

Bishop's Build Up

Inspirational Visit 20.10.21:
Dr Donald Palmer

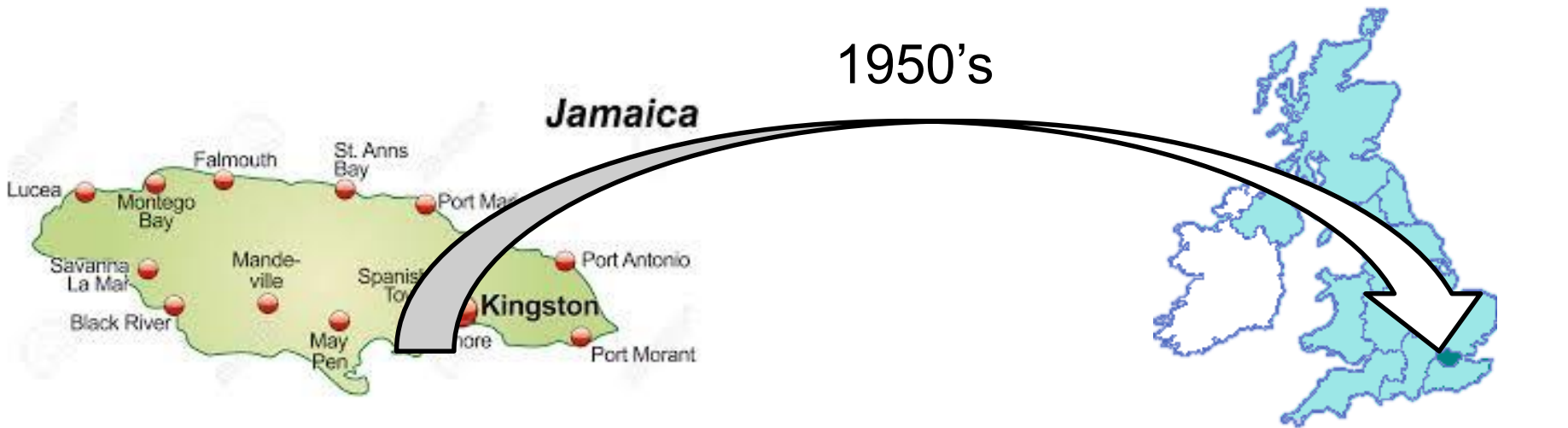
BIM2021

PROUD TO BE



There are many steps along the Way

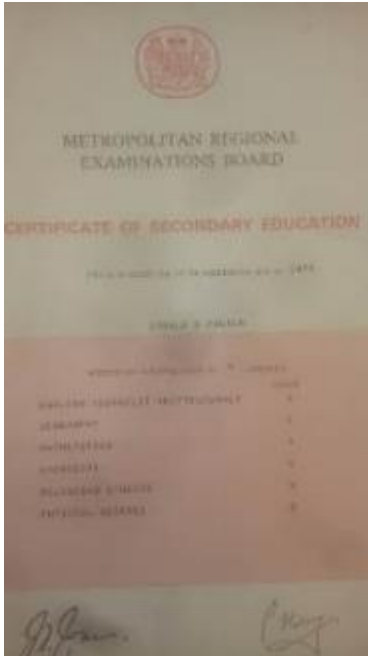
My Journey.....begins.....



I was born in South London: Tooting

My educational start was atypical...

