to test different methods and use the evidence to determine the best restoration approach for our context



↑↑ Seagrass cores are collected from donor meadows and re-established elsewhere.



↑↑ ZSL's Olwen Belgrove coordinates seagrass restoration and core collection at Seasalter.

We are working on ways for community groups to shape our projects, to help build pride and ownership. I would love for people to be able to walk down the coast path one day and say: 'I planted that patch of seagrass meadow'

↓↓ Once collected, cores will be planted in Egypt Bay, helping to re-establish one hectare of intertidal seagrass.



↑↑ Coastal grazing marsh provides habitats for some of our most endangered species.

↓↓ Saltmarsh is one of the most effective habitats in the UK for storing carbon (with 40 times the storage potential of tropical forests). Unfortunately, more than 40 per cent of saltmarsh in the Greater Thames Estuary has been lost.



GIVING NATURE BACK ITS POWER

Mulligan, too, has been quick to get his feet wet. “My mother was born in Leigh-on-Sea,” he says, “and my grandfather was a customs officer who worked in the London docks and at Gravesend. All my life I heard stories about messing around in boats and digging in the mud. The river’s in my history. So it’s incredibly inspiring to be able to play a part, in a small way, in restoring it and keeping it healthy so others can experience a thriving river in the future. So often we don’t know what we’ve lost – and in marine settings, with below-water habitats, it’s even harder to know what’s gone. My dream for Transforming the Thames is that it’ll really show people what can be achieved and help them feel hopeful that nature can recover.”

Mulligan says the ELSP team normally visits all funded projects within the first 18 months of them being up and running, and last year he visited an Essex Wildlife Trust site and RSPB reserve – “on a surprisingly sunny day for that time of year,” he notes, cheerfully. “It was great for us to explore the practicality of the work. In that area they’re dealing with a highly modified seascape, with large sea defences and channels that manage water instead of allowing it to flow freely inland. They’re facing lots of

challenges but have fantastic ideas about how to help bird populations that are struggling, and how to recreate wetland habitat. But it needs to be done sensitively, because often there are people farming that land and living in these areas.”

Engaging local populations will be crucial to the success of the Thames restoration, says Gray. “We are working on ways for community groups to shape our projects. We’re constantly finding new little areas of habitat because of local knowledge, and we’d love community leaders to tell us how they use the land, such as needing the water to be cleaner in a spot where people swim.” And Belgrove believes participation will build a sense of pride and ownership. “I would love for people to be able to walk down the coast path one day and say: ‘I planted that patch of seagrass meadow.’”

But all agree that the moment of true success will be when nature takes back its powers of renewal. “Maybe in a hundred years – hopefully sooner, perhaps 50 – we aim to achieve a tipping point where seagrass is growing and oysters are thriving naturally,” says Cucknell. “That’s the goal of large-scale seascape thinking – to reach the point where nature can once more do the work itself.” ☉

For more information, visit endangeredlandscapes.org

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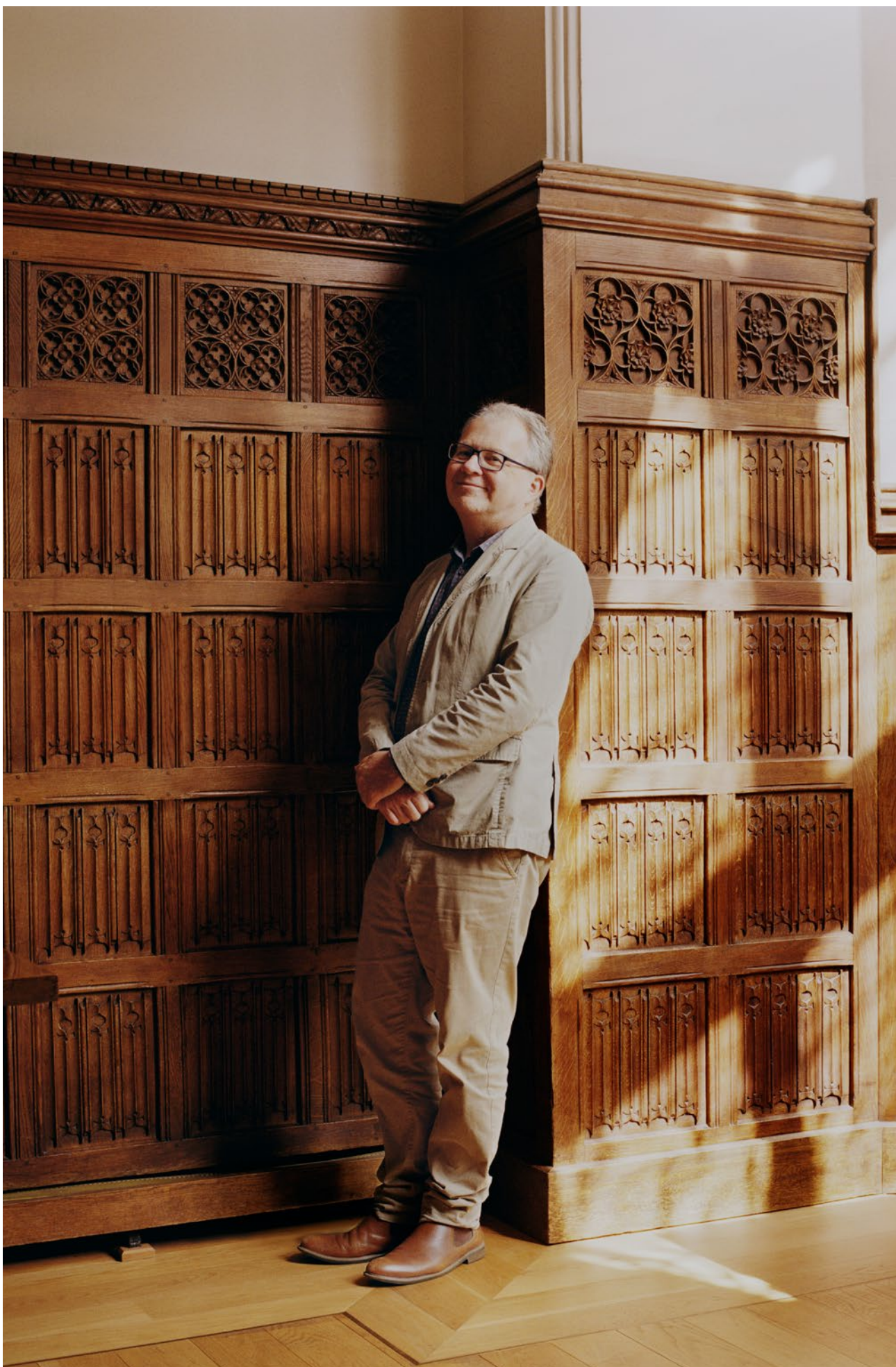
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Always on my mind





