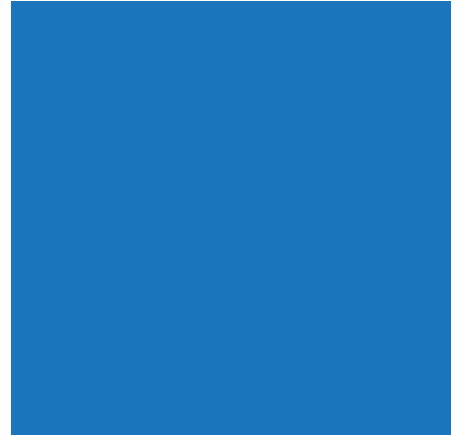


The Professional Body for Technical, Specialist,
and Managerial Staff, across all sectors.



The Journal

Winter 2024

The Journal

**The Official Journal of the Institute
of Science & Technology**

The Professional Body for Specialist,
Technical and Managerial Staff

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IST Journal Publication

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Article submissions for the IST Journal & The Tech Magazine

The IST Journal is a quality annual publication. Its style and content strongly reflect the IST's unique standing as a professional body that has an extremely diverse and vibrant technical membership.

The Journal's informal style offers an opportunity for our members and guests to freely present and publish articles, papers, and news items that would be of interest to our readership's varying expertise and extremely broad subject range. We do try to encourage articles to be written with our diverse technical membership in mind.

We positively welcome article submissions from all and any areas of technical interest, including areas such as IT, media, medicine, and the arts. We like to cover existing, historical, and new technological advances, and also unusual aspects of science or technology.

We particularly want to encourage technical people to publish for the first time, as part of their career development, and we can offer help and assistance in putting a first article together.

[Find out more here for The Journal](#)

[Find out more click here for The Tech Magazine](#)

The guidelines for article submissions for the IST Journal and TechMag are:

1. submission deadline for The Journal should be mid October 2025, with deadlines for the TechMag being February 2025 and June 2025.

2. Your article should be submitted electronically in Microsoft Word format; with its images supplied separately as JPEG files (it is important that all your article images have a minimum resolution of 300dpi. Images embedded in a Microsoft Word document are not usually reproducible to the necessary print resolution). **Authors must have permission to use any images supplied and need to include credits if required.**

3. Short articles: these can be any length up to roughly 2,000 words.

4. Major articles: these are normally no longer than roughly 6,000 words. We can only publish one or two major articles per edition. Larger articles may need to be accommodated across two or more editions.

5. All articles should be written in UK English. This is important as, depending on the content size and quality of English, they can take up a lot of editing time. Some can require extensive re-writing. We may have to decline very poorly translated articles.

6. Editing – we will edit all articles into the IST Journal's house-style, and may have to correct for spelling and grammar. Text layout and images may need to be changed, altered, or omitted. Please see "IST Journal house-style" description on our web site. It will help enormously if your article follows this style as much as possible.

7. Article submissions should be submitted via email to office@istonline.org.uk. Your email should clearly state "Journal (or TechMag) Article Submission" and the article and separate images sent with it as email file attachments.

The Tech Magazine:



The Journal:



2024 Technical Conference at Lancaster University

Technicians - Inspiring, Innovating and Creating



Many Thanks To Our Key Sponsors



Figure-1: A busy exhibition-networking space for delegates at this years conference, with a range of scrumptious refreshments and food!

On 10th September 2024, professionals from across the UK gathered at Lancaster University for the IST Annual Technical Conference. Held at the university's state-of-the-art facilities, this year's theme, "Technicians Inspiring, Innovating and Creating," highlighted the invaluable contributions of technical staff across various sectors.



Figure-2: Lancaster University Coat of Arms.

This marked yet another successful in-person event, building on the momentum of recent years. Delegates were thrilled to network and exchange insights while enjoying Lancaster's vibrant campus and exceptional facilities. The weather was a little bleak, but the lunch made up for it.



Figure-3: Delegates asking questions with the 'throw-ball' in the Keynote talks.

A Warm Welcome to Lancaster

The day began with a warm introduction from Terry Croft MBE, IST Chair, followed by a heartfelt welcome from Dr. Helen Sharman CMG OBE, IST President and Chair for the day. Lancaster University's Deputy Chief Executive (Operations), Nicola Owen addressed the audience, expressing gratitude for the technical community's often-unseen contributions to research, education, and innovation.

