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OVERVIEW

Research in the Leeds medical curriculum
The medical curriculum at the University of Leeds is innovative and has won awards for the quality of the student experience. Research forms a core strand in the medical curriculum at Leeds, highlighting the GMC’s requirement for medical students to be scholars and scientists. In addition to the Research, Evaluation and Special Studies strand, Leeds medical students have an opportunity to apply for an EXSEL scholarship.

Launch of EXSEL@Leeds
EXSEL is a unique scholarship scheme for talented medical students who have an interest in research and wish to pursue an academic career. EXSEL@Leeds stands for Excellence in Scholarship, Enterprise and Leadership at Leeds. The scheme was launched in 2006 and we are delighted to celebrate its tenth anniversary in 2016.

The programme includes research, mentoring, leadership and community outreach activities. The scholars act as ambassadors for Leeds Medical School.

Founding Co-directors
The EXSEL scholarship scheme is run by the two founding Co-directors, Professor Shervanthi Homer-Vanniasinkam, Leeds Teaching Hospitals Trust (LTHT) Consultant Vascular Surgeon and Dr Karen Lee, Leeds Institute of Cancer and Pathology (LICAP) Senior Teaching Fellow.

Recruitment of young doctors to clinical academic posts fell significantly in the period 2000-2004.

A UK survey\(^1\) showed that there was a 23% reduction in junior clinical academic staff over three years, at a time when medical student numbers were rising. This shortage has been the subject of a number of reports\(^2\). In 2000, there were 3549 UK clinical academics and in 2004 there were 3113, a decrease of 12%. In the same period there has been a 40% increase in the numbers of medical students.\(^3\)

The challenge is both to identify potential clinical academic stars early and to encourage them to stay at Leeds. The EXSEL scheme is designed to develop the research skills of medical students who show an interest in following a clinical academic career. The hope was to nurture promising medical students so that they would work in Leeds as doctors practising evidence-based medicine.

The principle sponsor of EXSEL is Leeds based charity, Heart Research UK. The scholars have benefitted from alumni donations and legacies. Some donors wish to remain anonymous and so are not listed here.

Professor Homer-Vanniasinkam said, ‘The unique and innovative EXSEL scholarship scheme benefitted from early sponsorship by Heart Research UK. The funding the students have received has enabled them to understand the principles and application of research in cardiovascular medicine. In addition to learning research techniques, the scholars have participated in mentoring and community activities. The EXSEL scholars form a supportive family of enthusiastic and dedicated young people who are committed to improving cardiac and vascular health in this country and beyond. The University of Leeds is very proud of them. Heart Research UK has truly invested in the medical leaders of the future.’

**What do the scholars do?**

EXSEL scholars:
- participate in hands on research
- communicate their results
- benefit from mentoring by research leaders
- promote the profile of research within the School and beyond
- act as ambassadors and role models for Leeds School of Medicine.

**Year by Year**

**Summer vacation, end of year 2 MBChB**
Hands on research

**Year 3 MBChB**
Write up research and web profile

**Intercalated year**
In relevant Institute or unit

**Year 4 MBChB**
Mentor EXSEL scholars in years 2 and 3

**Year 5 MBChB**
Mentor EXSEL scholars in years 2, 3 and 4
All Leeds medical students develop research skills in the MBChB curriculum. EXSEL provides a mechanism to extend these skills in selected peaks of research excellence. EXSEL scholars meet the research leaders of the Faculty of Medicine and Health and write profiles of their research professors.

A traditional route used by medical students to sample a research experience has been through taking an intercalated degree. Following the third year of MBChB, students join a class of single honours science students (e.g. Neurosciences, Psychology) or arts students (e.g. Biomedical Ethics) and sit for a BSc or BA in one academic year.

The EXSEL scheme provides background for the intercalated year and encourages students to turn their research experience into publications in the period following intercalation.

