2016/17
Inspirational Students
The University of Nottingham is a great place – we not only have incredible facilities, we also have truly unique, exciting people.

Some of Nottingham’s very best make up our student body, with many of these working behind the scenes to improve the student experience for everyone and sometimes with little credit.

Taking inspiration from the ‘Times 100 Influential people’ guide, I wanted to create something here in Nottingham, to shout out about the students who go above and beyond while also balancing their degree.

My aim is for this to become an annual magazine, recognising and celebrating the stories of those who have made a positive impact not only with their peers, but also the wider community. The list is not exhaustive, there are many who are inspiring others but choose to remain anonymous, for those students, I can say nothing but thank you.

I hope this magazine will give you an idea about what our students can achieve, the potential in Nottingham, and for their stories to inspire you. I am in no doubt these students are going to be future leaders and change makers in our society, so take note and remember their names!

Best wishes,

Ismail Sadurdeen
President
Volunteering

with thanks to our judges

Katie Leach – SU Welfare and Equal Opps,
Martine Sheridan – Manager, Student Opportunities

Andrew Coe
Subject: Physics

After progressing from Social Media Officer to Project Leader for ‘Out in Education’, a group educating communities in raising awareness for LGBT issues, Andrew and the team have taken the project from strength to strength. With no previous experience of management, Andrew and his strong committee have achieved recognition by winning awards including the Rainbow Heritage and the Student Volunteer awards. Spreading to setting up new branches at Loughborough University and soon Westminster University, the project has had an impact for many young people.

The project, started in 2013, is tied in with the Students’ Union Volunteer Centre here at Nottingham. The Students’ Union has helped the project to become as strong as possible with a large pool of volunteers and helping to promote their presence both on the website and at Welcome.

By educating young people through interactive presentations, Andrew hopes to create an environment where young people can be confident in their identity and to challenge social taboos on important issues about relationships. This is something which Andrew said he himself needed while at school, since he was unsure of his identity and only felt able to come out confidently when at university. This inspires him in his work and it is rewarded and appreciated by the schools. Andrew recalls a moment especially when a year 8 came out as bisexual after the presentation to Andrew and thanked the group because he felt he could now be appreciated and accepted in his identity.

Andrew’s advice to others would be not to be put off if your efforts don’t grow into something larger than expected at first. As long as you have the drive and the motivation you will begin to see some sort of impact. He advises at first it seems difficult to get over the first hurdle and might be easier just to sit in front of the TV, but once you do take those opportunities to help others, it will always be worth it.

Maddy has been named one of Nottingham’s Inspirational Students for her work setting up the Nottingham Night Owls service which provides support for students on nights out in Nottingham. She started the project in 2015 because she couldn’t find anyone who didn’t have a disaster story and has seen it grow from 25 friends to 315 trained volunteers.

When the project first started, most students didn’t know who the Owls were, but now Maddy says that students expect to see the them, and venues have even started to call the service when needed. The service has had a fantastic impact on not only students but the community as well and gets well deserved recognition.

Maddy’s main motivation for starting the service was to keep people safe and, after consulting the police, found that the crime rates are mostly occurring during term time. She has worked very closely with the Volunteer Centre over the past 2 years to make the project successful. Looking ahead to its future, her short-term goals are to keep expanding the service’s availability and the number of volunteers. Long-term, she would like to see a Night Owls service in every single uni in every city in the world.

Her advice for both new and existing students at university is “to make the most of it. Being in university is a great little bubble and there are so many amazing opportunities offered by courses and the Student’s Union. Whatever you’re interested in, there’s something here for you.”
Emma Lund
Subject: Veterinary Medicine and Science

Emma has been an ambassador for the DKMS charity for over a year. With one other volunteer, Emma has successfully managed to register over 300 students and staff as donors, on Sutton Bonington and University Park campus. Emma is based on Sutton Bonington providing volunteering opportunities to the students there and whilst still in its infancy, Emma hopes that with enough people, she can grow the charity within the University of Nottingham.

DKMS is a charity set up to help raise awareness and recruit bone marrow donors to assist with vital blood cancer treatments. Emma first found out about DKMS after being turned down when attempting to donate blood leaving her feeling powerless to help. After researching and finding out the chance of a match is only 1 in 250 in the UK, Emma saw how DKMS is helping to change that and decided to take up the challenge of volunteering to try and make an impact.

The Students’ Union and Students’ Union Volunteer Centre have helped Emma along the way, helping her to jump through various hoops such as paperwork, providing advice and pointing her in the right direction. Her love of volunteer work has inspired Emma to carry on in volunteer communities after she graduates.

Emma stressed that it’s important to realise that you don’t have to dedicate a lot of time to something to make an impact. Emma herself only commits a small amount of time to volunteer work a week so you shouldn’t worry about the amount of commitment needed. Regardless, she says, “If it’s something you’re passionate about, it won’t feel like a chore” and recommends that “you should just give it a go because you will never know until you try it for yourself.”

