



Sellafield Ltd

Sellafield News

Wednesday 21 May 2008/Issue No.1057

Izzy gets busy to help beat eating disorders

BRAVE Sellafield worker Izzy Styles has overcome a major challenge in running the gruelling 26.2 miles of the Windermere marathon.

But for Izzy, 22, the battle she faced to complete the course was nothing compared to the one she had to overcome while she was at university, when she suffered from an eating disorder.

"I guess I have come a long way," she said, from the comfort of her desk on site this week, with the marathon and the training happily behind her.

"It was really hard running the 26.2 miles, but when I was ill I used to struggle to walk one mile, so I'm glad to be able to do it at all," she said.

Izzy, who works as a graduate trainee safety advisor, was studying for her degree at Bristol University when she started to have problems with her weight.

She said: "I suffered from anorexia nervosa from the age of 18 or 19, during my first year at university.

"Things got on top of me, really badly, and as a way of coping I stopped eating. Before long the starvation had messed with my head and my body to the extent that I couldn't think and I couldn't function. I was wasting away, shedding kilos and it was terrifying.

"People would comment that I'd lost weight but generally when I smiled and said I was fine then they believed me, and I didn't want to admit to what was going on or ask for help because I thought it would sound ridiculous or pathetic.

"I remember surviving an entire week on half a Weetabix, and feeling proud of it. You'd think that someone studying for a physics degree would have been more sensible and intelligent than that, but it was like I had two sides to my personality and the anorexic side had totally taken control. I had no confidence, no energy and no self esteem. It was a lonely, miserable time and I thought it was never going to end."

Thankfully Izzy made a full recovery, and decided to give something back by raising fund for the charity beat, which offers help and support to those suffering from eating disorders.

"I want people to see that you can get well and come through the other side, I certainly have," she added.

Izzy completed the marathon in just over five hours, and has so far raised over £1,200 for beat, including a £200 donation from Sellafield Ltd – but it is not too late to pledge your support, Just log onto www.justgiving.com/izzywindermere



Contractors' charity committee that just can't give its money away

OVER the past 25 years contractors at Sellafield have given away hundreds of thousands of pounds to charities and worthy causes in West Cumbria.

Since 1999 they have given away a staggering £175,000.

But this year they've hit a snag – no they have not run out of money, they have more of that than ever, its worthy causes they are short of.

They have their own committee, which meets regularly to decide where to spend the money it raises through a series of fund raising activities.

Peter Hellicar, who works for Capes and sits on that committee, said; "You wouldn't believe it, a charity committee that doesn't have any charities to support."

The contractors' charity committee raises most of its funds through two evening events held in May and November.

"We usually raise between £15k and £20k a year from those two events, and in the past that money has gone straight to local good causes.

"The trouble is that for one reason or another we don't seem to get very many requests these days, and I can't believe that there aren't worthy causes out there that need our support.

"We are very flexible and don't have too many strict guidelines that some other charity committees have; for example we don't say that causes have to be registered charities, because in reality there are often very good causes that are not necessarily registered charities.

"We are also flexible as to the amount we can donate. Some requests we handle are only for £50 and the largest we have given was £20k to the West Cumbria Hospice at Home, but we would consider any request however big or small.

"As a rule we ask that the request must be local, ie between Barrow in the south and Carlisle in the north, or they must offer a service to local people, for example we have helped the hospitals in Newcastle and Carlisle.

"As this is the 25th anniversary of the contractors' charity committee, we would love to give away more than ever before, but we will need worthy causes to give it to. Please help us to make a difference for someone!"

Anyone who has a worthy cause should contact the committee chairwoman, Sue Crone, at susan.crone@sellafieldsites.com

Bopping 'bots show pupils skills

SELLAFIELD Ltd recently hosted a series of robotics days, giving local school children the chance to build their own bots and programme them to dance.