Coverage of mental health issues, particularly in the young, is on the rise – as is speculation that it's being overdiagnosed. Now Tim Dalgleish, the inaugural Dawson Professor of Young People's Mental Health, is on a mission to find new ways to change lives.

WORDS VICTORIA JAMES PHOTOGRAPHY KATE PETERS

“We are all walking around with a life-or-death system in our heads,” says Professor Tim Dalgleish, describing the affective system of emotions and moods – the way we feel – that has evolved with humans over millions of years. “Feeling is enormously potent, so the question is, why do we have it? Why don’t we just solve problems in our lives using the fantastic, cognitive part of the brain?”

The answer, he says, is that the affective system is almost like a survival signal. “It’s telling you, far quicker than we can rationalise, how good you are at the business of staying alive.” And as the inaugural Dawson Professor of Young People’s Mental Health, Dalgleish knows just how important that is to tackling the current sharp increase in mental health diagnoses, particularly among younger age groups. It’s a challenge that shouldn’t be underestimated: the number of young people in the UK with a mental health condition has risen from one in eight in 2017 to one in five today.

There are fundamental principles to be addressed. When considering what’s necessary for survival, for instance, we’d likely list such essentials as water, food, shelter, protection from danger and access to mates. But as Dalgleish says, these are more easily achieved in a social group than in isolation – and easier still, the higher your status within that group.

“In evolutionary terms, the pressure is not: ‘How good can I get at finding water?’ It’s: ‘How good am I at affiliating with others?’ And: ‘How good am I at maintaining the highest possible social status given my capabilities?’ The affective system can act as a signal that those things are going wrong.” Falling status, or failure to affiliate with others, puts you at risk of being ostracised from the group – which for most of human existence would be a death sentence.

Why do these very ancient pressures affect the young people Dalgleish works with today, who

range from University of Cambridge students to children as young as three treated in the Cambridgeshire and Peterborough NHS district for PTSD, anxiety and other mood disorders? It’s because, he says, our affective system is completely mismatched to the 21st century, where most things are not matters of life and death.

“You might be working with a young person who’s not been invited to a party. In evolutionary terms, that’s signalling your affiliation and social status is in danger, which previously could have had life or death consequences. But in 21st-century terms, you simply didn’t get to go to the party.”

The point is that it feels just the same.

“I believe there’s a considerable amount of mental health distress that comes from carrying around a very ancient system in the modern world, as we experience challenges that press the same life-or-death buttons, even though they’re no longer dangerous.”

Coverage of the rising incidence of reported mental health problems in the UK, especially in the young, is generally coupled with speculation about whether those problems are being overdiagnosed. Last December, then Health Secretary Wes Streeting launched an independent review into rising demand for mental health, ADHD and autism services in England. Earlier that year, Streeting had told one interviewer that “definitely there’s an overdiagnosis.”

But the rise in diagnosis is complex, says Dalgleish. It does include overmedicalisation, and some people seeking diagnosis privately despite, in reality, being below the clinical threshold. But more straightforwardly, there’s also increased awareness. “When I was at school in the 1970s there was supposedly no one who was LGBTQ, or with mental health problems, or with autism or ADHD. We know now that just can’t have been true.” Critically, randomised epidemiological studies suggest formal diagnosis is, if anything, below the true level of occurrence in the population. >

A photograph of three people in a professional setting, smiling and looking towards the right. A woman with dark curly hair is on the left, a man with a beard and short hair is in the center, and a woman with dark hair is on the right. They are all dressed in business attire.