Hector Duncan Smith
Subject: Business / Management

Hector Duncan Smith is a volunteer leader of Tasty Tuesdays in Lenton which provides free meals to those in need. The service reaches approximately 80 people each week and is primarily for people who have low incomes, are unemployed or are homeless.

Hector’s motivations for getting involved with the project were his research into local homelessness and employment statistics which found a high percentage of people in the community who were homeless or have a low income. He says that volunteering is a way to stop wasting his free time and most importantly is a way to make a difference in the community.

Hector’s advice for setting in to university is to find people that you’re comfortable being with whether it be from you courses, accommodation or even at societies and events. Also, getting involved with societies and sports is a key aspect as well, he cites joining the rugby team as something that helped him a lot!

Osman Dufailu
Subject: Life Sciences

Osman joins the list of Nottingham’s inspirational students for his work in the Ghanaian society which he ensured continued to run and has managed to get a publication in a peer review journal during his PhD. He has also volunteered as a mentor for year 10 pupils from ethnic minority backgrounds and his mentee was judged the best mentee for that year. He has also supervised Masters and PhD students, co-organised conferences including the Link Conference for postgraduates and volunteered during Welcome for postgraduates.

In his time at the University of Nottingham, Osman has helped the Ghanaian society grow from strength to strength, helping members to settle in and taking them on city tours. All this has been inspired by the motivation to make students in developing countries want to succeed and be comfortable in a new country and environment. He has helped pioneer the STARs training team for committee members of clubs and societies on publicity, sponsorship and event management. During his time at University he has even learnt to dance Salsa!

University of Nottingham Students’ Union has supported Osman in his projects, he cited how the marketing team “helped with the web design and arranged logistics” for African Summit.

When asked what advice he would give to others looking to make a positive impact, Osman said “to be able to succeed, you have to help others to succeed. Its about giving back to others”.

Serena Gough
Subject: Civil Engineering

First to attend university in her family, Serena is an engineer dedicated to encouraging others like herself, to study Science Technology Engineering and Mathematics (STEM) subjects.

She is the Social Media Secretary of the Institute of Civil Engineers (ICE) East Midlands Graduate and Students Committee, as part of a team that organises and promotes events on professional development and competitions to engage members. As part of her duties as an ICE QUEST undergraduate scholar, she promotes civil engineering through engaging with future students at scholarship interview days and other events, as well as promoting active participation in societies. She is also Industry Representative of Civil Engineering Society, organising events which engage both local and international students and enable them to enhance their CV. As University STEM Outreach Ambassador, she mentors local primary and secondary schools to introduce and encourage them to study STEM subjects. She is also an Engineering Career Ambassador, working to organise successful careers and networking events and encouraging students to fully benefit from them.

Through these various initiatives, she has been an inspiration to many current and future STEM students. That is exactly what she draws motivation from, making the most of her time at university to enhance both her own and other people’s lives.

She says she has really felt the support of her SU, especially as a society committee member. Particularly, the training on offer enhanced hers and her fellow committee members’ skills and enabled them to fulfil their roles more effectively.

For all students, current and future who want to effect positive change in the lives of others, her advice is to “get involved”. Sometimes it is scary to take up a position of responsibility, but, that is exactly how you will learn to do better in the future.
Helen Hoang
Subject: Law

Helen has collaborated on many volunteering projects including the ‘No Homophobia in Sports’ (NHIS) campaign and leading the ‘Take off the Tape’ (TOTT) campaign, during her time as the Campaigns Officer for the Voice Your Rights Project. NHIS raised awareness of homophobia in sport through a viral video and calendar of the University’s Mens’ Hockey Team, reaching out worldwide, featuring on Notts TV, national press and spreading all the way to New York. The TOTT campaign filmed around Nottingham, seeks to remove stigma around mental health and encourage conversation.

One of her most notable accolades was helping to establish the ‘Pension Pals’ project at university (as part of the 3FF Parliamentors programme under the mentorship of Lillian Greenwood MP). It has now been set up as a long-term society where members can write letters to older people in local care homes, targeting the problems of isolation and loneliness in the community. The scheme has had support from Age UK, Nottingham City Council and other key community stakeholders.

With this project, along with others, Helen has realised the importance of collaboration and how it helps with inspiring change. The Students’ Union and Students’ Union Volunteering Centre were fantastic in linking Helen with others hoping to do similar projects and provided all the necessary help and training.

Now in her final year, Helen spent last year in Australia where she met lots of diverse people and worked for anti-racism charity ‘All Together Now’.

Her advice to other people who want to help others would be to ‘find something that you yourself are passionate and care about so you have the energy to make a real change’. She believes it doesn’t have to be on a large scale; sometimes doing the small and simplest of things can be the most effective.

Qudsiyah Raza
Subject: Nutrition

Qudsiyah is a ‘ParliaMentor’ for the University of Nottingham, mentored by Lilian Greenwood, MP for Nottingham South. Along with 4 others, she is the co-founder of PensionPals, a monthly letter-writing scheme connecting older people suffering from dementia with university students. A nutritionist-to-be, she was also part of the Communicating Nutrition Project, developing nutrition plans with her team for people from socio-economically disadvantaged backgrounds based on their needs, food availability and cooking facilities. She is involved with the Islamic Society (ISoc), organising various events in Sutton Bonington (SB) including the ISoc Unity Gala Dinner as well as acting as officer for prayer room facilities in SB.