The first two events were hosted at Sellafield with the third event held at Cleator Moor Civic Hall. All three events attracted school teams from all over West Cumbria.

Well over 100 children attended over the three days, and the events were organised by Sellafield Ltd in partnership with SETPOINT Cumbria, Genesis Promotions, Alstec Ltd, Aim Higher and GEN II.

The students were in teams of four and were given a LEGO Mindstorm kit from which they had to design and build their own mini robot which they then had to programme via a lap top to complete a series of moves to enable them to take part in a dance off at the close of each day.

Students were assisted by SEAS from Sellafield Ltd and workers from Nexia Solutions together with apprentices from GEN II.

Alstec Ltd donated robotic prizes and SETPOINT also donated a prize to be awarded each day.

Points were awarded for a series of elements including programming, construction, choreography, entertainment value, creativity and originality.

The winning team won a robot for the school and students were also asked to draw a robotic character to help in the future which could win them a robot as well.

The winning team on the Tuesday was Team Robotica from St Patrick's Workington and the winning picture was from St Gregory's, Workington.

Keswick School swept the board on the Wednesday and Montreal School was successful with both prizes on Thursday.

The aim of the three days was to introduce the students to simple robotics and control systems.

Windscale workers give talk on an issue that's still burning

Windscale's communications manager, Fee Wilson, and environment manager, Jacqueline Southward, were recently invited to speak at the Nuclear Environmental Discharges Conference 08 (NEDCon), entitled "Perceptions on Discharges".

Jacqueline presented an overview of the Windscale Pile 1 Reactor Fire, which took place in October 1957. The presentation included the research into the cause of the fire, the actions taken to extinguish it and what happened in the aftermath, which included a ban on locally produced milk.



Fee, left, with Jacqueline

Anthony Bexon from the Health Protection Agency, spoke of the environmental consequences of the fire from the perspective of the Health Protection Agency.

Fee spoke about the media interest in the fire and how it was covered differently across 50 years. Her presentation compared the media coverage from 1957 with how the press wrote on the subject in the 1980s, when records were first released into the public domain when the NRPB released a report on the Assessment of the Radiological Impact of the Windscale Pile Fire. She concluded by comparing that coverage with the way the media covered the 50th anniversary of the first last year.

Fee also discussed the political and social imperatives which have impacted on the media representation of the nuclear industry throughout the past 50 years.

The Bi-annual two day conference also included presentations from a number of speakers from a variety of organisations with an involvement or interest in the nuclear industry e.g. BERR, the Nuclear Decommissioning Authority, the Environment Agency and the Radiological Protection Institute for Ireland.

Sellafield Incident Report

Investigations are continuing into the interlock systems in the dismantler building of the Fuel Handling Plant.

A number of interlocks have been identified as being software controlled rather than hardwired. Software based controls do not meet the most modern standards of reliability expected of such systems.

The safety systems have not failed and all the measures for protection of personnel have remained fully functional. Operations at the facility will remain shut down until the levels of protection expected can be fully demonstrated.

The event has been classified as Below Scale on the International Nuclear Event Scale.

Border TV's Fiona to host awards – and look-around site.

Popular Border TV presenter Fiona Armstrong is to host the Sellafield Ltd sponsored North West Newspaper Awards.

Journalists from around the North West will join her at the Sellafield Centre for the awards lunch on June 20th.

They will also enjoy a tour of the Sellafield site before finding out which of them have scooped the prizes, which include best reporter, best sports reporter, best features writer and best young journalist.

Prizes will also be awarded to the best weekly and daily newspapers in the region.

A full list of those shortlisted will appear in next week's Sellafield News.

For all media enquiries and photographic requests please contact:

019467 85836/85838/85839/85848

Editor:
John Reynolds (85848)

Written by:
Tracy Riley (85836)
Karl Connor (85842)

Got a story? Let us know. Please call X85838

For more news and stories please visit:
www.sellafieldsites.com