EXSEL scholars have conducted research in a range of topics including:

- Tissue engineering
- Eye movements
- Patient safety
- Global health
- Gastrointestinal disease
- Arterial plaques
- Photodynamic therapy
- Spine injuries
- Brain cancer
- Oesophageal cancer
- Diabetes
- Genetics
- Colorectal cancer
- Imaging the placenta
- HIV
- Patients as teachers

Communication of research

Pictured left is EXSEL scholar Omar Khalil. Omar was invited by the American College of Phlebology to attend the Annual Congress in Orlando, Florida in November 2015 to present his research. He spoke to thousands of people in a packed auditorium. His EXSEL scholarship ensured that he was able to take an intercalated year and he achieved the Master of Research in Medicine with Merit in July 2015. Omar’s scholarship is funded by an alumnus donation.

Heart Research UK EXSEL scholar Dahlia Abdul-Rahman presented a poster (pictured above) on her research at the NASMR conference in March 2015.

Dahlia graduated MBChB with honours in June 2016 and is working as an academic foundation doctor at the Royal Surrey Hospital in acute internal medicine.
The EXSEL scholars and directors meet once a month and share experiences. Each scholar has a student mentor and an academic research mentor. In turn, each scholar mentors a more junior scholar and a young person at school. The mentoring of school pupils is organised by Widening Access to Medical Schools (WAMS) and is based in Leeds.

This mentoring network enables scholars to observe role models and to become leaders in their own right.

**COMMUNITY OUTREACH**

EXSEL scholars have participated in a wide range of community outreach activities. These include:

- Widening Participation Summer Schools
- Widening Participation Speakers into Schools
- Brightside Trust eMentoring
- Widening Access to Medical Schools (WAMS)
- HeartStart
- St John’s Ambulance
- StopAIDS
- Homed
- Samaritans
- St George’s Crypt
- Leadership in business
- Teddy Bear Hospital

EXSEL scholar Mais Al-Hity shows Bradford school children how to take a blood sample. Dr Al-Hity is now a GP at Bingley Medical Practice, Canalside Healthcare Centre. She is the Clinical Specialty Lead for Children and Young People.
Mais arrived with her family in Scotland in 1994. Coming from an Arabic background, she spoke no English. Her dad was a doctor who needed to continue his training and so the family had to relocate, sometimes moving up to twice a year. Mais felt like she never had a real home because of this, wasn’t able to make childhood friends and had certainly had no stable education. However when they finally moved from the Lake District to Yorkshire, her parents decided to settle here as her secondary education had started. Her first real personal achievement was achieving the Best GCSE results in 2002, English Language at A*.

Mais was accepted into Medicine at the University of Leeds in 2004. In June 2006 she was awarded an EXSEL scholarship. She undertook research within the Leeds Institute of Medical Education. She interviewed over 100 patients in outpatient hospital settings and GP across West Yorkshire hospitals in order to explore patient views of the doctor patient relationship.

Mais has presented her research in Medical Education within the Medical School and also abroad. She travelled to a conference in Trondheim, Norway to give a poster presentation. She gave a seminar in the Medical Education Unit at Sydney University, Australia.

“
I thoroughly enjoyed the experiences I had whilst I was an EXSEL Scholar. I realised that hard work and research pays off and I now seize every opportunity that comes my way.

EXSEL scholars Mais Al-Hity and Lakshmanan Arunachalam talk to pupils about medical research at a Widening Participation Summer School.
The EXSEL scholarship has also provided Mais with invaluable experiences in volunteering in the community. She volunteered to teach workshops in local schools (for example, Boston Spa High School) and attended conferences introducing Medicine to young pupils.

Mais chose to intercalate in International Health. She travelled to Egypt to research female genital mutilation (FGM) and presented this research as a poster at a conference (above).

Mais said, 'Overall, I thoroughly enjoyed the experiences I had whilst I was an EXSEL scholar. I realised that hard work and research pays off and I now seize every opportunity that comes my way.'

Mais has remained in Yorkshire where she is now working as a Portfolio GP she is also the CCG’s Clinical Speciality Lead for Children and Young People across the Bradford District. Her passion remains in Medical Education where it began as an EXSEL scholar and she has just embarked upon a PG Certificate of Education in Primary Care, working towards becoming a GP Trainer.
Barbara Onen was born in Uganda and moved to Botswana. She is pictured above in 2011, making a thank you speech on behalf of all the scholars to the sponsors. Dr Onen is now a specialist clinical trainee at John Radcliffe Hospital, Oxford.