Qudsiyah’s initiatives were born from her desire to relieve particular needs she has identified. In the case of PensionPals this was the sense of isolation in older people and those suffering from dementia, coupled with the benefit for students of communicating with those more experienced than them. To ensure its longevity, she and her team have already arranged for five new co-ordinators to take over in 2017-18.

The Students Union has been involved in all of Qudsiyah’s initiatives, particularly with PensionPals, SU Officers including the President, the Communities, and BME Officers contributed with inspirational ideas and valuable contacts that enabled her to develop her ideas and put plans in action.

For all the students who want to follow Qudsiyah’s track positively impacting on the lives of others, her advice is “Just go for it”. “We are sometimes hesitant to take on projects because we are scared of how they will be received, yet it is the best way to learn about yourself and build valuable skills. The SU is a great help, if you have an idea they will provide you with all the support you need to turn it into reality!”
In his time at the University of Nottingham, Oliver has helped to create new conferences such as the Social Innovation Conference, encouraging students into social science careers and the International Student Summit 2017, encouraging critical debate on the future of technology in Higher Education. He has been inspired by working on community projects across Nottingham, and hopes to help people collaborate. University of Nottingham Students’ Union has been inspired by working on community projects across Nottingham, and hopes to help people collaborate. 

Jose Manuel Besares Lopez
Subject: Public Health

Jose Manuel Besares Lopez has and is involved in a number of inspiring endeavours. One of his key interests has been HIV/AIDS awareness. Between his studying in the UK and Mexico he has been able to make many amazing contributions to this cause.

His volunteering involves campaigning with the Student Federation ‘BIDESIDA UANL’ as President, focusing on the importance of HIV awareness and prevention. He has given talks to all ages on the topics of sexual responsibility, educating on prevention of sexually transmitted diseases and reproductive rights.

"Cambio a Cambia Mexico" meaning "Change I, Change Mexico" was a project Jose was heavily involved in, where as a volunteer in Mexico he took part in developing civic participation. He also was a volunteer member on the Youth Council of the United States Consulate General in Monterey, Mexico. Here he took part in Human Rights projects and has an active role in creating dialogue regarding freedom of speech, LGBT, and democracy – just for starters!

Jose has seen changes in himself from a young student to where he is today, keen to continue making important changes. He has chased his dream, persevered and is now #ConfidentlySmart (his own self-developed hash tag used to encourage self-belief) and he believes that other students should do that too! He was the value in believing in yourself and not letting anyone crush your dreams – even you!

George Shaw
Subject: Law

George has made his way on to our Inspirational Students list through his hard and generous work with Student Action for Refugees (STARS). Starting out as a volunteer in December 2017, George has since been voted in Treasurer and, then the following year, Vice President. Working for these positions gave him openings to develop his own philosophies within the charity such as an equal access policy and increasing support for students struggling to pay for their IELTS (an English-speaking exam that must be taken in order for students to be able to study in the UK).

In his time in these roles, George has given speeches on major human rights issues in order to raise important awareness regarding STARS as a charity as well as the huge problems they tackle.

His work within the committee for STARS will be taken forward, creating sustainable benefits that the succeeding committees and volunteers will be able to build on, working to constantly improve the support systems for Asylum Seekers.

Whilst very busy dedicating time to his Law degree, George wanted to further his time at university by volunteering and this fortuitously snowballed to a greater involvement. When asked what advice he would give to other students he felt that "whilst a degree was an important and beneficial thing to have, it is more important to use your experience to develop as you should something new!"

Ahmed Ibtisam
Subject: PhD Student

Ahmed’s work focuses on raising marginalised voices in society, particularly BME and LGBT+ communities. As Campaigns Coordinator of the LGBT+ Network, Ahmed took part in the organisation of LGBT+ Awareness Week and LGBT History Month in February. His team also successfully campaigned for the Students’ Union (SU) gender-neutral toilet referendum and organised a vigil for victims of LGBT+ violence.

Ahmed often delivers talks in collaboration with charities such as Nottingham Pride. Now, he is set to join a project led by the Kaleidoscope Trust, campaigning across the Commonwealth in anticipation of the Heads of Government Meeting taking place in April 2018, raising awareness of an outdated law shared across eight Commonwealth nations that makes homosexuality a criminal offence.

Of all he has achieved, perhaps his most significant impact has been to build bridges across different groups, uniting them with the goal of mutual respect for each other. LGBT History Month was attended by organisations including Istanbul Pride, and the gender-neutral toilet campaign involved collaboration between the International Students’ Network, University Radio Nottingham (URN), Lawsoc, Boardgame and Quidditch societies amongst others.

