Daphne Jackson Trust

# MAKING AN IMPACT 30 years on

# Welcome

The Daphne Jackson Trust remains the only charity in the UK dedicated to realising the potential of STEM researchers to retrain and return to research careers following a prolonged career break.



Peresa Inderson

Professor Teresa Anderson, MBE, Chair of Trustees, Daphne Jackson Trust. Director of the Jodrell Bank Discovery Centre, The University of Manchester

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I am delighted to be leading the Trust at a time when STEM research career paths have become increasingly non-linear and non-traditional. The unique Fellowships offered by the Daphne Jackson Trust play an essential role in stemming the leaky pipeline of STEM expertise which would otherwise be lost to the sector and society. The Daphne Jackson Trust is a small charity that really makes a big difference.

Every year brings changes and growth at the Trust and 2016 has proved to be no exception. Among many highlights of the year were our 30th anniversary celebrations, held on 9th November 2016 in the prestigious location of the Library of the Royal Society of Chemistry. The evening was a fantastic celebration of Professor Daphne Jackson's vision for STEM returners to research and the Trust's achievements. We were delighted to welcome Daphne's brother Ronald Jackson, and niece, Susan Balgarnie to join in the celebrations with us.

During 2016 the Trust enhanced a number of its Governance procedures to ensure its future sustainability in what are challenging times for charitable organisations. We undertook a review of our financial procedures and incorporated the requirements of the new SORP into our financial reporting mechanisms.

2016 saw the Trust say goodbye to 4 long serving Trustees:- Professor Rob Eason, Associate Dean (Research) for the Faculty of Physical Sciences and Engineering, the University of Southampton; Dr Mary Philips, a past Director of Research Planning, University College London; Professor Sibel Roller; previously Head of the Graduate School, University of West London and Professor John Wood CBE FREng, until recently Secretary General of The Association of Commonwealth Universities. I would like to take this opportunity to thank them, my Fellow current Trustees and those non-Trustee members of committees for their sterling contributions to the work of the Trust throughout 2016.

Finally, I would like to record my appreciation of Katie and the Trust's staff who work so well together as a team. Year on year, the Trust's team continue to surpass targets and deliver impressive results more appropriate to an organisation with a significantly larger staff cohort. Their efforts ensure that, in its 3rd decade, the Trust continues to punch well above its weight in the higher education and research arenas.

Looking forward to 2017, the Trust will be hosting its 4th biennial Research Conference on 2nd November 2017 at the Royal Society. I look forward to welcoming many of the recipients of this report to the conference.

# THE DAPHNE JACKSON TRUST IN 2016

Another year gone, and another year where I sit down to write an introduction to our Annual Review. At the risk of becoming repetitive, its been another fantastic year for the Trust and I am once again feeling happy and privileged to run such a superb charitable organisation that makes such a difference to the lives of researchers and scientists.

It has certainly been an eventful year for us, we celebrated 30 years since Daphne awarded the first Fellowships; the University of Surrey, where we are based, celebrated 50 years since the signing of its Royal Charter; and the Trust implemented a new organisational structure.

From a Chief Executive's perspective the 30th anniversary celebrations in late 2016 were the culmination of a highly successful year for the Trust, which saw a pleasing growth in the number of organisations hosting and sponsoring Daphne Jackson Fellows, as well as increasing numbers of bespoke advertised sponsored Fellowships. Many arrangements are for sponsorship of more than one Fellow and are ongoing, ensuring that a number of organisations have more than one Daphne Jackson Fellow in place at any time. We are also expanding the number of three year Fellowships.

This year saw the implementation of a new organisational structure, further strengthening the support we provide to Fellows. The Trust welcomed a number of new staff members:-Catherine Barber joined as Communications Manager, Tim Julier as Executive Officer, Fiona Karimjee as Finance Officer and Deirdre McMahon as Trust Administrator. They have all fitted seamlessly into the office and the team really is one to be proud of.

As a Surrey Alumni myself, it was lovely to help the the University of Surrey to celebrate the 50th anniversary of the signing of the Royal Charter and gratifying to see Daphne Jackson, who was Head of the Physics Department and Dean of the Faculty of Engineering and Physical Sciences, prominently featured in much of the publicity. We are very grateful to the University of Surrey, who continue to give us a home within the Department of Physics and we work with the University as one of our valued hosts and sponsors of Fellowships.

We continue to work with many organisations and value the benefits of collaborative working relationships with others who share our aims and goals in the research and equality, diversity and inclusion arenas. There is much to be gained from working with others and I do hope that our Annual Review will give you a sense of some of our working relationships and also that we are always looking to forge new relationships.

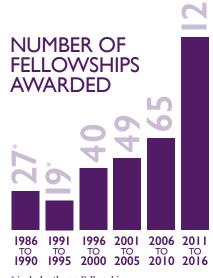
During the year we have started to increase our policy work and have become members of the Parliamentary and Scientific Committee and the Women and Work All Party Parliamentary Group. We are experts on the issues and needs of returners to the STEM workforce and now is the time to be offering that expertise to those who make and influence policy in this area.

This Review is intended to give you a feel for the Trust and the incredibly important role we play in returning STEM talent back to the research workforce. Science is at the heart of the world in which we live. Progress and diversity in STEM research affects everyone and is essential as society tackles the big challenges of the 21st century in areas such as climate change, medicine, AI, big data and agritech, to name but a few. The result of the EU referendum and the continuing fallout from BREXIT further underline the need to place STEM expertise and knowledge at the centre of policy and public debate. The Daphne Jackson Trust is ready to join that debate and work hard to ensure the continued success of research in the UK.