Inspirational Keynote Speaker

The first keynote speaker, **Professor John Amaechi OBE CSci, FISCT**, delivered a thought-provoking session on ‘Professional Registration – What’s in it for me?’ His insights and experience set the tone for the day. Attendees appreciated the practical advice, with comments like:

“John Amaechi’s opening keynote speech was one of the best I have heard at a conference”

“It was very impactful and empowering for me to want to be recognised for the skills that I have acquired. As a technician, it is easy to feel stuck but this talk helped me feel that I have the power to unstick myself”

“Excellent speaker with good humour and enthusiasm as well as excellent advice/information”

Morning Interactive Workshops

The morning was filled with an array of workshops designed to spark ideas and foster collaboration. The first session included:

- Challenges face by AI Practitioners – led by Marie Oldfield and Murraray Webster
- Creative Practitioner Registration Insights – shared by JP Ashton-Kinlin
- Safety at 50: Navigating Workplace Health and Safety Since 1974 – with Natalie Kennerley, Naomi Bates, Tiziana Denaro and Alex Sleat
- A Technical Perspective – our experience of running sustainability projects in research laboratories – presented by Hannah Briers and Richard Gammons
- I’m not a Teacher, I’m a Technician... or am I – led by Sarah Youde, Peter Bentley and John Baum
- Design and Operation of Class I, II and III Microbiological Safety Cabinets – by Key Sponsor **Contained Air Solutions**

Attendees shared their appreciation:

“This was an interesting talk, and was good to see the work that IST have been doing in my area of digital media and alike colleagues”

“It was very interesting to see this topic being at the forefront and even though I don’t work in this area, I learnt things”

The second session included:

- Whither Large Language Models (LLMs) – led by Richard Saldanha

- The Challenges for Creative Arts Technicians in HE – by Graeme Shaw and Davd McBride
- Health Innovation at Lancaster – with Glyn Jones
- Experimenting with Extreme Cold – led by Richard Haley
- Papyrus Mental Health Training and Support – with Christine Shaw
- Selling Unwanted Laboratory Equipment – by Key Sponsor **UniGreenScheme**



Figure-4: Workshop attended by delegates.

Attendees shared their appreciation:

“I found the workshop very informative and a useful support aid in life alongside work”

“Very useful for my line of work (sustainability), interesting to learn about repairs, the speaker was very open in answering questions”

Networking and Exhibitor Space

As always, we know how important networking is (especially with food, therefore there was plenty of time to see colleagues old-and-new, and to meet our fantastic sponsors and exhibitors.



Figure-5: Delegates finding more out about the fantastic range of sponsors, exhibitors and career zone supporters attending.

Afternoon Interactive Workshops

After a networking lunch, delegates explored session three workshops on:

- We should be arguing about unit tests – led by Sarah Wise
- Technical Services' role in delivering capital projects in MMU – shared by Morvarid Randjbar, Leighton Moody and Evan Wilson
- Lancaster's Journey to Net-Zero Carbon – delivered by Paul Morris, Georgiana Allison, Anna Cockman and Avery Chong
- Research Technical Professional Pathway at the University of Liverpool – 18 months on – led by Jan Brett
- Technical Career Pathways: a clear route to progression – shared by Sara Bacon and Ian Tidmarsh
- Chemical and Safety Sheet Management – by Key Sponsor **SISO Software**

The sessions received enthusiastic feedback:

“Nice to discuss an innovative idea with others from institutes across the UK”

“Gave a good overview of the software, always good to know what packages are out there”

Awards and Celebrations

A highlight of the day was the IST Awards Ceremony, where new Fellows were recognised for their contributions. Honourees included:

Dr James Fox, FIScT (University of York)

Murray Webster, FIScT (University of Gothenburg)



The winners of the 2024 Image Competition were also announced.

First Place – **Phil Faulks**

Second Place – **Chloe Tait**

Well done to all from the IST and the technical community.



Figure-6: Lancaster Technician Showcase.

Closing Keynote and Reflections

The final keynote, was a little different and we were lucky enough to have a panel session on 'Technical Careers' led by our President Helen Sharman. The panel had six individuals who represented each career step from apprentice to Head of Facility. The engaging narrative and chance for audience participation left the audience inspired.