Being from Bangladesh, where “it is becoming increasingly difficult and dangerous to be different” Ahmed says he feels an obligation to use his privileged position as a politics student in the UK to speak out for those who cannot. In doing so, he gives immense credit to the Students’ Union who have been nothing but helpful and supportive of the LGBT+ Network, providing the information and training necessary for them to drive their campaign to success.

Ahmed hopes to join the academic staff at Nottingham and using his degree and knowledge, continue to tackle social justice issues. His advice to any student wishing to follow in his footsteps and effect positive change is “If you have an idea, go talk to someone about it. There are many avenues at this University to get engaged; whatever your idea, there is always a way”.

“Whatever your idea, there is always a way”
Hisham Jafar

Subject: BEng Electrical Engineering with Renewable Energy

As an international student himself, Hisham has had first-hand experience with the challenges involved in seeking to adjust to a new environment and establish roots upon which to reach towards future success. Hisham’s key goals has been empowering motivated individuals, particularly those struggling with an aspect of their personal, religious or academic commitments. “Empowering people is the most sustainable form of change” he says, “when you empower one person they go on to do the same for 10 others”.

As Vice-President of the Islamic Society (ISoc), Hisham pioneered initiatives such as a Student Mentoring Scheme and improved the variety of socials to get more students involved, providing them with a supportive atmosphere. As one of the Imams and Friday sermon-delivers of the Portland prayer room he has brought a fresh perspective, with topics including ‘Addiction and the Digital Age’ and ‘Reliance on God, Entrepreneurship and SpaceX’.

Hisham regularly teaches basic religious literacy classes in informal circles as well as a fortnightly workshop on Islamic Spirituality entitled ‘Soul Food’ for Muslim students. Additionally, as the Digital Strategist at Satifs, a country-wide organisation providing financial and non-financial support to potential change-makers and entrepreneurs, he has been part of a team running seminars such as ‘How to beat the 9k’, pioneering a student mentoring scheme, and launching the first interest-free student loans scheme.

He credits his achievements to the example set by his parents, who were always involved in charity, outreach and philanthropy despite their humble backgrounds. Being married and with a son, he juggles academics, work and family responsibilities, which he would not be able to do without his wife’s support inspiring him. The Students’ Union’s focus on welfare, mental health and the role of faith-based societies has also provided him with the necessary momentum to realise his goals.

Hisham’s advice for others is that “Everyone has unique abilities, whatever yours is, do not be afraid to contribute in any way you can”. He points to the countless initiatives, networks and societies at the University as a good place to start.
Research and Entrepreneurship

with thanks to our judges

Benjamin Beranek – School of Economics Teaching Associate, Former UoNSU Trustee
Jordana Chin – Entrepreneur, Founder Nutri go UK

Leo Lightfoot
Subject: History

Leo Lightfoot has also been rightfully titled an Inspirational Student. During his time at university not only has he worked hard on his degree, he’s also balanced creating his own media production company, Lightfoot Media which has been a major success.

Filming was a serious interest to Leo prior to his arrival at UoN, but at university he was able to elevate this interest, converting it to a full-time commitment. He’s used his talents and skills to chase his own ambition as well as contributing to student life. He’s created content and free exposure for many societies and clubs, encouraging students to engage, and creating awareness for potentially lesser known clubs. He recognises University Life being dependent on the spirit of its students and successfully documents this.

Whilst his motivation was initially formed from his enjoyment, his own perseverance inspires him to encourage others to get involved. He particularly specialises in the area of sports, using his position on the Snow Sports Committee as well to inspire students to participate and creating coverage for the Varsity events, promoting sports.

His advice to other students would be to “engage with the things you love and not to give up”. When Leo first came to Nottingham, his requests to create content for societies were not as well received as he would have liked but it only took a few opportunities for his business to take off. He’s now been able to have amazing experiences doing what he loves – passion and persistence are key.

"University will be the best time of your life, you’ll meet new people and get to pursue what you are interested in and make a difference"

Terence Ong
Subject: Postgraduate Medicine

Terence Ong is a medical doctor and PhD student. His motivation to pursue a higher degree originated from the day when he realised that a research career would give him the opportunity to impact the care delivered to older people on a wider scale. He has an interest in older people with fractures and is currently researching how hospital care for those with spinal fractures can be improved.

There is a lack of research into the care for the elderly and the ideal solution is uncertain. Terence has not only identified this problem but has started to investigate current hospital care and how this group of patients’ subsequent outcomes can be improved. The impact of his work has led to several publications and he has been invited to speak at regional and national conferences. Terence has been working with local colleagues in expanding the annual Nottingham Orthogeriatric Preceptorship, a training programme for hospital treatment for fractures in older people, which hosts delegates locally and from abroad.

Terence hopes to increase the awareness of osteoporosis and give it the level of recognition that other medical problems have, such as cancer. He also wants to better connect research students and the Students’ Union by identifying the needs of these students.

His advice for new students is the same advice his dad once told him which is that “university will be the best time of your life, you’ll meet new people and get to pursue what you are interested in and make a difference”.