Kahi Ken

Dr Katie Perry, Chief Executive, Daphne Jackson Trust



\* includes the 32 Fellowships arranged by Daphne Jackson

#### THIRTY YEARS OF DAPHNE JACKSON FELLOWSHIPS

# 2016 was an important year for the Daphne Jackson Trust

In 2016, we celebrated the 30<sup>th</sup> anniversary of the first Fellowship being awarded in 1986 by Daphne Jackson, the UK's first female Professor of Physics and a lifelong campaigner for encouraging women in science, technology, engineering and mathematics (STEM) to return to their careers after a break.

Following Daphne's sad death in 1991 at the age of 54, the Trust was established in her memory and continues her inspired work to this day. To date, we have helped over 320 STEM researchers retrain and return to their careers.

## Providing support and flexible retraining opportunities to men and women

Science is at the heart of the world in which we live. Progress and diversity in STEM research affects everyone and is essential as society tackles the big challenges of the 21<sup>st</sup> century in areas such as climate change, medicine, Al, big data and agritech, to name but a few. We are the only charity in the UK dedicated to realising the potential of STEM researchers returning to research following a prolonged career break. Our unique Fellowships provide an individually tailored retraining programme alongside a challenging research project, with additional mentoring, guidance and advice. The Fellowships enable recipients to re-establish scientific credentials, update skills and boost confidence.

# Many people still struggle needlessly to return to STEM research after a career break

For many researchers, life happens: they have a family, relocate, need to care for a loved one or are ill. This should not mean that they find themselves disadvantaged and unable to re-enter their careers at a level commensurate with their skills and experience. Many are forced to quit the research and scientific work environments until they find the Trust and realise that there is a way to return to their career:

Although the Trust offers Fellowships to both men and women, over 90% of Fellowships are

taken up by women. Women are still massively underrepresented in STEM roles – maintaining an equal, diverse and talented workforce matters now and for the future. We believe more needs to be done to improve working practices and support mechanisms – too many talented women face unnecessary barriers in their efforts to return to their STEM career.

#### Our future plans

As the Daphne Jackson Trust enters its third decade, the importance of our Fellowships is becoming ever more evident and it is essential that the number of Fellowships offered increases. This will only be possible with available levels of support from our sponsors and host organisations - drawn from universities, the research councils, learned societies /professional institutions, charities and industry.

#### Celebrating with our Fellows and Supporters

To celebrate our 30<sup>th</sup> year, we held a special celebration event at the Royal Society of Chemistry in London on 9<sup>th</sup> November. Professor Teresa Anderson, our Chair of Trustees, introduced the event and Dr Katie Perry, the Trust's Chief Executive, shared her personal memories of Daphne.



Former Fellow Vijayalakshmi Ramdas, Head of Rail, Infrastructure Division, Transport Research Laboratory

Former Daphne Jackson Fellows Dr Sianne Schwikkard and Vijayalakshmi Ramdas provided an insight into their Fellowships and resulting successes.

Vijayalakshmi was one of the first Fellows mentored by Daphne personally in 1989 is now Head of Rail in the Infrastructure Division at the Transport Research Laboratory. Remembering Daphne, Vijayalakshmi said: "I will always be grateful for the Fellowship and the personal encouragement from Professor Daphne Jackson. I was one of the first four people awarded a Fellowship in chemistry under the scheme."



Former Fellow Dr Sianne Schwikkard, Lecturer in Organic and Natural Products Chemistry at Kingston University

Sianne, now a lecturer at Kingston University, highlighted how her Daphne Jackson Fellowship was instrumental in her successful return to her Chemistry career after a break for children. "None of it would have been possible without the Daphne Jackson Trust, and the charity's life-changing work."

The event was attended by over 100 supporters of the Trust, including current and former Fellows, representatives from host and sponsor institutions, and some very special guests from Daphne Jackson's family; her brother Ronald Jackson and her niece Susan Balgarnie.



Inside the Library at the Royal Society of Chemistry







TOP AND BOTTOM: Daphne at work

#### CENTRE:

Daphne Frances Jackson OBE, 1936-1991, lived at 5 St Omer Road in Guildford between 1972 and 1991.

## A PEOPLE PERSON A personal reflection from Daphne's family

Reflecting about his sister Daphne and the Trust, Ronald Jackson said: "My sister, amongst her many attributes, was very much a people person. She was always ready to offer a friendly ear to help and advise her colleagues whilst at school, studying at Imperial College and later in her various roles at the University of Surrey. She was a particularly caring aunt to my children and always concerned about their future. Also, in spite of heavy responsibilities as professor, head of department, Dean and serving on many national committees, she personally carried the burden of caring for our mother in her declining years.

"Not surprisingly, therefore, she came to recognise the need to help able people to catch up with the progress made in their particular field of expertise during a career break for family or health reasons. It became clear that financial aid was often the critical factor in determining whether someone was able to continue on their chosen career path.

"She didn't want to be the only woman professor of Physics in the UK, she wanted to be joined by more women and the Trust was a way of ensuring that this would be the case." DAPHNE JACKSON'S BROTHER RONALD

JACKSON AND DAPHNE'S NIECE SUSAN

"So she worked hard on her idea for a returners support scheme. Canvassing support and financial backing took up no small part of her limited free time in the early days. The Trust was established, due to the hard work and dedication of those who have been inspired by Daphne's original concept. She would have been delighted at the progress and growth which has resulted in the thriving Trust it is today."

Susan said: "Daphne believed strongly that people should be allowed and supported to follow their vocation and if that vocation was held by a woman and involved a line of scientific enquiry, then so be it, she would support it.