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Dalgleish's job – now turbocharged by his new post based at St Catharine's and the Department of Psychology – is to ensure this rising need is met. Doing that will require innovation. "The clinical interventions we've got now have almost reached the limit of their capacity," he says. "So we need a paradigm shift to move things forward. And the untapped wealth of knowledge from discovery science – the analysis of large-scale experimental data – seems to me the most fruitful thing to leverage." This involves translating and applying research insights, not only to develop new interventions and preventions, but also to improve existing interventions. "That's my priority," he says. "Joining these two worlds together."

There are three principal ways of approaching this, says Dalgleish. "The first is to use discovery science to identify some mechanisms you think are really important, then try and build an intervention around them. The second is to take an existing clinical intervention that works for some, but not all, people back into the lab, and

We need a paradigm shift to move things forward. And the untapped wealth of knowledge from discovery science – based on the analysis of large-scale experimental data – seems to me the most fruitful thing to leverage

try and get a real sense of how it's working, and what's not so good – then refine the intervention based on those insights and take it back into the clinic. Thirdly, there's reverse translation, when a complicated existing intervention is analysed for active ingredients and then a new intervention is built focused on those effective elements."

Dalgleish currently oversees examples of all three approaches, including research on how we use memory for emotional information – specifically, how we remember upsetting things that have happened to us. "Discovery science work found that the way upsetting memories are remembered is really quite different in people with mental health problems compared to those without," he says. "This has led to the development of a simple intervention that flexibly trains people to selectively remember positive things, over and over again."

Another approach has guided work on cognitive therapy for post-traumatic stress disorders, which can severely disrupt the schooling, education and

social life of young people. Here, the exposure therapy model used in adults – pioneered in the 1980s treating service personnel who had returned from the Vietnam War – was deemed not fit for purpose for young people, because they haven't yet consolidated the adult belief that everything is going to be OK. Therefore, the whole cognitive behavioural therapy intervention was refined, and is now in the NICE (National Institute for Health and Care Excellence) guidance as the treatment of choice for PTSD in young people. A new trial is underway with three to six-year-olds, where rather than providing verbal therapy, clay, drawing and toys are used.

Finally, for reverse translation, Dalgleish's team have investigated why mindfulness interventions that work really well for adults don't work at all for people of school age. The result, after a lot of lab work and due diligence, was an entirely new intervention that trains young people to 'decentre' – to step back and see the bigger picture.

Crucially, all three of these new or reformulated interventions make use of technologies that meet young people where they are: YouTube videos, Spotify podcasts, texts, WhatsApp exchanges or 10-minute video calls with therapists. "These are much more appealing to young people," says Dalgleish, "because it's little and often."

It also makes the new interventions both cost-effective and scalable, which will go a long way to tackling that surging demand. And not only in the UK. Dalgleish's team recently secured funding from the Wellcome Trust to take one new intervention – app-based memory flexibility training that doesn't need an experienced therapist to deliver it – to lower-middle income countries such as Iraq, Syria and Afghanistan.

Dalgleish's career has been dedicated to bridging scientific research and clinical delivery. But Cambridge includes a further important sphere: its student body. "Student Services is delivering excellent mental health support to our young people," he says. "But there's so much potential, too. Not only for young people to participate in the research, but also for the University to offer new interventions and provide a crucible to test them out. Joining all of that together is my first priority in this honeymoon period as a relatively new professor, when I can really get things done." ☺

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Hole



in

If you want to know how to combine serious sport with serious fun, the Golf Club has it down to a tee.

WORDS PETE WATTS PHOTOGRAPHY ADAM LAWRENCE

When you have been around for as long as the Cambridge University Golf Club – established 1869 – you pick up a few curious traditions. There's the annual winter dip in the sea when playing Royal Porthcawl in Wales. Or the high stakes Dinner Match during Varsity week: the losing side has to foot the bill. And if a player wins all four of their games over a weekend, well that's a mandatory squad night out to celebrate.

Fortunately some traditions have withered away. "In the old days, if you did a particularly bad tee shot you had to walk to your ball with your trousers down, but we don't enforce that anymore," assures Blues captain and Natural Sciences student Ben Chumas (Clare, third year). "Now you just pretend that never usually happens to you, while your teammate nods, smiles and looks the other way."

Golf may be best played in the summer months, but at Cambridge it's a year-round endeavour. The three teams – the first team (Blues) and Ladies who are both awarded Blues, and the men's seconds (known as Stymies) – play every weekend during Michaelmas and Lent terms, both days, two matches each day. That's 72 chilly, blustery holes each weekend. Matches take the foursome format – a team of two taking alternate shots. Fixtures, against established golf clubs rather than other universities, are



one



Above, left to right: Ben Chumas (Clare, Third Year Nat-Sci); Samantha Lanevi (Selwyn, PhD History); and James Thresher (Downing, Third Year Chemical Engineering).

largely in the south but can take place as far west as Wales and north into Yorkshire.