CSE



Ernest Bevin School



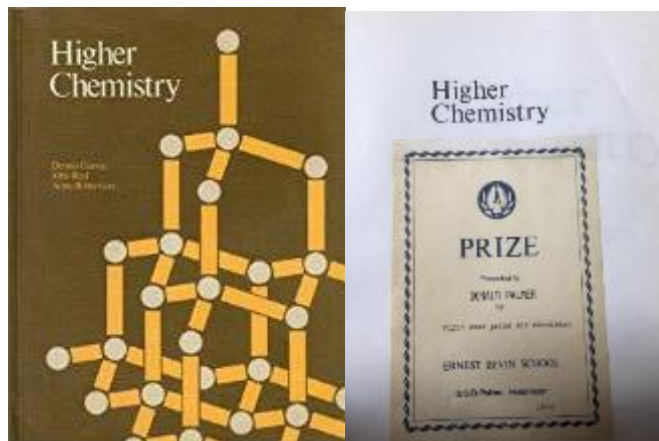
OND



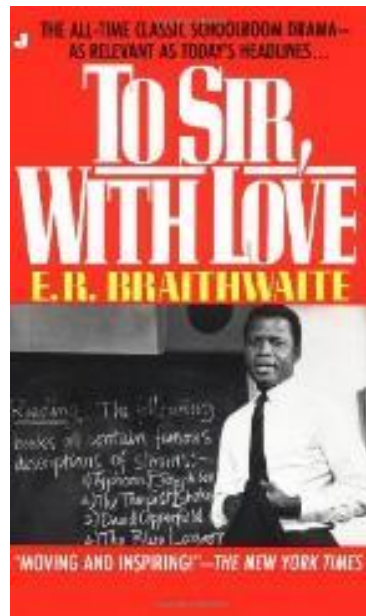
South London College



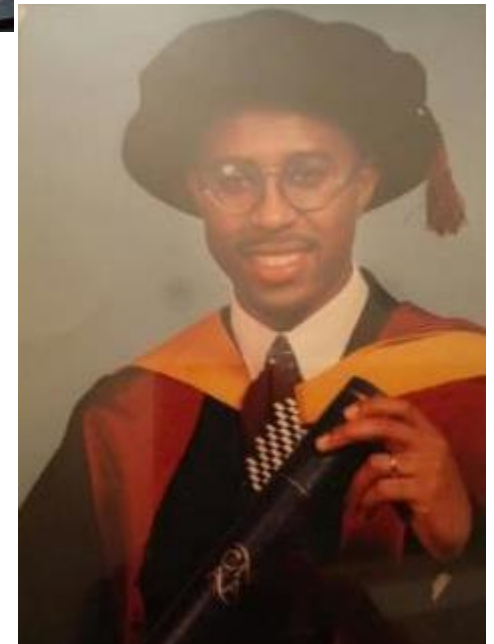
...but there were key influences



A man with short, dark hair is sitting in a barber's chair, looking slightly to the side with a neutral expression. He is wearing a plaid shirt. A barber, wearing a green long-sleeved shirt and a watch, is standing behind him, using a black electric clipper to trim his hair. The background shows a window with blinds and some items on a shelf.



University...and beyond



Working in different institutions

Northwick Park Hospital
MRC Clinical Sciences Centre



Cancer Research UK



Imperial College



Royal Veterinary College



...making a name for myself...

British Society for **immunology** Education & Careers Secretary

IMMUNOLOGY REVIEW ARTICLE

Immunosenescence: emerging challenges for an ageing population

Danielle Aw, Alberto B. Silva
and Donald B. Palmer

*Royal Veterinary College, Host Response and
Genes and Development Group, Department of
Veterinary Basic Sciences, Royal College Street,
London, United Kingdom*

Summary

It is now becoming apparent that the immune system undergoes age-associated alterations, which accumulate to produce a progressive deterioration in the ability to respond to infections and to develop immunity after vaccination, both of which are associated with a higher mortality rate in the elderly. Immunosenescence, defined as the changes in the



...and trying to make a difference....