For her EXSEL scholarship, Barbara conducted research on patients with HIV. Under the supervision of Professor Darren Shickle, she performed needs assessments of HIV positive service users of the Wakefield Begin centre. She conducted interviews and analysed the responses using innovative Q sort methodology.

At Leeds, Barbara was an active campaigner in the Leeds Student StopAIDS society.

She said, ‘I have first-hand experience of the devastating effect of HIV on communities in Botswana and Uganda, two countries with a very high prevalence of the disease. This experience has driven my passion for researching the disease and closing the gap in healthcare provision. I will always be grateful for the generosity and kindness showed to me by the sponsors of the EXSEL scheme.’
Humanitarianism

Barbara attended the meeting of the Conrad Hilton Humanitarian prize as a guest. She was invited by Mr Olara Otunnu (Former United Nations Special Representative for Children and Armed Conflict) after he had heard about her role in the Student StopAIDS campaign. The Conrad Hilton humanitarian prize is a monetary award of 1.5 million US dollars given to organisations that make extraordinary contributions toward the alleviation of human suffering. Once a year, a jury panel meets to confer who the prize should be awarded to. She met Princess Salimah Aga Khan (International Ambassador for SOS-Kinderdorf International), Philippe Lizop (renowned French lawyer), the honourable Catherine Bertini (Senior Fellow in Agricultural Development at the Bill & Melinda Gates Foundation; Professor of Public Administration at Syracuse University; and former Executive Director of the United Nations World Food Programme), Gro Harlem Brundtland (Former Director General of the World Health Organization (WHO) and Former Prime Minister of Norway) and her husband Arne Olav Brundtland, Eric Hilton (Director of the Conrad N. Hilton Foundation), Professor Amartya Sen (Lamont University Professor at Harvard University, Nobel Laureate in Economics (1998) and his wife Emma Rothschild (British economic historian and professor at Harvard University), and Judy Miller (organiser of the Conrad Hilton Foundation).

In the photograph below, Barbara is third from right, next to Nobel Laureate, Amartya Sen at the meeting in Edinburgh.

Barbara said, ‘Being in the company of such powerful people at such a human level was one of the most inspiring experiences. They portrayed what determination and passion could achieve and that my work with voluntary organizations was simply the stepping stone to the dream instilled in us at Medical School to ultimately make some impact that could create change in the world.’

Barbara intends to continue her specialist clinical training in Acute Internal Medicine at University College London Hospitals, whilst pursuing a Masters in Tropical Medicine and International Health at the London School of Hygiene and Tropical Medicine. Her ultimate hope will be to use the skills to become a global doctor tackling international health issues.

Barbara is pictured next to Professor Homer-Vanniasinkam and Lord Bragg of Wigton, the Chancellor of the University of Leeds.
The first EXSEL scholar sponsored by Heart Research UK was Simon Romaine.

Simon studied Clinical Sciences as an intercalated student and received the Willis prize in Pathology as the best performing student. He was awarded the Leeds MBChB in 2010 and is now studying for a PhD with Professor Sir Nilesh Samani, newly-appointed Medical Director of the British Heart Foundation, in a clinical academic post at the University of Leicester.

Simon conducted research into simvastatin and rosvastatin, two drugs used to prevent heart disease.

Working in the Leeds Institute of Cardiovascular and Metabolic Medicine with Professor Alistair Hall and Dr Tony Balmforth, he examined the genetic basis of statin metabolism. His research was presented at the prestigious American Heart Association meeting in New Orleans in November 2008. He is pictured right standing next to his research poster. The AHA meetings are attended by thousands of practising cardiologists and researchers.
Simon continued his research on an elective placement at the Center for Human Genetic Research (CHGR) at Massachusetts General Hospital (MGH) under the direction of Dr Sekar Kathiresan, Director of the Cardiovascular Disease Initiative at the Broad Institute and Associate Professor of Medicine at Harvard Medical School.