"We call it 'serious fun'," says Chumas. "The format means you can chat to your opponent during a round, but it does mean you wake up at 4.30am on a Saturday, roll out the back of a Ford and grab a coffee and bacon roll before the first round. Then we come back and have a big lunch. After you have spent a week on Pot Noodles it's a good excuse to gorge yourself."

Chumas's predecessor was Chloë Royston. The Blues, usually with handicaps of five or

below, first fielded a female player in 1986, but are still officially a men's team, making Royston one of the few women to captain a men's Blues team. The ladies' team have six players, while the Blues and Stymies are 12 apiece, drawn from a pool of more than 60.

Why the Stymies? Well, that dates back to an obsolete golf rule that meant you didn't have to move your ball if it blocked – or 'stymied' – an opponent on the green. "The Stymies was probably a derogatory nickname but is now fondly embraced," says Chumas. The Stymies even have a version of the Dinner Match. "But they realised nobody really cares about dinner. So they call it the Beer Match and the losing team has to pay for the drinks." Serious fun indeed. ☺

cugc.uk



Blowing her own trumpet: how a ‘bit of fun’ turned into a lifelong passion

Winning the BBC Young Musician of the Year Brass Final was just the start for Matilda Lloyd, the ‘trumpeter extraordinaire’ who became a global superstar.

WORDS ABI MILLAR PHOTOGRAPHY BENJAMIN EALOVEGA

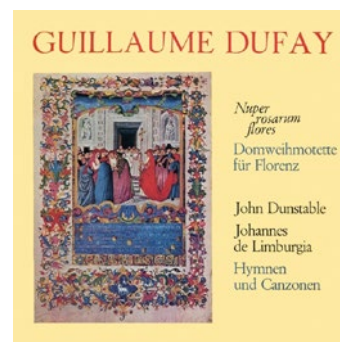
When Matilda Lloyd (Trinity 2014) first picked up a trumpet, aged just eight, she had no idea that it would become anything but a bit of fun. But winning the BBC Young Musician of the Year Brass Final – just a few months before she came up to Cambridge – made it clear that it was the beginning of something special.

Lloyd did Music at Cambridge, but it could all have been so different. “I really enjoyed school and academic work, so I contemplated doing a History degree instead,” she recalls. But her music course ended up providing the “best of both worlds” – a strong history of music component coupled with opportunities to perform.

And perform she did, playing everything from chamber music to pop. But she also found time for clubs like netball and archery – and made a strong group of non-musician friends she credits with keeping her grounded.

Since graduating, Lloyd has established herself as a force in classical music, winning multiple awards, recording an acclaimed discography with Chandos Records, and teaching at the Trinity Laban Conservatoire of Music and Dance. Although the Covid years weren’t easy for a soloist at the start of her career – “my agency dissolved within weeks of the pandemic starting,” she recalls – this testing time clarified her focus, and spurred her on to fully commit to her chosen path.

Today Lloyd lives in Berlin, but travels all round the world to perform. She looks back at her time at Cambridge with great fondness. “I can’t express just how much I enjoyed those years,” she says. “They gave me such a great foundation for my career, but also helped me discover myself as a person.”



Nuper Rosarum Flores
Guillaume Dufay, 1436

Before coming to Cambridge, I didn’t know much about the choral world. In my first year, we had a paper that traced the roots of western classical music through Europe, and polyphonic music really gripped me. It was a whole avenue of music I had never discovered before, and I would just lose myself for hours, looking at all the different types of notation from these beautiful manuscripts and transcribing them into modern notation. This particular piece is a wonderful example of early polyphony. It was written in 1436 for the grand opening ceremony of the cathedral in Florence, which I first visited when I was 10 years old. I can really imagine myself standing in that space and being astonished by the sounds. >

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A&E
Clean Bandit, 2014

The album *New Eyes* by Clean Bandit came out in my first year, and it became the soundtrack to my whole time at Cambridge. We'd dance along to the tracks in the clubs, but this one is memorable to me for a different reason. In our first year aural exams, they'd give us a string quartet with some parts missing, and we'd have to fill in the missing parts. I wasn't particularly good at doing this in the trial runs, but in the exam, the piece just so happened to be the Bach chorale that opens this Clean Bandit song. Because I had heard it so many times, I wrote out the whole thing and got a really high mark. So this track saved me in my first year exams.