"She didn't want to be the only woman professor of physics in the UK, she wanted to be joined by more women and the Trust was a way of ensuring that this would be the case. Professor Gillian Gehring is very interesting on this – they had many a conversation as women professors. She'd be thrilled to learn that the early Fellows, such as Margaret Rayman, are now Professors.

"Daphne was saddened that wives of her male colleagues had embarked on promising scientific careers before taking time out for children and then finding they couldn't return. I am thinking of Betty Johnson who was an early Fellow and a dear friend who supported the Daphne Jackson Trust in its early days after Daphne's death. As someone with a broad range of interests and activities, Daphne would have been delighted with the sheer range



of research projects which the Fellows have pursued – my dad and I found that fascinating when we spoke with people at the 30th Anniversary celebration; medicine, engineering, nutrition, space.

"I have always said that she would have been most satisfied when the Trust no longer needed to exist because the playing field was level and its job therefore done. But I have reflected on this view in recent weeks given the discussion around feminism and the ground we seem to have lost. Perhaps that then was wishful thinking. So: onward and upward!"

# 2016 Month By Month

2016 was an exciting, rewarding and successful year for the Trust. Here we round up just some of our highlights.

### January

At our Awards Strategy Committee meeting, we said thank you and goodbye to **Prof Rob Easton** who completed his term as Committee Chair.

We welcomed **Dr Carole Thomas** as Chair of the Awards Strategy Committee and **Prof Edith Sim** as Chair of the Awards Assessment Panel.

### February

Katie Perry attended the Women Count 2016 Launch Event at Imperial College London.

**Tim Julier** (pictured) joined the Trust as new Executive Officer.



May



"My Fellowship has enabled me to secure employment and to continue enjoying working in a lab"

## June

We collaborated with Piirus, jobs.ac.uk and Research Media on a **new report and survey** on Academic Career Breaks. The survey received more than 3000 responses.

Katie Perry delivered the keynote address at the European Commission Directorate-General for Education & Culture Research Careers in Europe Seminar in Brussels.

## September

Kathy Kotiadis completed her Fellowship to take up a new position as Reader at Christchurch University in Canterbury.

"I have greatly benefited from my Fellowship and it gave me the confidence to apply for posts that were at a level higher than where I was before my career break."



We met with our contacts at five of the **UK Research Councils** to discuss our collaborative work.

## October

As part of **the University** of Surrey's 50th Anniversary, BBC Surrey interviewed Katie Perry on the importance of Daphne Jackson's legacy.



BBC SURREY

# **ON AIR**

"Thank you for this amazing opportunity and for the support I have been given by the Daphne Jackson Trust and my Fellowship advisor. Although it feels very surreal, I am looking forward to the challenges ahead in the next three years." STARTING FELLOW, CLARA DE PASCALE "The Fellowship has been a wonderful experience which has taken me forward in my scientific career. With each success I have found an increase in confidence and competency. I enjoyed the independence the Fellowship afforded me within a supportive team in the lab." FINISHING FELLOW, DEBORAH MITCHESON

### March

For International Women's Day 2016, Karen McGregor delivered a speech at the 'Celebrating successful women in science' event at Rothamstead Research.

) International Women's Day

**Dr Deborah Mitcheson** reached the end of her Fellowship in the field of Molecular Biology, and is now in a teaching post at her host institution, the University of Leicester.

# April

We attended the AGCAS/CARE conference on supporting the transition of research students and staff. It was our Annual Meeting of the Awards Assessment Panel.

# July

We awarded **new Fellowships** including Clara De Pascale (quoted above).

Finishing Fellow **Anita Dawes** (pictured right) continued her research work with an Early Career Fellowship with the Leverhulme Trust.



CHEMISTRY

### August

Have you read our Annual Review 2015? It's available to download from www.daphnejackson.org

### November

We held our **30th Anniversary** of Fellowships reception at the Royal Society of Chemistry, attended by

current and former Fellows, as well as friends of the Trust.

Fellow Alan Fox had his research on the threat faced by climate change to deep sea coral in the North Atlantic published in Royal Society Open Science.

# December

We launched a call for applications for two **MS Society** sponsored Fellowships.

The Institute of Physics established the **Daphne Jackson Medal and Prize** for exceptional early career contributions to physics education and to widening participation within.



Find out about the stories of our inspirational Fellows and how the Daphne Jackson Trust enabled them to return to research.

#### JULIA HUBBARD

BIOMEDICAL RESEARCHER AT THE FRANCIS CRICK INSTITUTE





# Returning to the forefront of drug discovery and development has been a dream come true

#### Julia was a senior research scientist at a major pharmaceutical company when she became ill. Up to this point, she had had an illustrious research career, starting with a PhD in Chemistry from King's College London.

In 2010, Julia's health began to decline. She had first experienced symptoms of the autoimmune disease, lupus, whilst at University. Now she suffered an acute flare, where she was unable to get out of bed most mornings due to the chronic pain in her joints and extreme fatigue. She was also struggling to self-manage her type I diabetes as the autoimmune conditions negatively interact.

#### I thought my scientific career was over

The severity of her condition meant that she was forced to take sick leave for 18 months so she could focus on her recovery. She underwent steroid therapy, chemotherapy and a full range of diagnostic treatments.

Julia says: "There were times when I was sleeping up to 20 hours a day, my eyesight was blurred and I couldn't hold a mug because my joints were too painful."

Fortunately, Julia's health did improve, and with her lupus and diabetes under control, she restarted work on a part-time basis in a desk-based role, training as a Patent Attorney. However, she always hoped she would be able to return to working at the forefront of drug discovery in the lab one day; a job she loved.