Simon said, ‘The EXSEL scholarship has opened doors to me that I never thought would be possible as a student. It has been excellent in giving me confidence in making presentations on my research, which will hopefully translate into benefits for patients, and developing a career in academic medicine.’

Research at the Center for Human Genetic Research

Dr Kathiresan and his colleagues conduct their research work in the field of cardiovascular genetics, investigating the inherited basis for blood lipid levels and myocardial infarction, using these insights to improve preventive cardiac care. This is the cutting edge of current cardiac research.

THE EXSEL SCHOLARSHIP HAS OPENED DOORS TO ME THAT I NEVER THOUGHT WOULD BE POSSIBLE AS A STUDENT.
LEAD AWARD

LEADERSHIP, ENTERPRISE AND ACADEMIC DEVELOPMENT

Aims
The aims of the EXSEL@Leeds LEAD award are:

- to encourage leadership and enterprise in EXSEL scholars, and;
- to encourage scholars to self design an activity which will stimulate independent thought and action.

Scholars use the LEAD award to fund travel to a prestigious research centre, in the UK or abroad, to enhance their skills in research, communication, networking and leadership.

The recipients of the LEAD award are selected by performance in an oral presentation and the demonstration of links with the host.

Leeds alumni have sponsored the LEAD award.

<table>
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<th>Host</th>
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<tr>
<td>Nic Orsi</td>
<td>Harvard</td>
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<tr>
<td>Bayesian networks, cytokines and embryos</td>
<td>Dr Jeremy Gunawardena</td>
</tr>
<tr>
<td>Iain Kennedy</td>
<td>Sri Lanka</td>
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<tr>
<td>Building links with Faculty of Medicine, Colombo</td>
<td>Professors Mandika and Chandrika Wijeyaratne</td>
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<tr>
<td>Jonathan Batty</td>
<td>Leicester, Framingham and Harvard</td>
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<tr>
<td>Deciphering the genomic architecture of complex diseases: from molecular biology to whole-systems approaches</td>
<td>Professor Nilesh Samani Professor Sekar Kathiresan</td>
</tr>
<tr>
<td>Kate Sutton</td>
<td>Genentech, San Francisco</td>
</tr>
<tr>
<td>Antibody prevalence in clinical trials for cancer</td>
<td>Dr Adrian Jubb Dr Jean-Marie Bruey</td>
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<tr>
<td>Rini Vyas</td>
<td>Johns Hopkins University, Baltimore</td>
</tr>
<tr>
<td>Biomarkers in head and neck cancers</td>
<td>Dr David Sidransky</td>
</tr>
<tr>
<td>Jack Helliwell</td>
<td>Yale University</td>
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<tr>
<td>Development of a bioreactor system that can subject an arteriovenous fistula to arterial shear stress</td>
<td>Professor Alan Dardik</td>
</tr>
<tr>
<td>Thomas Shanahan</td>
<td>Johns Hopkins, Baltimore</td>
</tr>
<tr>
<td>Emergency medicine</td>
<td>Professor Junaid Razzak</td>
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<tr>
<td>Christopher Jones</td>
<td>Harvard Medical School</td>
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<tr>
<td>A neurological base for clinical anaesthesia</td>
<td>Professor Emery N Brown</td>
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Rini Vyas was hosted by John Hopkins in Baltimore, USA.

Jack Helliwell (third right) and colleagues at Yale University.
GRACE AWARD

GIVING, RECEIVING, AIDING AND ACCOMPLISHING, CARING AND EDUCATING

The GRACE award is made annually to an EXSEL® Leeds scholar to enable him or her to travel to a host organisation to conduct humanitarian work.

The first EXSEL scholar to receive a GRACE award was Elisabeth Edstam, pictured right with street children in Rajasthan.

The GRACE award is sponsored by Xiros plc, a Leeds-based company which makes medical textile implants. The Managing Director of Xiros is Dr Bahaa Seedhom. Xiros was awarded the UK’s highest accolade for business success: the Queen’s Award for Enterprise.