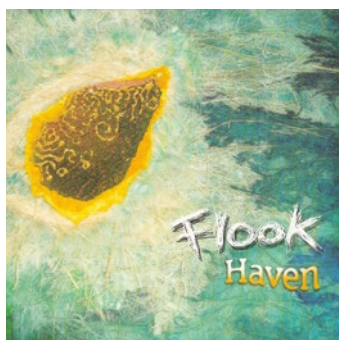
Symphony No. 3, Third Movement
Gustav Mahler, 1896

I did so many orchestral concerts in my first two years, but as I headed into my third year I just wanted to knuckle down and focus on my studies. I remember saying to the Cambridge Symphony Orchestra: 'Look, I can't do all these concerts.' But they said: 'We're going to do *Mahler 3*, please will you come and play the offstage post horn solo?' So I made an exception. I climbed up into the organ loft of King's College Chapel and performed with my flugelhorn from up there. It was amazing to peep down to the orchestra below, while the sound soared out on top of them.



Canzon Cornetto
Samuel Scheidt, 1621

This is a piece for four trumpets which I played a lot with CUTE, the Cambridge University Trumpet Ensemble. We played it every May Week at the Singing from the Towers Concert in Trinity. The choir would be on the chapel tower, and we'd be on the opposite tower. We'd play some fanfare, and then they'd sing back at us, and everyone would be standing down in the Great Court watching. We also played it at honorary doctorate degrees at the Senate House. But the most notable occasion was a big fundraising event with Stephen Hawking there on stage with us. This was one of his last ever appearances, so it's really memorable to me.



The Road to Erroglie
Flook, 2005

When I was revising for my finals, I couldn't listen to classical music because I would find myself analysing it. I couldn't listen to anything with lyrics either, as it would distract me, and I hated studying in silence. So I ended up discovering this Irish folk band, Flook, who fuse traditional elements and bring it into the present day. You could pick any of their tracks from any of their albums and you'd have found it on my revision playlist. I found it very relaxing and soulful, and I could have it on in the background without drawing too much attention away from my studies.



Be Our Guest, Beauty and the Beast
Alan Menken & Howard Ashman, 1991

In addition to all the classical ensembles, I played in a function band called Dysfunktional and the Cambridge University Pops Orchestra. These were some of the most fun concerts I ever performed in. Towards the end of my first year, we did a huge *Beauty and the Beast* themed concert at Trinity, with everyone dressed as a Disney or Pixar character. I dressed as Dory from *Finding Nemo*, with a blue dress and scales on my hands. The *Be Our Guest* tune was iconic. The arrangements were made for us by Simon Nathan, who is now an absolute superstar arranger. Every time I hear that opening with the accordion, I remember sitting up there in Trinity Chapel doing something that was so different from the orchestral trumpet world I'd grown up in, and just having so much fun. ☺

I have many great friends and collaborators from the Cambridge music scene, but I was also very lucky in that I found a wonderful group at Trinity who were mostly non-musicians. We're all still best friends to this day. It was so grounding and refreshing to me to be able to go and have dinner in Hall every night and talk about things other than music

Matilda Lloyd is a trumpet soloist and Professor of Trumpet at the Trinity Laban Conservatoire of Music and Dance in London.

This idea must die: 'The school system is broken beyond repair'

Professor Hilary Cremin believes the status quo for the education system is becoming untenable, and has some ideas about what might come next.

INTERVIEW **ABI MILLAR** ILLUSTRATION **GEORGE WYLESOL**

As we progress through the 21st century, the flaws in our schooling system are becoming more and more apparent. Many schools function a bit like a prison, a factory or the army – perhaps because there is a general view that discipline is what it takes to provide a better future for our children. It's become so much part of our collective psyche that it's difficult to suggest another way.

This educational model harks back to the post-war expansion of the markets, when we were contending with how you manage large sections of the population in order to fashion a productive workforce. While society has moved on, schools are stuck in this 20th-century idea of the 'massification' of schooling. It creates a culture of dissatisfaction, unhappiness and competition, as well as ingraining existing systems of privilege. It doesn't build the kinds of societies that we're desperately going to need in the future.

But I don't think education is broken beyond repair. We need to educate young people to take more control over their learning – the what, when and why. We need them to question what they're seeing online, to know what an echo chamber is and how to get out of it, and how to bridge across difference. These are all things that can be taught if you set your education system up for that.

That's why I borrow the language of ecological restoration to talk about 'rewilding' education – which is partially metaphorical. If we want food security in the future, we have to move away from industrial-scale factory farming towards

more ecosystemic ways of growing food. I think we need to do the same thing for education, with an ecosystem of learning opportunities. So rather than valorising some ways of thinking, being and doing, and completely trivialising others, let's help people be the best person they can be with their particular skill set. Why can't we let many flowers bloom?