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David Pervan  
Subject: Chemical and Environmental Engineering

David’s extensive opportunities have varied from introducing local children to the University’s basketball team and working with homeless people in Nottingham, to living with monks in Burma, teaching women in Guatemala’s prisons and researching the effects of climate change on the coral reef in Seychelles.

David finds most of the impact he has made has come from personal-level engagement with the people he has interacted with. His work with homeless people involved providing food and support a few times a week for three months and introducing local schools to the exciting sports side of university. Through his work, David has learned to positively embrace the potential of others who are less fortunate, and to help improve their outlook on life, inspiring them on to achieve their goals. Just simple conversations have proved to open new doors and perspectives and his motivation comes from wanting to create bottom-up change within communities.

Now studying his PhD at the University of Nottingham, David stresses that university has the best time, opportunity and support to help positively impact the lives of others. With the help of the Student’s Union and university funding and connections, the support structures are in place and the freedom you have means that you can do almost anything that you want to do.

David’s advice to others is to “have courage and take the first steps because with the more you take on, the easier it will become.” It sometimes requires a lot of personal effort and motivation but David says it’s always worth it, especially for your personal growth, and you will not regret doing it.

Adnaan Shakur  
Subject: Chemical and Environmental Engineering

Adnaan only realised the potential of getting involved with extracurricular activities and volunteering after his placement year. His placement changed his perspective and after three years of little involvement with what the University had to offer, Adnaan felt he didn’t want to waste any more missed opportunities. Learning what the Students’ Union does and that it can really inspire change, Adnaan got involved with STARS (Student Action for Refugees), starting up a new social enterprise and summer school in Malaysia to name a few.

His new social enterprise, started in partnership with his housemates, aims to provide work for amateur chefs in Nottingham, cooking different cuisines for international students who may miss their home favourites. With its catchy name ‘YoMama’, the project has been a success, empowering local chefs or ‘Moms’ as they called, to pursue opportunities for their own shops and restaurants. Adnaan was also involved in organising a collaborative event with the Renewable Energy Society to visit a sustainable settlement project and, especially for the international students, helped inspire change, Adnaan got involved with STARS (Student Action for Refugees), starting up a new social enterprise and summer school in Malaysia to name a few.

For him, hard work is a way of life. The youngest of six siblings, he worked from the age of six to support his family following the loss of his mother, while maintaining an outstanding academic record. His knack for science and love of animals led him to choose veterinary science for his undergraduate degree, where alongside his scholarship, he worked part-time. After years of teaching at the University, he returned to studying, first for a master’s degree in Uppsala, Sweden and then in Cambridge, UK, where he also supported his family financially.

Days after receiving his acceptance to Cambridge on a Bill Gates scholarship, he went blind in his right eye, though he carried on with his studies anyway.

Leaving Cambridge, he worked for prestigious institutions including the Royal Veterinary College. Later, on top of a full-time job as senior scientist in a veterinary diagnostics lab, he did research, published internationally, and gained qualifications including chartered scientist from the UK Science Council.

His proudest achievement is starting a scholarship programme in the Philippines through which he wishes to enable hardworking students to have the luxury of studying without financial worries.

At school, Ramon was President of his School Council, part of his student council at University and executive committee of Rodeo Club, where he helped set up a rabies awareness and eradication programme, organised talks at schools, and vaccination programmes. At Nottingham, he’s pursuing a PhD on Antimicrobial Resistance. After graduation, he aims to work for the UN Food and Agriculture Organisation, helping shape government policies, particularly in the developing world, to improve the lives of others.

Ramon has also taken part in volunteering, including for the London Olympic Games and England Rugby World Cup. Ramon has also volunteered for Oxfam and a local library.

“I want to show the young generation that as long as you work hard, you can achieve your dreams” he says, exactly as he has done.

Ramon Maluping  
Subject: PhD Student

Ramon has been the first, many times. The first to go to university in his family, the first and only Filipino to attend the Cambridge University Veterinary School, the first recipient of the prestigious Outstanding Overseas Filipino Award...

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Le Ma
Subject: 3D Printing

Le Ma definitely earns himself a place on the Inspirational Students list for his work on student integration.

Studying for a PhD in 3D printing, he wanted to work on the international aspect of life at University of Nottingham to help Chinese students, as well as other nationalities integrate. He's worked with the Chinese Students and Scholars Association (CSSA) for over three years and devoted himself to benefiting students from different backgrounds and cultures. He's worked closely with Nottingham City Council to do this as well as the SU and the University.

As well as doing amazing work in the UK, Le has also worked in China to create benefits on both sides. As a board director of the Chinese Overseas Students Children’s fund, he has led students out to rural parts of China on volunteering programs to educate those who don’t have the resources to do so themselves.

He has also been involved in a major AIESEC HIV prevention program as a member society, where he travelled to Ghana to volunteer. Le recognises that many students are academically very successful but can sometimes be too shy or nervous to engage socially. He's put on many events such as the Gala at the Royal Concert Hall and the Chinese Market Fair to combat this.