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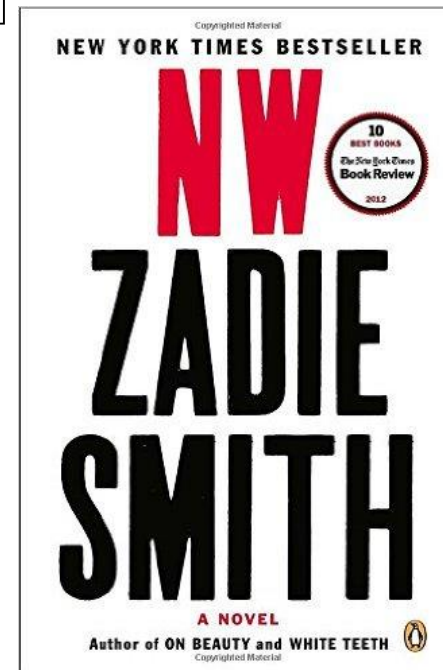
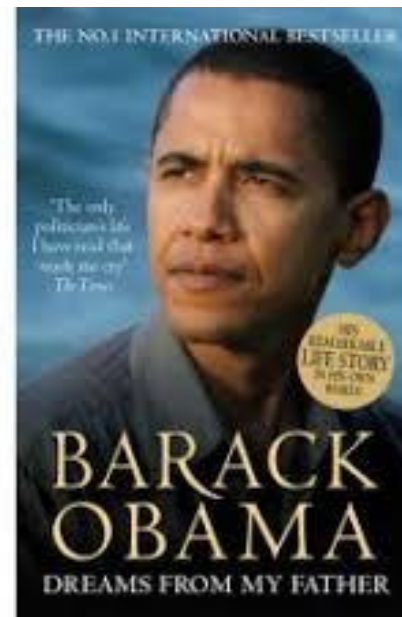
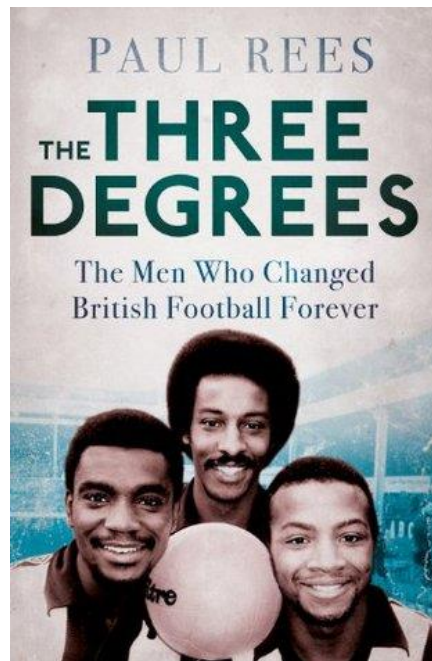
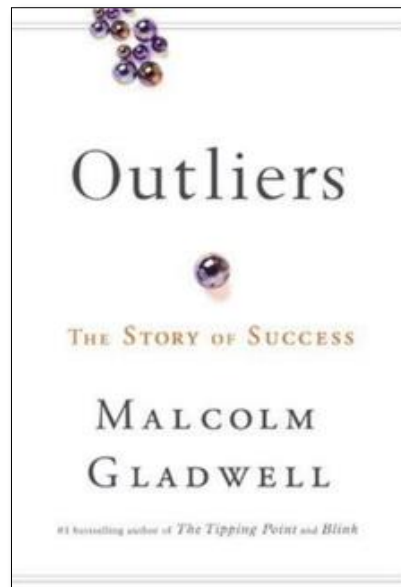
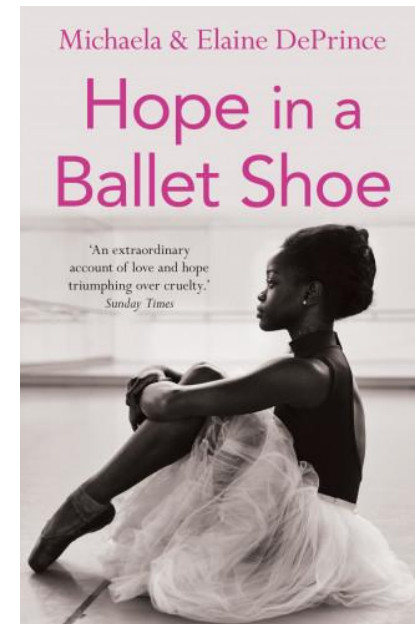
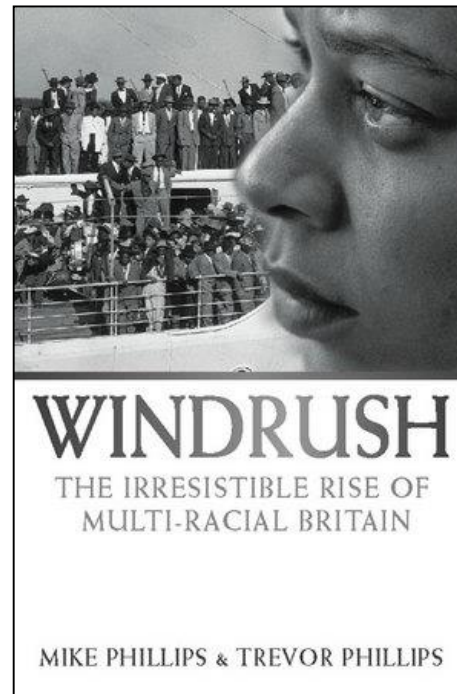
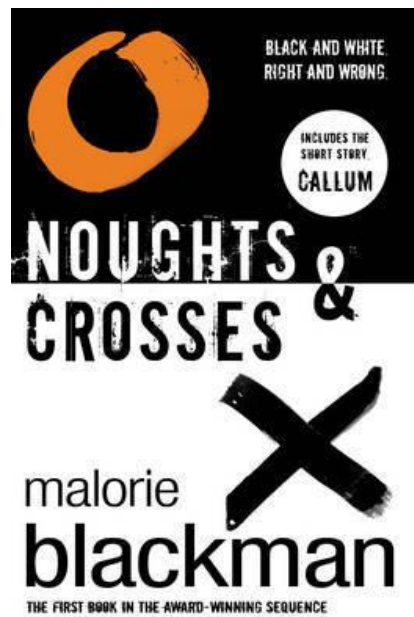
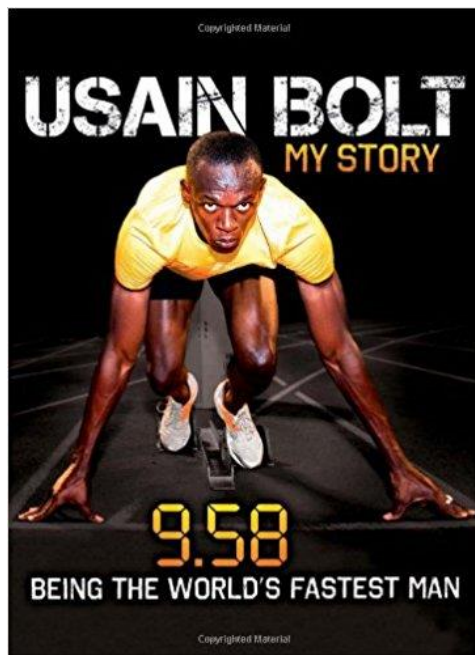
[Donald Palmer](#)