Figure-7: The Technical Panel led by Helen Sharman.

The Technical Panel was made up of:

1. **Jessica Fisher**, Chemical Engineering Technician (Lancaster University)
2. **Paola Foulkes**, Laboratory Technician (Cardiff University)
3. **Annette Ryan**, Senior Technician & Safety Officer (Lancaster University)
4. **Richard Keogan**, Technical Specialist & Associate Lecturer (University of York)
5. **Natalie Kennerley**, Technical Services Manager (Manchester Metropolitan)
6. **Dan Fower**, Head of e-Lab (OrganOX Ltd)

The session received some great feedback:

“Technicians in various fields sharing their experiences, goals and motivation and it was very inspiring”

“It was good to see technicians representing the keynote as it shows that the IST are doing well to represent technicians from all areas”

“I thought this was a good way to discuss some key topics and a much more engaging way of doing it”

Looking Ahead

As the day concluded, Terry Croft thanked attendees, sponsors, and exhibitors for their invaluable support. The IST Executive shared their excitement for next year's conference, expressing hope to see familiar and new faces at the 2025 event.

The Lancaster conference left delegates invigorated, with a renewed sense of pride and purpose.

Thanks all and see you next year in Birmingham 2025!



Figure-8: Image Competition winners; 1st Place - Phil Faulks (Left), 2nd Place - Chloe Tait (Right). Both accepted their prizes. Well done.

Many Thanks To Our Conference Speakers

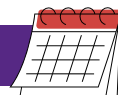


Many Thanks To Our Exhibitors and Supporters



One-Day Technical Conference at The University of Birmingham

Save the Date: Thursday 18th September 2025



2025 Conference Title:

Technical Professionals: innovating and evolving in a changing landscape

We recognise the challenges posed by the cost-of-living crisis and its impact on work-life balance. Our conference is designed to equip you with essential insights to navigate upcoming challenges and provide valuable strategies to adapt, improve, and thrive. Don't miss this opportunity to future-proof yourself and your workplace.

2025 Conference Themes:

AI and Technology

Understanding the rapid advancements in AI and technology is crucial to stay ahead in an increasingly digital world and to ensure ethical, effective integration into your work.

Creative Technologies / Media / Comms

Keeping pace with innovations in creative industries and communication ensures you remain competitive and can harness new tools to engage audiences and drive impact.

Health & Safety and the Environment

Adopting forward-thinking strategies in health, safety, and environmental management is vital to creating sustainable, resilient workplaces and addressing evolving regulatory demands.

Careers

Developing strategies to future-proof your career ensures long-term success, adaptability, and the ability to thrive in a constantly shifting job market.



Conference 2024 Review

You can go to Page 56 to hear about last year's Technical Conference at Lancaster, including delegate feedback.



2025 Venue

Previous Conferences:

2015	Leeds
2016	Manchester
2017	Leicester
2018	Newcastle
2019	Birmingham
2020	Online
2021	Hybrid
2022	York
2023	London
2024	Lancaster

Thousands of technical staff have attended from across the UK and Overseas.

Delegates attending:

1. Industry and Businesses
2. Higher Education
3. Research Centres
4. Foundation Education
5. Partners



What our previous sponsors and exhibitors have said about the IST sponsorship opportunities

Attending IST 2024 as an exhibitor for Asynt was a fantastic experience. The event provided us with a great opportunity to showcase our products to a wide range of professionals from various industries. The combination of talks, workshops, and networking made it a productive and engaging environment.

We were able to connect with so many members of the technical teams, all of whom showed genuine interest in our offerings.

The conference's focus on professional development and technical knowledge was clear, and we felt it was a valuable space to engage with like-minded individuals. And I got to finally meet one of my idols – Helen Sharman, IST President!

Overall, it was a rewarding event for Asynt, and we're looking forward to participating in the future.

Dr. Kerry Elgie - Asynt

I wanted to express how much we enjoyed IST 2024. It was a fantastic experience.

