

# Spring 2018 Newsletter

## Why mentoring helps us all and our plans for the year ahead

Welcome to the Spring 2017 edition of the Cumbria Members Group newsletter. Our aim is to support the professional development of Chemical Engineers in our area, for all ages and levels of experience.



## Mentors - adopt a trainee!

In general, mentors and trainees are matched up through their employer's Accredited Company Training Scheme. However, not every scheme is accredited through the IChemE and that is where your local member group come in. Our committee can help match mentors with 'unadopted' trainees.

Mentoring is about helping people to help themselves. The mentor should be in a position to help, by offering experience, wisdom or fresh perspectives.

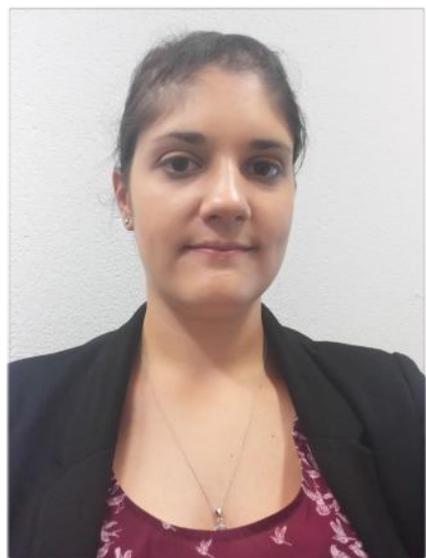
The benefits of good mentoring are far reaching. Clearly, there is a benefit for the trainee as they work towards Chartership. But for the mentor, there comes great satisfaction from helping others. It will introduce you to new perspectives, encourages you to reflect on your own professional development and focusses your interpersonal skills.

### Tips for trainees

1. Be appreciative, don't take your mentor for granted
2. Recognise change is down to you, not your mentor
3. Be committed to the process
4. Don't try to become like your mentor, become a better version of yourself
5. Look out for spin-off learning, such as improved communication skills

If you are a mentor who would like to support a trainee outside of your business, or if you are a trainee aiming to achieve Chartership but don't have a mentor, please get in touch with our Mentor Coordinator, Lee Marquis

For further information on the benefits of mentoring, please look back to the Chemical Engineer magazines in Feb 2016 and Sept 2017 for two great articles by Jamie Cleaver



## Cumbria Member Profile - Kim Williams

I joined the IChemE Cumbria Members Group committee at the start of 2017 to take on the role of STEM (Science, Technology, Engineering & Maths) coordinator. My role is to offer Chemical Engineers in Cumbria the opportunity to inspire young people in the local community. I've been an active STEM ambassador since 2009.

STEM Ambassadors are an invaluable and free help for teachers and schools. We offer our time voluntarily to enthuse and inspire students within schools about STEM subjects. We do this through a variety of activities such as clubs, careers talks, helping with school events, lessons and competitions and much more.

I completed my Masters in Chemical Engineering in 2013 and I joined the nuclear graduates scheme. Whilst on the scheme I developed a free resource pack for teachers and STEM ambassadors, communicating about the nuclear industry to school pupils aged 11-14.

I previously volunteered with the Nuclear Institute as treasurer for the 2017 European Nuclear Young Generation Forum conference. I moved to Cumbria in November 2017 to work for REACT engineering as a Consultant Engineer. I chose to join the IChemE members group committee after seeing how active they've been in the past.

I'd love to hear from anyone who would like to help with engaging with our local students and inspiring them for a career in Chemical Engineering.

**Toby Cushion - Chair**  
**Emily Brown - Secretary**  
**Phil Murphy - Treasurer**  
**David Oakley - Communications**  
**Jenny Skyes - Events**  
**Kim Williams - STEM**  
**Lee Marquis - Mentor coordination**

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We are the smallest IChemE Members Group in the UK - 96 trainee members; 59 Chartered members; 27 Fellows and 18 students and affiliates

### Events

**Building your resilience in the workplace, 28<sup>th</sup> Feb 2018.** \*Fully booked\*. Interactive session to explore resilience and what it means to us, and ways to strengthen. Facilitated by Lisa Griffin from NHS Cumbria.

**The science of coffee brewing, 3<sup>rd</sup> May 2018.** The third in our series of the science behind coffee brewing. This time covering the importance of sourcing good quality Cumbrian water, roasting techniques, use of the refractometer to measure brew strength. To be held at the Carvetii roastery, Threlkeld

**How chemical engineering principles are improving our local water network, June 2018.** Matt Allason from United Utilities will be explaining the extensive programme of asset upgrades across Cumbria, in particular the changes to how we obtain our drinking water