Julia left the patent job in 2015 and started seriously to contemplate about how she could make her return to academic research happen. Julia says: "A friend told me about the Fellowship scheme offered by the Daphne Jackson Trust. The mentoring, support, provision for retraining and general understanding of all aspects for a return to research, as offered by a Daphne Jackson Fellowship, were ideal for me.

"I knew I needed to retrain, to refresh and redevelop my laboratory skills. I also felt it was important to learn to balance the maintenance of my health conditions with the demands of a research career. I decided that the best solution would be to work in an area where I had already had some experience and be based in a laboratory in which I was familiar".

Julia approached a former collaborator from her pharmaceutical career, who worked at the newly opened Francis Crick Institute in London for his advice. With her collaborator's enthusiasm about applying for a Daphne Jackson Fellowship, Julia set to work developing a research project.

Julia says: "I was determined, yet still had many of moments of self-doubt when writing my research project. My Fellowship Advisor Helen checked in on me regularly and our phone conversations really helped to rebuild my confidence. The charity really understands that someone cannot simply return to where they left off, as science moves forward so quickly and the environment around us changes."

Julia's Fellowship is allowing her to gain specific training in an important and widely applicable biophysical technique of relevance to biomedical problems. "I see my Fellowship as a direct route for me to re-enter and restart a biomedical research career. I now feel up to date with cutting edge structural biology approaches and just over a year into my Fellowship I'm fortunate that my research project has already produced two publications."

#### Julia's tips for returners

- ✓ Keep up to date with the latest scientific research by reading scientific literature and through peer review for example grant proposals.
- ✓ Be proactive. Ask questions, keep up conversations with previous collaborators.
- ✓ Remember to network, network, network!



#### **RAPHAEL SHIRLEY** ASTRONOMER AT THE UNIVERSITY OF SUSSEX





# I had a promising early research career but thought I'd never return

Raphael's five-year career break whilst in his 20s was a time which saw him take on caring responsibilities for his sick father who was suffering with bowel cancer.

Additionally, he took on the running of his father's transport company, undertaking a management role for the business after his father passed away in 2013. It was after the business was handed over to new management that Raphael decided to follow his passion and talent for physics and embarked upon a return to his former research career.

#### An inspiring young physicist

Raphael was once ranked in the top fifteen A level physics students in the country when he won a gold medal in the prestigious British Physics Olympiad. His love of the subject led to him to Cambridge University, obtaining a BA/ MSci in Natural Sciences, and later a PhD involving the application of computational quantum chemistry. He published ten papers over the course of his PhD, a number which put Raphael in the top ten percent of his supervisor's PhD students at Cambridge, in terms of research output.

Raphael says, "At the end of my PhD, my supervisor was keen for me to stay on as post-doctoral researcher. I felt split in what the best course of action was for me to take. My father was seriously ill with bowel cancer at the time. I decided he needed my help more, and went to help him with the running of his business. I missed academia greatly but was unsure how to successfully return after five years out of the lab. I worried that my skills and knowledge were out of date, in particular computer programming methods had moved on." Raphael was actively looking for research opportunities when he found out about Daphne Jackson Fellowships and the advertised opportunity in the School of Mathematical and Physical Sciences at the University of Sussex. Raphael says, "I thought a Daphne Jackson Fellowship sounded perfect. I felt not only would it be extremely helpful in enhancing my CV so I could apply for research jobs in the future, but also, I wanted to retrain and move into a new area of research.

"I was keen to take my expertise and interest in computational and mathematical modelling further, and apply it to a purer science area. Astronomy was the perfect field and rekindled my excitement for my subject. My fourth-year undergraduate project had been a computational project concerned with the Square Kilometre Array radio telescope and the possibility of returning to astronomy filled me with enthusiasm."

With the help of his Fellowship Advisor, Katherine, Raphael developed a research project in data analysis in astronomy that would use his expertise in computational methods. He would also attend courses from the M.Sc, programme in astronomy at the University of Sussex, to refresh his knowledge of topics he had covered as an undergraduate as well as learn new material needed for the research project.

Raphael says, "I was ecstatic, excited and nervous when I heard I was awarded the Fellowship. I felt confident that the schedule and my research project, developed with the help of the Trust and under the guidance of my supervisors, would enable me to retrain, but also reach a point where I could achieve at least one new publication before the end of the Fellowship."



"I'm enjoying it immensely. I'm confident my Fellowship will be instrumental and benefit me greatly in my future science and research career. Taking the first step back into academia has been challenging but I believe the Daphne Jackson Scheme provides a great foundation on which to build a long and successful career in research."

# Raphael's tips for returners

- ✓ Consider how your career break and work outside academia can provide you with some relevant skills to apply to your return to research such as leadership, networking and presentational skills. They all are useful skills for researchers who want to advance in a scientific career. Often what you did outside academia can give you a unique skill set.
- ✓ The challenge of finding the right project is to find a field that is exciting and ambitious but also realistic, with definite and achievable outcomes.

# **FELLOWS IN POST** ACROSS THE UK IN 2016

Seventy-eight Daphne Jackson Fellows were in post in institutions





H HOST

Biotechnology and Biological Sciences Research Council

Medical Research Council

NIHR-GMPSTRC

Engineering and Physical Sciences Research Council

Natural Environment Research Council

National Institute for Health Research Greater Manchester Patient Safety

Translational Research Centre

Society of Chemical Industry

S SPONSOR

KEY

BBSRC

**EPSRC** 

MRC

SCI

across the country during 2016, 20 new Fellowships were started and 24 Fellows completed their Fellowships.

This map shows the regional distribution of the Fellows and the facing page gives information about the organisations sponsoring and hosting them.