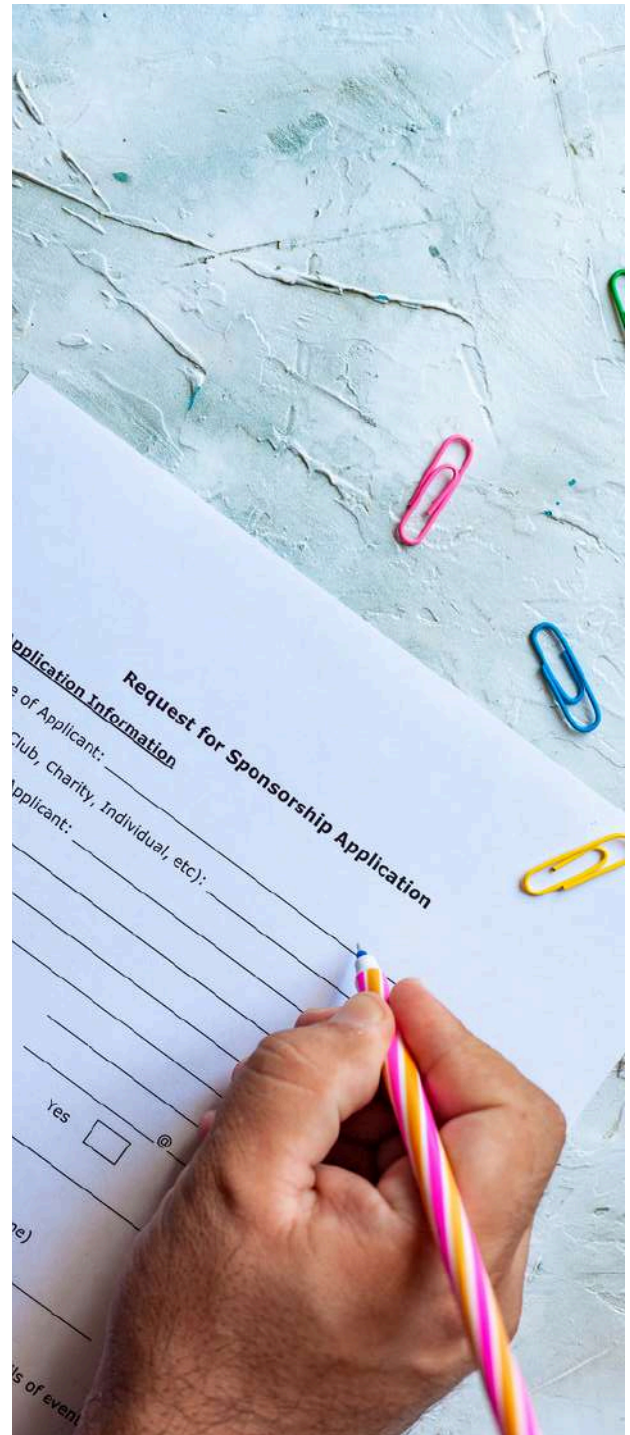
Phil Newby - SISO

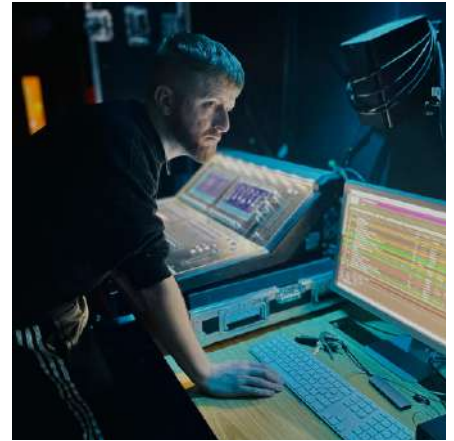
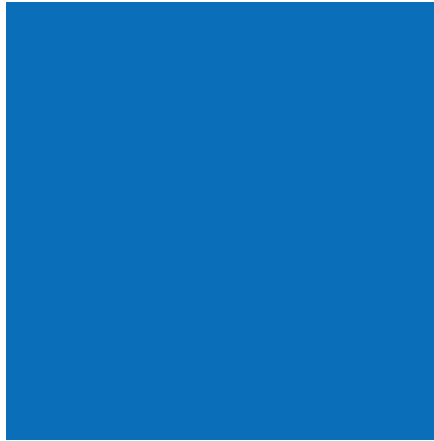
We found the show to be very fruitful and enjoyable. Having the exhibition in one hall where the delegates came for refreshments and lunch worked perfectly.

Steve Young - Nickel-Electro Ltd

I enjoyed the event and made some good contacts for the future.

Garry Howe Jnr - Wessington Cryogenics





Digital / AI
Engineering
Science
Creative



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