His advice to other students is, “whilst studying is important, do not let it hold you back from other opportunities or helping others”. He says that “there is always time to do good” and his actions show this.

Hemanth Kalathuru
Subject: Economics

Hemanth’s work as an ambassador for the Student Switch Off project has earned him a place in Nottingham’s Inspirational Students. The Student Switch Off project aims to raise awareness about climate change, for which his hall won the prize for highest percentage member awareness. He was a Peer Mentor for the School of Economics, a Welcome Mentor and President for Southwell hall and even Treasurer for Skydiving Club. His motivation to do all this was “to bring satisfaction to student life”.

In his time at the University of Nottingham, Hemanth has helped make the lives of students easier, such as helping to bring in an extra Hopper bus to prevent overcrowding. As Public Relations and Outreach Officer for Model UN Society, he helped organise the NOTTSMUN conference which required months of preparation.

University of Nottingham Students’ Union has helped Hemanth to hold a press conference for all hall JCRs and use it as a “common platform for communication”. They supported discussions on how to resolve problems within the halls, and improvements that could be made.

In the future, Hemanth aims to work for the United Nations and make a significant difference worldwide. Some advice that he would give to others wanting to positively impact the lives of others he said “Trying is the only way to achieve success. A single failure should not bring you down, persistence and perseverance is key.”
**Ann Marie Wagstaff**

**Subject:** Health Sciences

Starting as an ambassador for the University’s Nursing Ambassador programme, Ann quickly became heavily involved and is now a lead figure in the project. Ann has pushed the project forward from its early stages and has grown it into a project which is achieving recognition such as being in collaboration with the Regulatory Body for Nursing and Midwifery and the Royal College of Nursing.

With student nursing programmes across the country evaluating Ann’s research and her team’s peer mentor style of learning on student’s wellbeing, Ann believes the change will enable nurses to receive better learning techniques and emotional support. The programme bases its idea on peer learning by providing student nurses with somebody to talk to, be listened to, be approachable and able to help in difficult and stressful environments in the hospital.

Ann remembers her first days on the ward when she was terrified and admits to even crying a few times. Helping others to feel better and getting them through the tough times is her motivation and she feels a great sense of personal satisfaction in doing so. Having the support and availability of the course reps and education reps from within the Students’ Union has helped her throughout her course, especially at Welcome when people were happy, smiling and helpful, reassuring her about the exciting times ahead.

Ann’s advice to students hoping to improve the lives of others would simply be to “be yourself and not take it all too seriously”; she says that you shouldn’t assume you have to be a perfect role model, being open and honest will help you to have more of a positive impact.

**Shahzeb Ali**

**Subject:** Medical Physiology and Therapeutics

Shahzeb Ali has had many volunteer roles throughout his degree; he has been part of the Laureus Sport for Good Foundation which works with schools to use sports as a method to teach young people important values. He is also a community first responder with the 5th highest shift total of 238 hours and is trained to help with more specialist medical problems. Finally, Shahzeb has held two leadership roles as president of both the Mixed Martial Arts (MMA) club and the Duke of Edinburgh award.

As a Laureus ambassador, Shahzeb was heavily involved in not only delivering sessions to young people but also training new members on how to best facilitate sessions based on his own experiences. During his time as a first responder, Shahzeb has responded to almost 90 situations and delivered life-saving treatment to 33 of those before the ambulances arrived. He has used these experiences to teach people in the local community basic first aid which has had a huge impact!

Shahzeb took over MMA as it was going into bankruptcy and over his year in charge restructured the financials and got the club back up and running. By creating an informative handover document, he has left a structure and legacy that can be easily carried on by new committees.

Shahzeb hopes to get into a graduate-entry medicine course after his degree and his advice for new students joining UoN is to not worry about being nervous, take a leap of faith and get involved!

**Luke Norman**

**Subject:** Chemistry

After first engaging with the Students’ Union (SU) as a member of Silver Screen Society, Luke rapidly became engulfed in it. He later became President of Silver Screen Society, organising events of unprecedented success and earning the society a gold award.

As a STARS trainer, he went on to inspire and train other society committee members. He also founded the Senior Trainers Scheme where he helped mentor new trainers. As SU Brand and Insight Ambassador, he regularly analyses surveys for students and articulates students’ concerns and wishes to Union staff. As a writer and associate editor for Impact magazine, he has covered a vast range of topics concerning students. Outside the SU he is also web manager for Pint of Science Nottingham, a science outreach programme which presents science to the public.

While he was initially motivated by his friends to get involved with the SU, the confidence he gained, coupled with his desire to meet new people and explore new roles spurred him on in his later endeavours. He has also made it his goal to share his experience with others to enable them to achieve similar success. He has done so initially as a STARS trainer, and later, as co-founder of the Senior Trainers Scheme.

For Luke, the SU has been vital during his time at Nottingham, receiving incredible help and support from members of staff. They have presented him with new opportunities, which helped him grow into the inspirational person he is today.