#### SOUTH EAST ENGLAND



Dr Yoanna Ariosa University of Oxford The Kennedy Trust for Rheumatology Research S NDORMS



# **Dr Lucy Bates**

University of Sussex
 University of Sussex

Dr Sreelekha Benny 🕒 University of Reading Royal Society of Chemistry S BBSRC





University of Portsmouth Univers
 BBSRC University of Portsmouth



Dr Mary Gearey 🕒 University of Brighton S University of Brighton

Dr Shada Kazemi University of Surrey S EPSRC



Dr Matt North University of Surrey STFC



Dr Maria Ribera-Vicent University of Surrey Oniversity of Surrey S RAEng



Dr Raphael Shirley University of Sussex Oniversity of Sussex



Dr Rachel Wade Oxford Brookes University S Oxford Brookes University S NERC



Dr Huimin Wan University of Sussex Oniversity of Sussex

Dr Inna Yasinska 🕒 University of Kent S MRC

# Dr Marjorie Gibbon



**Biochemical Society Dr Gretel Loten** University of Bristol University of Bristol

Dr Helen Morrogh-Bernard

University of Exeter

University of Bath



NERC Dr Emma Pilgrim University of Exeter BBSRC



Dr Batool Ahmed-Omer University of Cambridge University of Cambridge



Dr Carolyn Devereux University of Hertfordshire STFC

Dr Siobhan Dorai-Raj John Innes Centre John Innes Centre BBSRC

Dr Johanna Jarvis The Open University The Open University STFC Dr Anne Jay

The Open University The Open University NERC



Dr Catherine Onley Wellcome Trust Sanger Institute Wellcome Trust Sanger Institute

#### EAST MIDLANDS

S FPSRC

Dr Li Liu

S The Ur
NERC

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ō BBSRC

Dr Susan Franks H The University of Nottingham The University of Nottingham هَ EPSRC

Dr Zoe Gardner The University of Nottingham The University of Nottingham

University of Leicester

Dr Tamsin Majerus

Dr Deborah Mitcheson

🕒 University of Leicester

\rm University of Leicester

University of Bristol

University of Bristol

**Plymouth University** 

Mr Anthony Wynne

University of Leicester

Dr Paula Severi

Dr Anna White

BBSRC

S FPSRC

University of Leicester

University of Leicester

Society of Chemistry

The University of Nottingham

The University of Nottingham





Dr Elizabeth Dickinson University of York Society of Chemistry S BBSRC



University of York **(**\$) University of York S Royal Society of Chemistry



University of Leeds S NERC

Dr Suhaila Mattar 🕒 University of Leeds S RAEng

**Dr Louise Vickers** Sheffield Hallam University Sheffield Hallam University

#### NORTHERN IRELAND













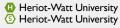
Dr Ruramayi Nzuma Queen's University Belfast

# S The University of Edinburgh S NERC

Dr Alexandra Di Domenico The University of Edinburgh S Medical Research Scotland

The University of Edinburgh

#### Dr Alan Fox



WEST MIDLANDS

Keele University

Keele University

NORTH EAST ENGLAND

**Dr Helen Thompson** 

Durham University

Siochemical Society

Newcastle University

S Newcastle University

Orthumbria University

S Northumbria University

Dr Wenye Tian

Dr Palat Ushasree

EASTERN SCOTLAND

Dr Clare Bird

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S MRC

Dr Vijayalatha Venugopalan

Dr Elena Lestini

Dr Christel Garcia-Petit

🕒 University of Dundee

S University of Dundee



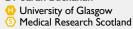
The University of Edinburgh S EPSRC

Dr Dominique Meunier The University of Edinburgh

- S Medical Research Scotland
- Dr Stefania Pasare University of St Andrews S Medical Research Scotland

#### SOUTH WEST SCOTLAND

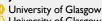
#### Dr Sarah Buchanan



Dr Natalie Gorenkova University of Strathclyde Medical Research Scotland

#### **Dr Elaine Hunter**

- University of Glasgow Medical Research Scotland
- Dr Susan Macdonald
- **Beatson Institute**
- Medical Research Scotland
- Dr Jharna Paul



University of Glasgow



FELLOWS The University of Warwick S The University of Warwick S Royal Society of Chemistry OUR



Dr Heather Imrie

NORTH WEST ENGLAND

Dr Aisha Baba-Dikwa

Central Lancashire

Soyal Society of Chemistry

S BBSRC

Dr Xutao Deng

🕒 University of

EPSRC

The University of Manchester



#### Dr Yogita Patil-Sen

🕒 University of Central Lancashire

- University of
- Central Lancashire Society of Chemistry

**Dr Jane Sarginson** The University of Manchester

S NIHR-GMPSTRC Dr Latha Vellaniparambil

🕒 Manchester Metropolitan University S NERC SBSRC

### YORKSHIRE AND THE HUMBER

Dr Janet Cronshaw The University of Sheffield
 The University of Sheffield **BBSRC** 



**Dr Julian Daniels** 🕒 University of Hull University of Hull S EPSRC



#### JANE SARGINSON

CLINICAL PSYCHOLOGY RESEARCHER AT THE UNIVERSITY OF MANCHESTER





# The time felt right for me to return to research

Even before the sudden loss of her husband, Jane was interested in the links between mental and physical health but enduring her own personal loss focused her desire to return to research.

## My parents bought me my first chemistry set at 9 years old.

Jane had initially trained as a biochemist and then eventually moved into psychiatric genetic research. Jane says: "I've always been really interested in how our experiences, particularly stressful ones, and previous environmental exposures, like smoking or ill health, affect how we respond to changes in our environment and how our genetics modify those changes. It wasn't really surprising when I started drifting towards genetic epidemiology."