The award was received in the International Trade category in 2016, in recognition of its outstanding overseas sales growth over the last three years.

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<th>EXSEL scholar</th>
<th>Host and Location</th>
<th>Activity</th>
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<tr>
<td>Elisabeth Edstam</td>
<td>i-india, Rajasthan, India</td>
<td>Provision of healthcare to street children</td>
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<td>Prianka Padmanathan</td>
<td>BasicNeeds, Bihar, India</td>
<td>Rapid appraisal of the psychotropic drug distribution</td>
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<td>Euan Bright</td>
<td>National Hospital of Sri Lanka</td>
<td>Leishmaniasis in Sri Lanka</td>
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<td>Christopher Jones</td>
<td>Lifebox, Sri Lanka</td>
<td>Surgical safety in Sri Lanka</td>
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<tr>
<td>Paul Bramley</td>
<td>Light Education Development, Peru</td>
<td>Low resource medicine in high altitude Peru</td>
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<td>Lauren-Beth Mecia</td>
<td>Rural Assistance Nepal, Tamekoshi</td>
<td>Mountain medicine: healthcare challenges facing a rural Nepali community in 2016</td>
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<td>Cooperative Hospital, Eastern Nepal</td>
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Euan Bright working during his trip to Sri Lanka.

Christopher Jones worked with colleagues in Sri Lanka on surgical safety.
DIRECTOR PROFILES

Professor Shervanthi Homer-Vanniasinkam
BSc MD FRCSEd FRCS

An eminent academic clinician, Professor Homer-Vanniasinkam acts as a role model for the scholars. She holds several posts.

- Consultant Vascular Surgeon, Leeds Teaching Hospitals NHS Trust
- Clinical Sub Dean, Leeds Medical School
- Professor of Surgery (Founding), University of Warwick Medical School & University Hospitals Coventry and Warwickshire NHS Trust
- Professor of Engineering and Surgery, University College London
- Co-director of EXSEL

Professor Homer-Vanniasinkam has established a number of international links (eg with Harvard Medical School, Yale University, the Faculty of Medicine, Colombo, Sri Lanka). She secured a placement for HR UK EXSEL scholar Trusha Bhatt at the prestigious McGowan Institute for Regenerative Medicine at the University of Pittsburgh and Euan Bright at the National Hospital Sri Lanka.

Professor Homer-Vanniasinkam grew up in Sri Lanka and has maintained links with hospitals and clinics throughout the island.

Dr Karen Lee

Karen has been teaching Leeds medical students for over thirty years. She is a scientist and is programme leader for two of the School’s intercalated programmes. In recognition of her role in student education she was awarded the Fellowship of the Higher Education Academy in July 2014.

She said, ‘When an EXSEL scholar tells us about a new achievement, I feel an enormous sense of pride. The scholars work very hard in developing research, networking and community skills and when this work is rewarded with a publication or an academic post, it is so rewarding.’
The University modelled the Undergraduate Research and Leadership Scholarships (UGRLS) on features of the EXSEL scheme. EXSEL scholars joined with UGRLS scholars in the Great Hall of the University of Leeds to celebrate their appointments. The UGRLS scheme has recently benefitted from a generous donation by Lord Laidlaw.

Lauren-Beth Mecia is sponsored by Heart Research UK. Lauren conducted research in Leeds Institute of Cardiovascular and Metabolic Medicine (LICAMM) in the implementation of a strategy to provide early diagnosis of chest pain with Professor Alistair Hall. Ciaran Kennedy is also sponsored by Heart Research UK. Under the supervision of Dr Louise Jennings he joined the Institute of Medical and Biological Engineering to research in tissue engineering.

Saman Mukhtar receives funding from Peter Blackburn, a Leeds alumnus. Saman explored the use of biomarkers of cancer signalling. Her project is entitled ‘Identifying biomarkers of endometrial carcinogenesis and progression’. This research was supervised by Dr Nic Orsi in Leeds Institute of Cancer and Pathology (LICAP) based at St James’s University Hospital. Nic was an EXSEL scholar 2009-13 and his research led to collaboration with Professor Jeremy Gunawardena of Harvard University.