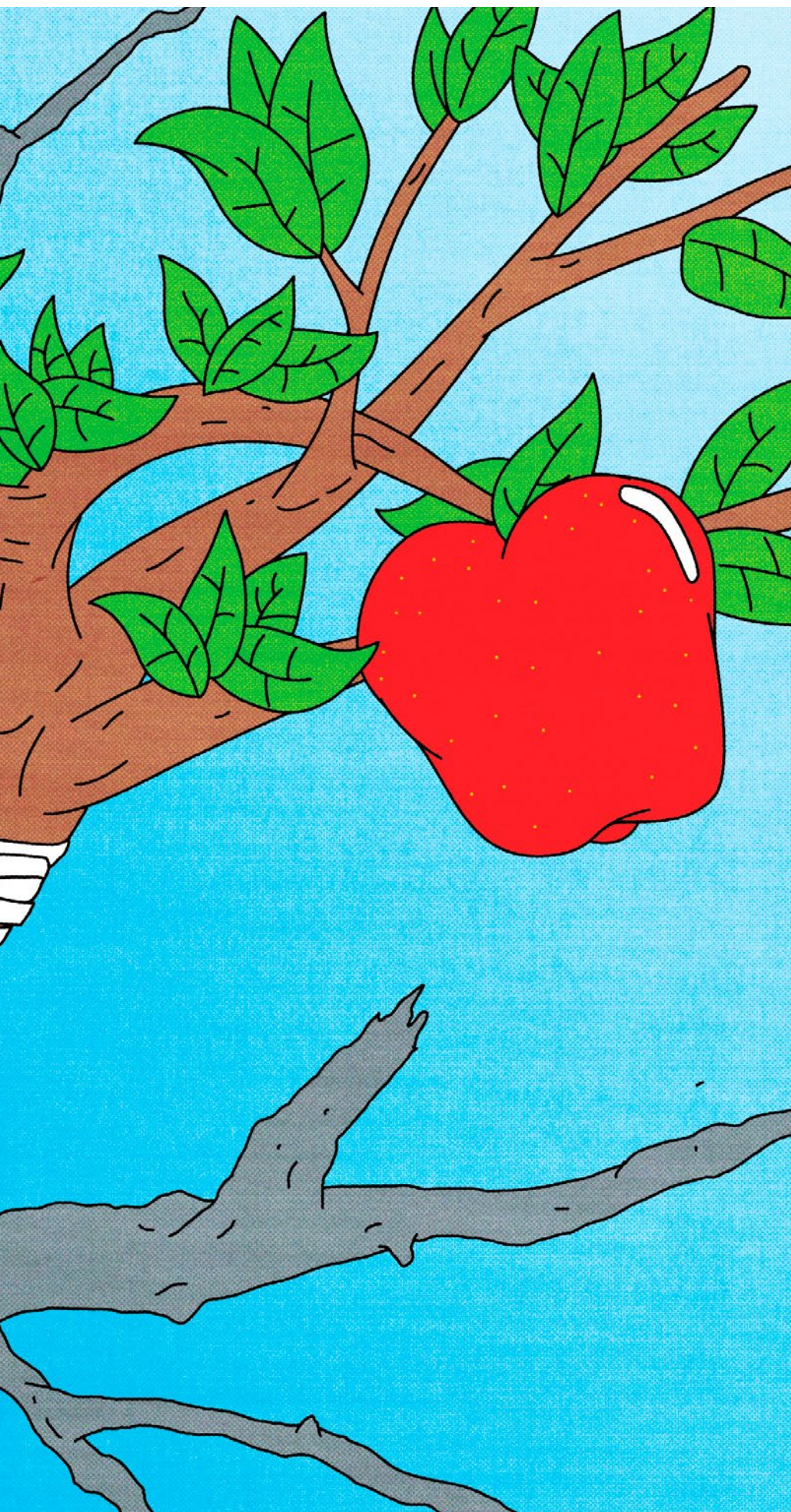
It's also literal, in the sense that we're in a climate emergency. Young people need to reconnect with nature and know where their food comes from. They're not going to protect something they don't care about, or question where food comes from in artificially lit environments. I'm a great believer in forest schools and in learning in and through nature.

The question is, what are we preparing the next generation for? Whatever we do in schools, it has to enable young people to be agile, because the future is so uncertain. They need to be able to change course quickly, to use their basic skills – of being critical, being analytical, being entrepreneurial, being resilient – to meet whatever changing circumstances come their way.

My dream is that we would have universal primary education, which would teach children how to build community and deal with conflict; how to be curious and happy and confident and playful. It would teach them how to read, how to calculate, how to think like a historian or biologist. But the quality of their relationships would be central.

From age 12, young people would engage with a mentor on a weekly basis to map out their own learning journey. I'd want education





Rather than valorising some ways of thinking, being and doing, and completely trivialising others, let's help people be the best person they can be with their particular skill set

to be happening in science laboratories and art galleries and care homes and startup businesses and farms, while teachers could support students to build up an e-portfolio evidencing their real-world achievements. AI would be used to develop advanced skills and knowledge in ways that are bespoke for every young person. And while it would be good to continue with same-age socialisation activities, I think that the idea of every 14-year-old doing PE on a Wednesday afternoon until a bell goes – at which point they all stop and do science – is really, really old-fashioned.

There's a huge crisis of wellbeing right now, and the policymakers are not necessarily in touch with the needs of young people. But as we continue to experience these extraordinary societal changes, business as usual will eventually become so out of touch that parents will be choosing different things for their children. Already they're voting with their feet.