[Mark Richards](#)

My Inspiration





...The power of reaching back...

In Oct 2010...Reach Society was formed

Building Connections



Dr Dwain Neil OBE
Ron Neil OBE

Team Of Patrons

Lord Herman Ouseley, Prof. Sir Geoff Palmer, Prof. T. Williams, J. Budu-Aggrey & Marva Rollins OBE





Reach Society

(www.reachsociety.com)

Building Connections



- Champions of role models to encourage, motivate and inspire
 - School Visits
 - Careers Conference
 - Outreach events/activities
- Providing opportunity
- Influence Change
- Building connections with various sectors

Annual Careers Conferences



...Here in the UK...



Dr Nira Chamberlin: Nira has worked all over the world, helping a range of industrial partners with mathematical modelling. In 2014 he was named by the Science Council as one of the UK's top scientists.



Dr Faith Uwadiae: Undertook her PhD at Imperial College London and is currently a scientist at one of Europe's Prestigious Research Institute

Professor Dame Elizabeth Nneka Anionwu: the first UK sickle/thalassaemia nurse specialist. Established UK's first Sickle Cell & Thalassaemia Counselling centre (Brent)



...Here in the UK...



Dr Anne-Marie Imafidon: Aged 11, she was the youngest girl ever to pass A-level computing, and was 20 years old Master's Degree in Mathematics & Computer Science from the University of Oxford. Co-founded STEMettes, an award-winning initiative dedicated to inspiring young women in the STEM sectors.

Professor Frank Chinegwundoh MBE: Consultant Urological Surgeon at Barts Health NHS Trust. Leading prostate cancer specialist.



...Here in the UK...



Professor Sir Godfrey Palmer: Professor Emeritus in the School of Life Sciences at Heriot-Watt University in Scotland, and a human rights activist. He discovered the barley abrasion process.



Professor Christopher Aiden-Lee Jackson: Geologist, specialising in the use of 3D seismic data to understand dynamic processes in sedimentary basins.



Dr Margaret Ebunoluwa Aderin-Pocock
MBE: is a British space scientist and science educator. Co-presenter of 'Sky at Night'.

The future belongs to
those who prepare for it
TODAY

Failing to Plan is Planning to Fail



ALWAYS REMEMBER THE 5 P's:

Prior Preparation Prevents Poor Performance

Seek Advice



Remain focused



FOLLOW
ONE
COURSE
UNTIL
SUCCESSFUL

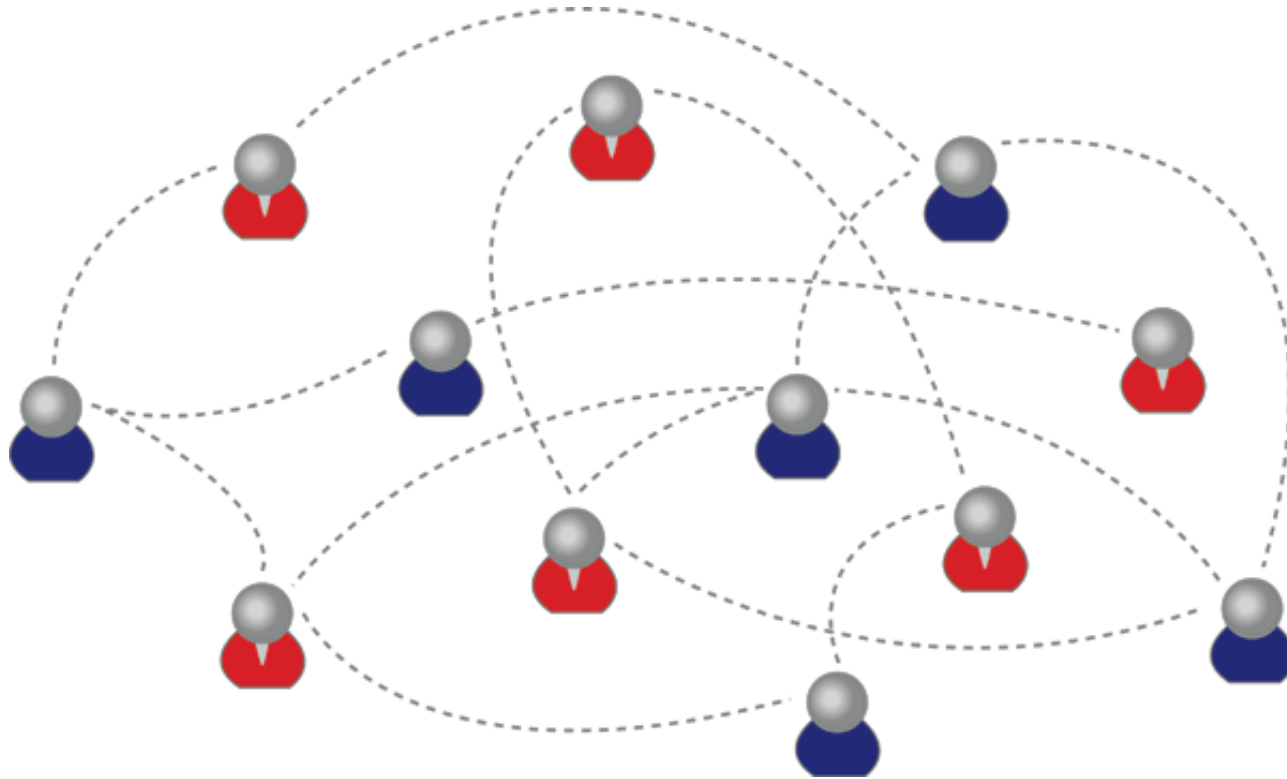
...it is about your VISION....