Thomas Shanahan is funded by Peter Cheney, a Leeds alumnus who has generously funded student scholarships across the University. Working with Dr Jane O’Hara, Leeds Institute of Medical Education (LIME) and Dr Ali Cracknell, Leeds Teaching Hospitals, his research seeks to answer this question: ‘How have daily team huddles enhanced the safety culture on a ward at Leeds Teaching Hospitals Trust?’

Just as Leeds Medical School (1831) predates the founding of the University (1904), so the EXSEL programme inspired the UGRLS scheme. We are confident that the EXSEL scholars are building valuable academic skills for their future practice as doctors.

From left: EXSEL@Leeds scholars, Thomas Shanahan, Ciaran Kennedy, Saman Mukhtar and Lauren Mecia at the reception for Undergraduate Research and Leadership Scholarships reception in the Great Hall.
THE NEWEST RECRUITS TO THE EXSEL FAMILY STARTED THEIR RESEARCH IN JULY 2016.

ELEANOR PRICE

The scholarships for Eleanor Price and William Stevens are sponsored by Heart Research UK, a Leeds-based charity. Eleanor conducts research with Dr Nick West and Professor Shervanthi Homer-Vanniasinkam on ‘The effect of radiotherapy on angiogenesis in rectal cancer’, conducting laboratory work in Leeds Institute of Cancer and Pathology (LICAP).

WILLIAM STEVENS

William is based in Radiology of the Jubilee Wing of Leeds General Infirmary. His research supervisors are Dr Sapna Puppala and Professor Shervanthi Homer-Vanniasinkam. He aims to answer the research question ‘Is it necessary to perform cardiac gated examination of the aorta for all acute aortic syndrome cases?’

EMILY SALT

Emily Salt is also researching in LICAP, supervised by Dr Anke Brüning-Richardson, on ‘Molecular characterisation of glioma tumour core and edge’. Emily’s scholarship is funded from the Mary Hartley legacy.

LUBIANA SHABEER

Lubiana Shabeer is working with Mr Dermot Burke to investigate ‘Nutritional deficiencies in gastrointestinal disease’. Her scholarship is funded by an alumnus donation.
PHOTO GALLERY

EXSEL SCHOLARS AND STUDENT MENTORS, PAST AND PRESENT.

TRUSHA BHATT
2006

SUNIL BHOPAL
2006

MAIS AL-HITY
2006

SIMON ROMAINE
2006

ADRIAN JUBB
2006

JUNAID AZAM
2007

LAKSHMANAN
ARUNACHALAM 2007

PETER MACKLEY
2007

DHAKSHANA
SIVAYOGANATHAN 2007
PHOTO GALLERY

EXSEL SCHOLARS AND STUDENT MENTORS, PAST AND PRESENT.

CINDY KIM
2008

LAURE BRETSZTAJN
2008

OLIVER RICHARDS
2008

IRAM ANSARI
2008

JAMES THOMAS
2009

CHRISTOPHER LEWIS
2008

BARBARA ONEN
2008

AISHA ISMAIL
2009

NIC ORSI
2009
EXSEL SCHOLARS AND STUDENT MENTORS, PAST AND PRESENT.

PHOTO GALLERY

BEN GREEN
2010

MARY BOOTH
2011

ALADEEN BEKHIT
2011

EUAN BRIGHT
2012

MEHVISH KHATOON
2011

DAHLIA ABDUL-RAHMAN
2012

PAUL BRAMLEY
2012

GAYATRI RAGHURAM
2012

RINI VYAS
2012
PHOTO GALLERY

EXSEL SCHOLARS AND STUDENT MENTORS, PAST AND PRESENT.

CIARAN KENNEDY
2015

LAUREN-BETH MECIA
2015

THOMAS SHANAHAN
2015

SAMAN MUKHTAR
2015

ELEANOR PRICE
2016

EMILY SALT
2016

LUBIANA SHABEER
2016

WILL STEVENS
2016