I'd like to say to any readers who are currently teachers to remember the power of what it is to be a teacher and build those lifelong relationships for learning. The question becomes: how can we build a community of educators who want change? How can we support each other? How can we have those important conversations about what it is to learn and teach – and thrive as a human – in the 21st century? Teachers are incredibly important, and they can and will make a difference. Please, let's not give up, because change is going to happen. ©

Professor Hilary Cremin is Head of the Faculty of Education. Her latest book, *Rewilding Education*, is out now.

‘We need to disrupt the VC model to invest in the people who are driving our society, and in terms of the future we want to live in’

WORDS ANNA FIELDING



PHOTOGRAPHY: COURTESY OF MURRAY EDWARDS COLLEGE

Hanadi Jabado (Sidney Sussex 1995) doesn't see investment as a blunt financial instrument. For her, it's a lever for change – a way to help society and shape the world – which means money isn't always the main goal.

That focus has led her to the people and organisations she most wants to back: those invisible to investors, working on technologies few understand and fewer are willing to risk supporting. "Tech people and scientists and engineers are very good at focusing on their technology," she says. "But they don't think about how they are going to make money out of it – what people do they need, and what can turn it into a product?"

For Jabado, it's about building a better future – but the kind of deep change she believes is needed won't come from the current venture capital model. Funding only businesses with proven models will "deliver a return on investment, but it won't deliver the innovations that will be backing our future," she says.

One specific area where Jabado and her partners are focused is a structural gap in the market, where the proportion of investment capital which goes to

Tech people and scientists and engineers are very good at focusing on their technology. But they don't think about how they are going to make money out of it – what people do they need, and what can turn it into a product?

female-led businesses is not consistent with the extent of innovation driven by women. "The VC world is an industry designed by white men for white men. The definition of success is still the one that these men recognise. These white middle-aged men are not representative of our society or its potential. We need to disrupt the VC model to invest in the people who are truly driving our society, and in terms of the future that we want to live in."

So how do you shift a model so central to entrepreneurship? Don't just start with who gets funded, Jabado argues, but who does the funding. Invest in the investors. "I am on a mission to raise the first fund that is going to invest in the women (and men) who will invest in women-led or co-led future tech," she says.

That ambition has taken shape as Sana Capital, her current primary project. "We are closing on the first tranche of investment in April 2027 and we're working on a programme to support that, because when we have it, we don't just want to sit on the money we've raised," she says. "We are identifying a group of 15 first-time female and minority fund managers to work with through a very structured programme, so that they are investment-ready themselves when we have the money."

Jabado is also managing director of Epione, where she invests some of her own capital as an angel, sometimes alongside Alma Angels – "60 per cent women, 40 per cent men, and we deploy capital only in IP-rich, women-led or co-led companies."

The emphasis on "co-led" is intentional, despite the widely cited statistic that only two per cent of venture capital funding goes to businesses founded by women. "That number is not correct," she says, "because the definition of women-led businesses is not correct." The figure typically counts only women-only founding teams, overlooking co-founders and funders – even though women play a far larger role in VC-backed companies. It matters, she notes, because such data shapes investment decisions: businesses that resemble past successes are more likely to win backing. Recognising women's leadership at the highest levels helps future founders look like stronger bets.

"I want to change the narrative," Jabado says. "I want to show it's not all doom and gloom. People invest in people, and you tend to invest in people who look like you. So if you have more women empowered to choose, they're more likely to invest in other women. I'm not trying to lower the bar, I will widen the gate." ☺

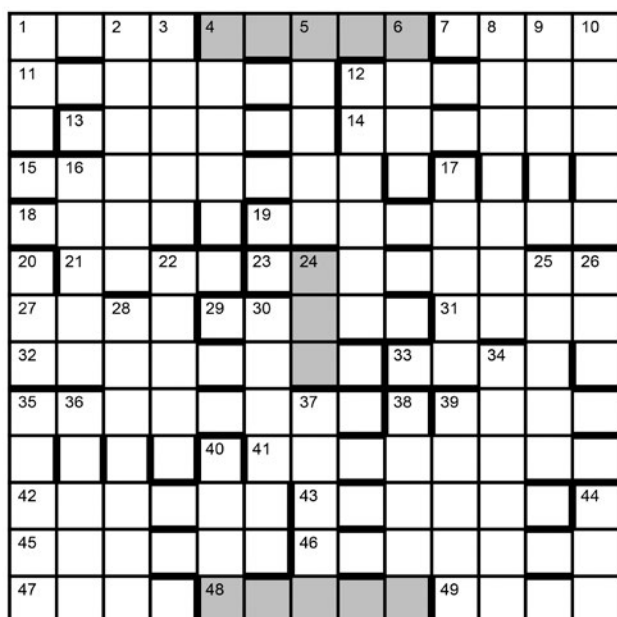
Hanadi Jabado is founder and Managing Partner of Sana Capital, and founding member of Alma Angels.

Hanadi Jabado DL, (front row, third from left), founder of She Steers: NEDs in Biotech, with the inaugural cohort. The programme is delivered by Murray Edwards, AstraZeneca, BioIndustry Association and Deloitte.