Jane obtained a PhD in 2003 in mental health, specifically the genetic basis of schizophrenia, from the University of Aberdeen. She had a number of papers published as a first author and had been working in the field of mental health research.

It was in July 2010, whilst living in California and working as a Research Associate in pharmacogenetics at Stanford University, that her husband was killed in a commercial helicopter crash. His death led to Jane dealing with bereavement as well as the running of her husband's business including the resolution of a number of difficult legal issues. She was mentally and physically drained, and the significant strain on her health forced her to resign from her job.

Needing some time away to recover, Jane embarked upon a year's travelling around

the world where she became involved in some rewarding charity projects, before returning to the UK in 2012.

Jane says, "I began to look for a new research position but I was unable to secure a post which suited my qualifications, experience and interests after over four years out of research. I also needed to undertake retraining, specifically to improve my programming and analysis skills around cognitive, behavioural and psychiatric assessment. I thrive in collaborative research environments and was eager to get back to it."

#### Jane first heard of the Trust in 2013.

Jane says, "I learnt about an opportunity of a Daphne Jackson Fellowship at the Greater Manchester Patient Safety Translational Research Centre which seemed to be an excellent fit with my interests in mental health and epidemiology. I also, at the time, had been undertaking part-time voluntary work at The University of Manchester to gain a better idea of what skills I needed to develop and where my pre-existing skills would best fit. My Fellowship Advisor encouraged me to develop a research proposal. I was enormously grateful to the Trust as I felt the Fellowship offered me the opportunity to retrain in certain areas but also would complement my pre-existing biological expertise."

The main aim of Jane's Fellowship project is to improve understanding of how people with depression are currently being treated in primary care and identify ways to improve that treatment. Her project uses anonymized patient records to track changes in the clinical management of depression in children and young people between 2000 and 2015. "My ultimate career goal and ambition is to stay in research and stratified medicine but if that is not possible, I feel the types of skills I am learning during my Fellowship, which includes large scale data management and assessment, as well as the professional development skills taught on the courses run by the Trust, will definitely improve my job prospects."

#### Jane's tips for returners

- ✓ Consider refreshing your skills with online courses which are easier to complete outside of usual working hours and may fit better around other home or family commitments.
- ✓ Research is full of setbacks and wrong turns, so pick something you are passionate enough about to keep going.
- Attend everything you're able to e.g. lectures to refresh and extend your knowledge.

#### **DANIEL BOR** NEUROSCIENTIST AT CAMBRIDGE UNIVERSITY



**MAKING A DIFFERENCE** 



# I'm incredibly grateful to have been given the opportunity to return to research whilst still balancing the needs of my family

Daniel was an aspiring cognitive neuroscientist. He achieved four publications directly from his PhD work at The University of Cambridge, including one in the journal 'Science' and another in 'Neuron,' before beginning a post-doc in the same lab.

## I was struggling to get back into academia due to a lack of part time positions

However, Daniel's wife was suffering from a severe mental health disorder. To compound matters, her condition was not properly diagnosed or appropriately treated during this time. Her health deteriorated severely and she was forced to take extended sick leave from her own post-doctoral position within the University of Cambridge.

Daniel said: "It was a very challenging time. Maintaining a full-time position in a demanding job away from home became untenable. I decided that the best thing to do to help my wife recover fully would be to take a career break, but also try to partially keep up with the literature, by writing a popular science book."

Two years later, once his wife's condition was under better management, Daniel agreed to start a new three-year position at the University of Sussex, on a part time basis. He gained four further publications during this time.

Daniel said: "I applied widely for lectureships after my position finished, but wasn't shortlisted once despite my publishing credentials and track record. I was even unofficially told that hiring panels were almost exclusively interested in publications over the last few years, and that my career break counted against me." Daniel's wife was still far from well and they now had a 3-year-old daughter to care for as well. Despite searching, he was unable to find any part time positions and began a second career break in 2013.

Daniel said: "I was sad to not be able to remain in academia, but felt that the culture was generally too inflexible to cope with my particular circumstances."

By late 2015, Daniel's wife was on medication that made her significantly more stable, and his daughter was now in primary school. So, a return to science seemed a much more feasible option. With the friendly and understanding support of his eventual Fellowship supervisor, Daniel made an exhaustive search of suitable grants.

Initially this too was a frustrating business, as he was ineligible for most, because of the length of his post-PhD years. In addition, the only grants that included flexibility in eligibility or position for family reasons were available only to women. However, Daniel also came across the Daphne Jackson Trust.

Daniel said: "The Daphne Jackson Fellowship seemed like an oasis in a desert for me with its considerate and flexible approach. It was ideal for me at the time, taking account of my career break, but still offering me a chance to return to a scientific career and enabling me to retrain and update my skills. As the Fellowship is part time, it means I have the flexibility to look after both my wife and daughter on the occasions that I am needed, for instance, to provide afterschool or holiday care for my daughter, if my wife is too unwell to do this. My supervisor is aware of my family situation and is very supportive." Daniel is based within the psychology department at The University of Cambridge where he is exploring how conscious level and arousal interacts with our ability to think and remember, how this changes as we age and what features of the brain underlie these changes.

"I'm thrilled to finally be working in the lab again, and thrilled too that I am once more in a career I love, thanks to the Daphne Jackson Trust."