Luke’s advice for all students wanting to make a positive impact for others is “to jump in at the deep end and from the very start of university; grasping opportunities early on will help you develop the courage you need to grasp many other opportunities.” A good way to start is through Welcome in the first few weeks, they are what helped Luke settle into his new life in Nottingham, explore what’s on offer on campus and most importantly, meet new people who later became his close friends.
Arts and Sports

with thanks to our judges

Tamsin Parnell – Editor in Chief, Impact
Michael Lappin – Commercial Manager
Lauren Heria – Sports Officer
Kiri Madhani – Club Development Coordinator

Megan Hau
Subject: Law

Megan Hau is the current Wheelchair Basketball president and helped to affiliate it as the University’s first disability sport. She also has been a Leadership Academy ambassador in which she supported programmes such as Leaps to Success and Laureus. Finally, she is the events secretary for the Welfare in Sport committee; a campaign that aims to increase awareness of mental health in sport and to combat its stigma. Her motivations joining Wheelchair Basketball and her subsequent role in the club’s establishment were due to personal experiences of being injured and not being able to play sports. This prompted Megan’s visions for a sport that was both inclusive for all and that was an open environment for disabled students. During her first year as president, Megan quickly organised fixtures for the team to play in, as well as the first and largest tournament that brought both university and league teams together. As a Leadership Academy ambassador, Megan has helped inspire students to become leaders in sport and has shown younger people the importance of higher education.

Throughout all her roles, Megan has created change that is not only inclusive to all students but that is sustainable for future leaders to adopt. She aims to eventually become a lawyer or a sports executive and to continue increasing awareness of disability sports. Her advice for getting involved at university is to try a range of different opportunities and having a go at the most unusual things you can find.

Kim Stallard
Subject: Medicine

Kim Stallard, co-founder of the Lifeline ED Advocacy Project, previous President of Nottingham MedSoc and leader of IMS Basketball league, has more than earned herself a spot on the inspirational Students list.

Last year, as President of Nottingham’s MedSoc, Kim became highly involved in the Junior Doctors’ contract disputes actively organising rallies, giving talks throughout Nottingham and engaging Nottingham students in the political protests. Kim utilised other student organisations such as Impact to do this, as well as generating a dialogue between both student and staff. She used her position as president, to increase welfare support for students in medicine, co-ordinating many different aspects of university life to best benefit the students of Nottingham.

An important part of Kim’s university career has been co-founding the ED Advocacy Lifeline Project. Being approached by Nottingham City County Council, Kim has now helped to train over 60 students, who from first to final year can gain more experience in harm reduction and substance abuse.

Evidencing her philosophy for student engagement, Kim has also been an active figure in the basketball IMS league. She feels it is important to engage outside of her degree and shares her love of sport successfully with others.

Giving advice to students, Kim says that she feels it very important that “as a student you get as involved as possible, making the most of all the opportunities presented!”
Katy Lewis
Subject: Philosophy

Katy Lewis has deservedly secured a place on the list of University of Nottingham’s Inspirational Students for her dedication to so many areas of university life. Katy has been involved in University Radio Nottingham (URN) and Nottingham Knights, utilising these to raise money for charity, engaging other students and encouraging benefits of ‘student spirit’.

From a first-year budding cheerleader to Nottingham Knights’ current President, Katy saw place for change and benefit within the team and worked hard to make that change herself. She’s committed to making sustainable change in many areas in order to benefit the team and family she’s so proud of. Katy has also seen the importance of encouraging new members and was keen to put on extra taster sessions to implement this. She’s successfully used her position to generate charity events within Operation Orphan, raising the profile of the club whilst also benefiting charity.

If that wasn’t enough she presents a daytime slot for URN, contributing to the opportunities of student life, and her involvement across the board allows her to use each opportunity to the other’s gain. In his time at the University of Nottingham, Jack has worked on projects that have had an impact on a large number of students. When collaborating with other student groups to organise SVC events and the events of ESU week, innovation was required to plan a variety of enjoyable events, such as Easter egg hunts. As captain of the volleyball team he has helped empower his team and had a positive impact on encouraging people to get involved playing volleyball. He hopes that a lot of the events organised as part of the sustainability society will carry on into next year. As a STEM ambassador, he has created innovative lesson plans in order to keep children engaged with practical activities.

University of Nottingham Students’ Union has also supported Jack, he cited ‘staff have been really good…in the IMS role the coordinator was really helpful to think of ideas’. They helped to deal with invoices and respond to questions.

When asked what advice she would give to fellow students, Katy said she thought it was ‘important to not place too much importance on things you THINK matter. There is so much on offer and you should throw yourself into as many opportunities as possible! Dedicating that time and energy is so worthwhile and you can do it’.

“Encourage people to try things out, find out what you enjoy”

Jack Tither
Subject: Chemical and Environmental Engineering

Jack joins the list of Nottingham’s Inspirational Students for volunteering in a range of events during his time at Nottingham, from teaching children about science as a Science Technology, Engineering and Manufacturing (STEM) ambassador to helping organise and run Environmental and Social Justice (ESJ) Week. He has also represented the University at volleyball as captain of the men’s third team, while also acting as Intramural Sports (IMS) Officer for the Volleyball Club.