It's Drawn Out

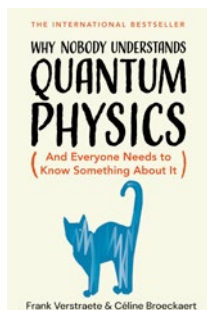
by Nimrod

This puzzle celebrates a statement first made 350 years ago, though its formal publication was drawn out for another two years. The statement may be appropriately derived (bearing in mind the above) from the letters in the silvered cells. A number of letters must be added – consecutively if more than one – to each clue to a three-letter answer (sometimes involving respacing) to enable solving, the letters sequentially identifying the theme. Solvers must illustrate the statement in the completed grid by highlighting 36 cells in one colour of their choice and 27 others in another. The plural form at 38 is supported by *ODE*.



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CAM 107 winner: Helena O'Neill (St Catharine's 2010)

Runners-up: Oliver Phillips (Caius 2000)
and David Skinner (King's 1972)

Across

- Earth Song's descendant leaves nanny (4)
- Lewis initially taking care of one's herbs (5)
- Our publication is absorbing for one reading stuff (4)
- Begin lying, like the late monarch? (7)
- Sherry casks heading west almost get mislaid (6)
- The same (but small, not medium) in a certain capacity (6, 2 words)
- One cleaning spud with double the heart (6)
- Horrible regrets, trading with financier's note (8)
- Heartbreaker repeatedly catching this bird? (4)
- No longer unfamiliar working clothes, incorporating uniform (8)
- What a surprise it was, every second counting in Lord's show (4)
- It possibly involves minute? (8, 2 words)
- For the law, concerning restraint with couples remarrying (4, 2 words)
- Doing problems primarily in one's head (5, 2 words)
- Tuber appreciated Docklands stops (4)
- Characteristic of cheapskate approaching monster territory? (8)
- Celtic warrior doing away with an old German citizen (4)
- Just beginning of simulation introduced by nasty cage fighter (8)
- Public area for would-be philosophers, from Socrates to Aristotle (4)
- Discussed devotee (I think) of spirits? (8)
- A header from López finishes off Magpies at the sharp end (6)
- Busy at the Fringe Festival with debuts from Edinburgh's new talent (6)
- One is at it in the Arts (6)
- Agreed to depart together (7, 3 words)
- So Shrek returns? (4)
- Trump administration blameless for this wind? (5)
- Reason Wednesday is thus designated 'noiseless'? (4)

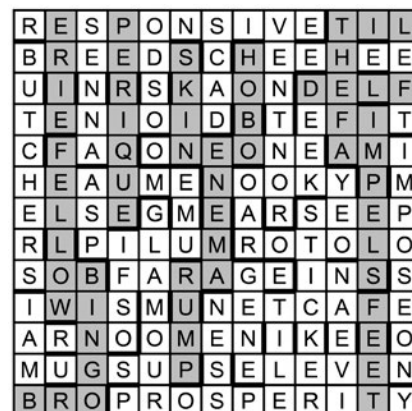
Down

- Ruin Joe? No way! (3)
- Put out, has to go to court (6)
- A little that's easily lost (5, 2 words)
- Cries from murder, so reported motive (5)
- Old courts badly misbehave, ignoring bias (5)
- Off where we live on cycling route? (4)
- Stay local to Spooner, as old book had to be? (7)
- Live races for veteran award (5)
- Demonstrate what lies between L Gate and B Street? (5)
- Naval patron sadly lost with me (6, 2 words)
- Gardener's last, perfect flower (5)
- Corrupt types before and after blowing \$1,000 (5)
- Hoy's personal trainer's ring? (3)
- Run short of independent communities (5)
- Time diving is linked to the article (3)
- Periodically wild bit of my dialect (5)
- Sup ale with this lady of the night in a motel (3)
- Call about some current malpractice on the floor? (7)
- Community work welcomed by footballing great (6)
- High priest, one denigrating cloisters (6)
- Become a great cricketer (5)
- Rough old cigarette's no good (5)
- Fool about with the cops (5)
- Computer features sound waves (5)
- Several received by very good worker in the Washington Office? (5)
- Make off with pounds from study? (4)
- Then contracted to take on fashionable types (3)

Solution to CAM 107 Crossword

Abstracted

"Abstracted" = "Away with the fairies". The fairies were abstracted from 1ac ta(mab)le, 30ac Euro(hob)e, 41ac w(elf)are, 7dn tri(per)ies, 16dn force(fee)d and 25dn l(im)p(et), interrupting RUMPELSTILTSKIN, THE FAERIE QUEENE and ROBIN GOODFELLOW, viz: RUMP/(imp)ELS/TIL/(fée)T/SKIN/THE FA/ERIE/ (peri)QUE/ENE(ma/b)RO/BIN GO/(hob)O/D(elf)/FELLOW.



Longer entities:

RUMPELSTILTSKIN / THE FAERIE QUEENE / ROBIN GOODFELLOW

Abstracted entities: IMP / FEE / PERI / MAB / HOB / ELF



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