#### Daniel's tips for returners

- ✓ Keep up with the literature. Take time each week to read key current papers.
- ✓ Build your professional network. Reconnect with your old lab, or gain an affiliation with a local or potential future lab, sit in on meetings or attend local symposia.
- ✓ Maintain self-belief. Returning to science is a process fraught with self-doubts for even the most confident amongst us. Try to avoid such doubts, and instead focus on your academic achievements. Remind yourself that you are as capable as ever of making new discoveries, and contributing positively to your new lab and research field.

#### SIOBHAN DORAI-RAJ

MICROBIOLOGIST AT THE JOHN INNES CENTRE





# The supportive and family-friendly environment that the Daphne Jackson Fellowship offered me was life changing

Siobhan had a promising career, working for nearly ten years in the field of molecular microbiology. With first class credentials, she had hoped to one day work in a world-class research institution, alongside her husband, also a Molecular Microbiologist.

After a move to London, from Ireland, for her husband's career, and with two young children in tow, Siobhan found she was unable to return to research due to the lack of flexible, part time positions as well as the prohibitively high cost of childcare.

#### I enjoyed spending time at home with my children but my passion for research never faded.

Siobhan said: "I made sure I kept in touch with the field by continuing to mentor students from the lab I managed in Ireland and publish further research work. I also co-authored a book chapter on Molecular Diagnostics which was published in 2014." In 2013, Siobhan's husband was offered a permanent job as a Lecturer at the University of East Anglia, so the family moved again to Norwich. Siobhan started to look for opportunities to return to work once more.

Siobhan said: "After now nearly four years away from the lab, I was really keen to return to my research career. I missed it greatly. My daughter was in school and my son was about to start nursery, which made a return to work more feasible."

Siobhan felt confident that her experience and abilities would make her a valuable asset to any lab. However, she found research groups in Norwich working in the field she had most experience in – molecular microbial diagnostics – non-existent. Siobhan said: "I applied for research jobs at UEA in slightly different research areas to my own, but found, understandably, potential employers were not willing to take me on as an employee who would need re-training when other candidates already had the required skillset."

Siobhan then heard about a Daphne Jackson Fellowship opportunity at the John Innes Centre (JIC) through a colleague of her husband, who knew Siobhan was eager to get back into research. She contacted the Trust straight away to find out about it.

Siobhan says: "I knew that the JIC, as a top international centre of excellence in plant and microbial science, would be an excellent career move for me as it has a brilliant international research reputation and would allow me to develop as a scientist. The Daphne Jackson Fellowship sounded absolutely perfect for me as someone who had been away from the research environment. It offered me the opportunity to re-train in biochemical and bioengineering techniques through a tailored programme, but on a part-time and salaried basis. This meant I could be there for picking up my children from school and nursery, which meant the world to me."

Siobhan's research project centred on 'nybomycin', an antibiotic naturally made by Streptomyces bacteria. Just prior to the end of her Fellowship, she and her supervisor were awarded 8 months NPRONET Proof of concept funding and following that, 3 years' BBSRC responsive mode funding.



#### "I feel like I am on my way to achieving my goals!"

#### Siobhan's tips for returners

- Try to keep a foot in the door during your career break.
   During mine, I published 5 papers (two as first author), co-authored a book chapter and continued to mentor students.
- ✓ Look at what you've learnt from your career break. I grew in confidence through having to make friends as a mum in a new city.
- ✓ Join committees and expand your responsibilities within your institution or University. I started a Parents and Carers Group in the Norwich Biosciences Institutes. This was a great way for me to network, raise my profile but also to help others by sharing my advice and experiences.

# Medical Research Scotland sponsors Fellows returning to biomedical research

The Daphne Jackson Trust and Medical Research Scotland (MRS) have much in common. They are both small charities with dedicated teams of staff and Trustees who work very hard to make a real difference to people and to research. It makes perfect sense then for the two organisations to be working closely together.

We are delighted that our initial partnership with MRS to sponsor Daphne Jackson Fellows has flourished and developed into an ongoing one in which MRS will sponsor up to three Fellows per year who wish to return to careers in biomedical research in Scotland.

In 2016, Dr Susan MacDonald and Dr Stefania Pasare began their return to research thanks to MRS sponsored Daphne Jackson Fellowships.

Dr Susan MacDonald's Fellowship is at The Beatson Institute for Cancer Research where she is developing a 3D cell culture system. Once validated, the system can be used to test new cancer drugs. Susan's work is focusing on tumour cells from pancreas and colorectal cancer, where there is a need for new therapies.

After her PhD, Susan worked in industry for 12 years during which time she had two children. When the family relocated for her husband's job, Susan became a full time mother, caring for the children during their early years and welcoming a third. So began an 8 year career break. Susan says, "A Daphne Jackson Fellowship offered me an ideal route back to work. The part-time

nature of the Fellowship allows me the flexibility to devote time to my children, while allowing me to re-skill in the lab environment."

FUNDING A HEALTHIER FUTURE

medical research

scotland

After training as a plant scientist, Dr Stefania Pasare took a career break to start a family. With her daughter settled in nursery, Stefania was keen to return to the lab. Her Daphne Jackson Fellowship, held at the University of St Andrews, sees her refresh her cell biology and microscopy skills while developing skills in genetics, researching the mechanisms of cell death. Her work will be important for our understanding of how errors in cell removal following cell death can lead to conditions such as Alzheimer's disease and stroke.

Stefania says, "This Fellowship enables me to return to research, retrain in an exciting and dynamic field, and pursue my aspirations for a career in world-class science. As a working mum, I am grateful that organisations such as the Daphne Jackson Trust exist to offer a way to combine job and family and still achieve my true professional potential."

MRS is an independent Scottish medical research charity committed to encouraging and supporting individuals wishing to pursue a career in biomedical research in Scotland.