Be Bold



Be Brave

Network



Be proactive

Be Professional



Values



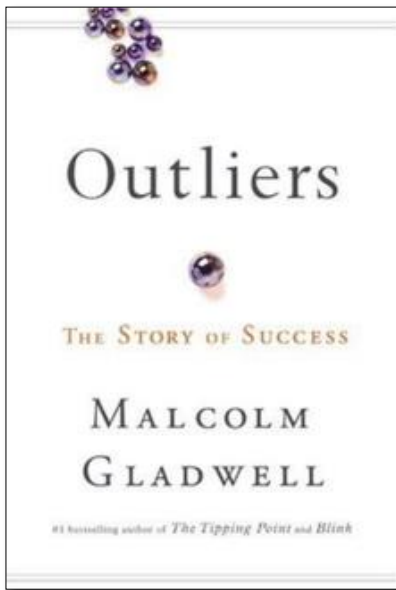
Never stop learning



Diversify your knowledge base

It takes time

10,000 hours







Luck is
Preparation meets opportunity



5c's

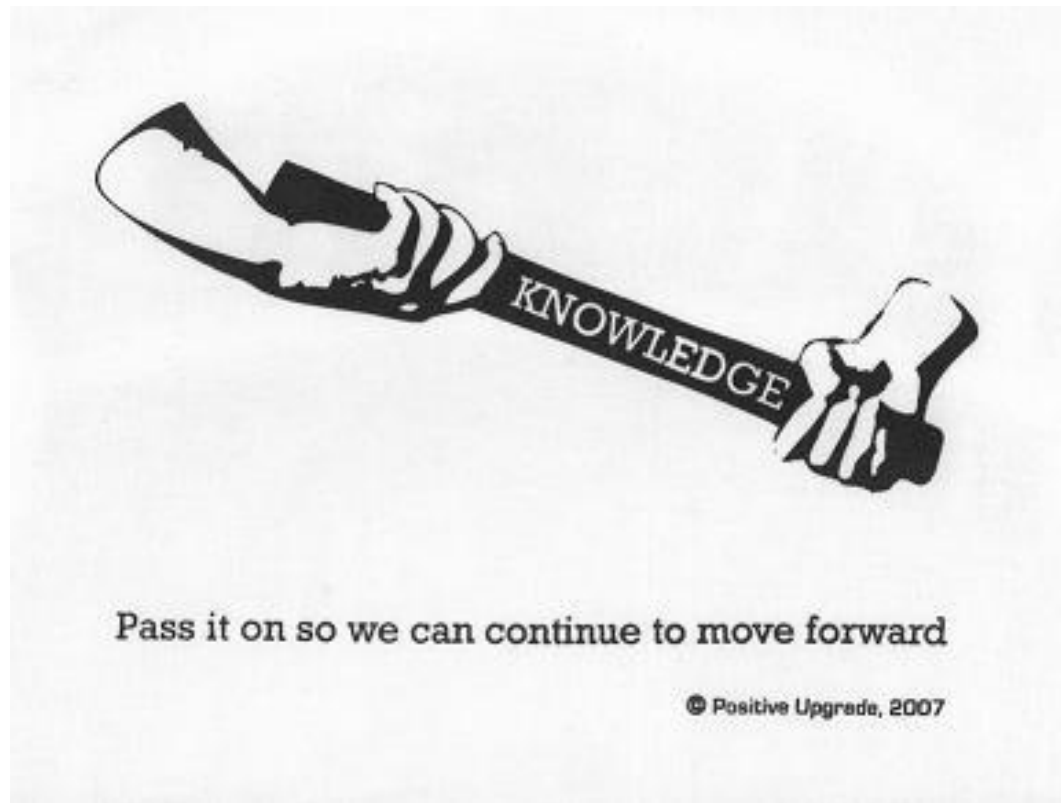
- Confidence
- Clarity (of focus)
- Capabilities
- Connections
- Credibility



“Don’t let anyone rob you of your imagination, your creativity, or your curiosity. It’s your place in the world, it’s your life. Go on and do all you can with it, and make it the life you want to live”

**Mae C Jemison.
Astronaut and Physician (1956-)**

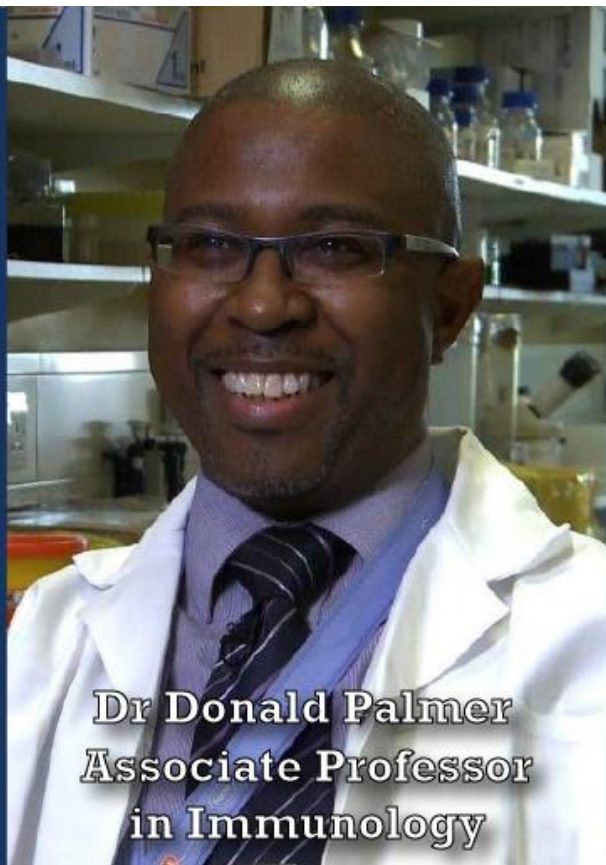




“What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

Nelson Mandela

Thank You



Dr Donald Palmer
Associate Professor
in Immunology



Intellectual Property Office

“ Black History Month provides an opportunity to recognise and celebrate the important contribution that Black people have made to the development and prosperity of the UK”

#BlackHistoryMonth2021

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Intellectual Property Office is an operating name of the Patent Office