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University of Nottingham Students’ Union has also supported Jack, he cited ‘staff have been really good…in the IMS role the coordinator was really helpful to think of ideas’. They helped to deal with invoices and respond to questions.

When asked what advice he would give to others looking to make a positive impact, Jack said ‘Encourage people to try things out, find out what you enjoy’.

Matthew Wildman
Subject: Classics

Matthew Wildman is a classics student who helped set up the Welfare in Sport campaign which aims to fight the stigma around mental health problems and to cater for those who experience them.

Matthew’s main driving force came in his first term of university when he found it very difficult to get settled in, so he joined the softball and baseball teams, and by the end of that year was made president. During his 2nd year he realised that he struggled with his mental health and statistics showed many others were also affected. Matthew felt that there wasn’t a system to deal with this and so after talking to a lot of people, he helped start the campaign which raises awareness and uses physical activities to manage mental health problems.

Matthew has watched the campaign’s progression by obtaining its first full committee. The team have been granted a place at the British Universities and Colleges Sport (BUCS) conference where they will be leading a workshop on how other universities could implement a similar programme too. He cites his favourite memory at university as the time he was nominated for Volunteer of the Year by Nottinghamshires Sport in which he finished third and was one of the youngest ever candidates.

His advice for how to get more involved with SU projects is “there is more to uni than your degree, whether it’s sport or something else. It can be daunting but once you’ve got over the fear, you’ll realise the benefits”.

Matthew Wildman
Subject: English

A stand-up comedian, an ‘unserious’ poet, an actor…just some of the words that characterise Henry. Within the last year, he has become the first student poet to headline ‘Poetry is Dead Good’, Nottingham’s premier poetry event.

His reputation in stand-up comedy has spread outside Nottingham, leading to performances in York, London, Bath and Scotland. He is also a permanent resident of the bi-weekly comedy show at Nottingham’s Orange Tree. Recently he was also the lead in Nottingham New Theatre’s Fringe play ‘Uz & Them’.

Henry says the Students’ Union’s support of Nottingham New Theatre, the only completely student-run theatre company in England is invaluable. By holding musical nights and poetry events, the Union also contributes to artistic culture on campus.

With a show coming up in London’s Bill Murray Theatre and plans to do a full-length comedy show before the end of university, Henry is on course to achieve his goals. He has also made plans to recruit future generations of Nottingham students to carry on with his efforts to help Nottingham, a city full of creative people reach its full artistic potential.

“IT can be daunting but once you’ve got over the fear, you’ll realise the benefits”
Nellie Khossousi  
Subject: Economics

Nellie joins the list of Nottingham’s Inspirational Students for her work with University Radio Nottingham (URN) in both the UK and helping to launch a student radio station at the University of Nottingham Malaysia Campus. She has also been involved with Impact Magazine, the Mic Magazine, Enactus, Music Society and been President of the Nordic Society. She even did a 5k charity run in Malaysia!

In her time at UoN, Nellie and her team raised over their £250 target as part of Sport Relief, contributing to URN’s grand total of over £5000 and were ranked as the 14th Best Fundraising Team in the UK. As President of the Nordic Society she has managed the committee to run Nordic cultural events including stalls at international events on campus such as the Taste of Home festival. She has collaborated with other societies such as the Pub Quiz society with a very successful turnout. Nellie received the International Work Experience grant, enabling her to work on a whale watching boat and at national, commercial and local radio stations across Australia.

University of Nottingham Students’ Union (SU) has also supported Nellie, helping her to promote events and providing helpful training, citing “all the hard work the SU did for Welcome”.

When asked what advice she would give to others looking to make a positive impact, Nellie said “It’s never too late to join a society. Don’t be nervous or scared! Go into somewhere with an open mind and be open to change”.

Shana Gujral  
Subject: Law

Shana Gujral is a final year law student who started a music platform called Rewind which aims to showcase new and upcoming artists. The platform first started out as a radio show on University Radio Nottingham (URN) but has since evolved into a series of events beginning with Rewind Session 001.

In addition to this, Shana has made sure that all line-ups for events have female headliners in order to break the metaphorical ceiling that is a huge problem in the music industry currently. As a result of Shana’s hard work, Rewind was nominated Best Specialist Music programming and put forward for the Kevin Greening Award at the Student Radio Awards in 2016.

Her motivations for starting the platform was her desire to produce a genuine night which heavily featured up and coming artists. Shana also wanted to add a live stream element to these night as this is something unique and has helped to kickstart careers. She also secured funding to expand Rewind which was used to run an event at Nottingham’s Market Bar. Her passion for DJing also allowed her to raise money for charity by taking part in a 24 hour DJ challenge. Shana credits URN for helping her to achieve all of this and says that social media has also been useful in getting the project off the ground.

Shana’s advice for students wanting to positively impact the lives of others is to “making connections is everything, stay friends with everyone you meet, you never know when you’ll need them!”.