Chairman Professor Philip Winn, also Research Professor of Neuroscience at the Strathclyde Institute of Pharmacy and Biomedical Sciences, says, "We are delighted to continue supporting the Daphne Jackson Trust and sponsor Fellows to return to research after a career break. Supporting career break returners is crucial to maintaining a diverse STEM workforce."

### Former MRS sponsored Daphne Jackson Fellows include:



SARAH **BUCHANAN** University of Glasgow 2014-2017



University

ALEX DI HUNTER DOMENICO The Roslin of Glasgow Institute, The University 2014-2017 of Edinburgh 2015-2018



DOMINQUE MEUNIER The University of Edinburgh 2015-2018



NATALIA **GORENKOVA** University of Strathclyde 2015-2017



**STEFANIA** PASARE University of St Andrews 2016-2019



**SUSAN** MACDONALD The Beatson Institute for Cancer Research 2016-2019

#### WORKING TOGETHER

# Collaborations are a critical component of our work, enabling the Trust to successfully deliver our aims and mission.

We work in partnership with a range of universities, charities, learned societies, the research councils and industry to develop new and on-going Fellowship sponsorship arrangements and support returners.

We also rely on donations from individuals and organisations who support our work in reaching out to potential returners and to help us to develop and improve the mechanisms we use to support our Fellows.

#### Sponsorship

Sponsorship of our Fellows is critical to the way the Daphne Jackson Trust works. Whilst the Trust provides the infrastructure and dedicated staff to recruit and retrain Fellows and administer the awards, financial support is provided by external sponsors and host institutions.

Some of our sponsors fund a Fellowship in a specified area and select the candidate they wish to sponsor. Other sponsors are happy for the Trust to fund an appropriate candidate.

#### Who we work with

We are delighted that many new organisations have come on board and will be sponsoring Fellowships in the future. In 2016, the Trust welcomed the following organisations who have sponsored Fellowships for the first time: Keele University, The Kennedy Trust for Rheumatology Research, Nuffield Department of Orthopaedics, Rheumatology and Musculoskeletal Sciences and the University of Westminster:

In our support of equality and diversity in the research workforce, we collaborated with Women in STEM groups such as WISE, Cambridge AWiSE, Athena SWAN, EPWS and British Federation of Women Scientists together with other organisations such as AMRC, and the Science Council.

The Trust has established itself as a source of expertise within the policy arena with regard to returners in scientific careers. During 2016, we became members of both the Women and Work All Party Parliamentary Group (APPG) and the Parliamentary & Scientific Committee. We were named as a contributor to the Women and Work APPG's Women Returners 2016 Annual Report. We are also developing strong relationships with a number of STEM focussed MPs and are engaging proactively with key stakeholders within the national STEM policy and learned society networks.

# Support us and we can continue to make a difference

# We want to continue broadening our reach and developing new partnerships.

As an independent charity, we receive no public sector funding. We rely on the generosity of sponsors and donors, whether from individuals or organisations, to continue our work in helping to remove the barriers STEM professionals face when returning from a career break. There are many ways in which you and your organisation can help.

#### Make a donation or leave a legacy

We rely on donations from individuals and organisations to support our work in raising the Trust's profile to potential returners and promoting flexible working opportunities for STEM researchers. We welcome your donation, large or small, and you can donate online through our Virgin Money Giving Page which can be found on our website.

#### Sponsor or host a Daphne Jackson Fellow

The cost of sponsoring a Daphne Jackson Fellow is less than you might think and can make a huge difference to someone's career, also impacting positively on the skills base of the UK's STEM research workforce. Contact the Trust Office to find out about what's involved in becoming a sponsor or a host.

#### Sponsor a networking event, or provide a meeting room

We hold regular networking events and meetings in London and around the UK. If you are able to offer free meeting rooms, or a part of a larger venue at reduced rates, we would like to hear from you.

### We would like to thank all our supporters who make it possible for us to be the UK's leading organisation dedicated to realising the potential of scientists and engineers returning to work following a career break.

Whilst the Trust provides the infrastructure and dedicated staff to recruit and retrain Fellows and administer the awards, sponsorship is provided by external organisations.

### 2016 FELLOWSHIP SPONSORS

The Trust is delighted to be working with the following organisations, who have sponsored Fellows in post in 2016:

Biotechnology and Biological Sciences Research Council **Biochemical Society** University of Brighton University of Bristol University of Cambridge University of Central Lancashire University College London University of Dundee The University of Edinburgh Engineering and Physical Sciences Research Council The Frances Crick Institute Genesis Research Trust University of Glasgow Greater Manchester Patient Safety and Translational Research Centre Heriot-Watt University

University of Hull Imperial College London John Innes Centre Keele University The Kennedy Trust for Rheumatology Research University of Kent Kingston University University of Leicester Medical Research Council Medical Research Scotland Natural Environment Research Council Newcastle University Northumbria University The University of Nottingham

Nuffield Department of Orthopaedics, Rheumatology, and Musculoskeletal Sciences The Open University Oxford Brookes University University of Portsmouth Royal Academy of Engineering The Royal Astronomical Society The Royal Society of Chemistry Science and Technology Facilities Council SCI (Society of Chemical Industry) The University of Sheffield Sheffield Hallam University University of Surrey University of Sussex University of Warwick Wellcome Trust Sanger Institute University of Westminster University of York

# 2016 SUPPORTERS

We thank the following organisations who have provided financial or in-kind support to the Trust during 2016.

Institute of Physics

Department of Physics, University of Surrey

The Royal Astronomical Society

The Royal Society of Chemistry

University of Surrey

We also gratefully acknowledge the individuals who make regular donations to the work of the Trust.

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