Personal Statement

As a respiratory researcher at the NIHR Leicester Biomedical Research Centre (BRC) with over a decade of experience in translational lung biology, I am eager to join the BALR Committee as an Ordinary Member. Having benefited directly from BALR's vibrant scientific community, including attending the 2019 Cambridge meeting and being shortlisted for a mid-career award at the 2026 Leicester Summer Meeting, I am keen to contribute my time, strategic perspective, and organisational skills to support its ongoing mission.

My research career at the University of Leicester has spanned a wide spectrum of respiratory science, encompassing human experimental models of pulmonary fibrosis and basic mechanisms of airway smooth muscle function, asthma and COPD aetiology. Across these areas, my work has delved into translational projects evaluating novel anti-fibrotic therapeutics, alongside TGF-β1 signalling, extracellular matrix remodelling, inflammatory pathways and mechanisms of lung ageing. It would be a privilege to serve on the BALR committee to contribute to discussions on how BALR can best champion translational respiratory science, strengthen academic-industry partnerships, and foster cross-disciplinary collaboration across the UK.

Furthermore, having secured over £550,000 in competitive research and translational funding—including awards from the MRC IAA, BBSRC IAA, Wellcome Trust ISSF, and major industry collaborations with Boehringer Ingelheim and Bridge Biotherapeutics—I possess a practical understanding of what constitutes a robust, impactful, and feasible grant proposal. I am particularly passionate about supporting early- and mid-career researchers, ensuring BALR's funding schemes remain accessible, transparent, and transformative for emerging UK lung scientists.

I am also well-versed in academic event coordination, teaching, and community engagement. Since 2024, I have developed and delivered an annual undergraduate lecture titled Scientific Methods in Lung Research for the Respiratory and Cancer Precision Medicine module (BS3083) on the BSc Clinical Sciences programme at the University of Leicester. Expanding this impact to postgraduate researchers, I also prepared and delivered a specialised masterclass, "Choosing and using antibodies in research", focused on western blotting applications for PhD students within the College and Doctoral Training Partnership (DTP). Complementing this formal teaching, I actively foster practical skills transfer and research rigor through hands-on bench supervision of undergraduate, master's, and PhD students in the laboratory environment.

I have actively engaged in science communication initiatives. I have attended and presented at several conferences, including the 2026 BALR summer meeting and UK ILD Early career investigator meeting and the 2025 ERS International Congress. Seeing firsthand how vital well-run conferences and webinars are for connecting researchers at all career stages. I would gladly assist the committee in curating engaging webinar series, supporting the delivery of the Annual Summer Meeting, and expanding outreach to ensure trainees and established investigators alike remain deeply connected throughout the year.

I am fully committed to attending the quarterly committee meetings and the AGM, and to taking an active, dependable role in the day-to-day running of the association. It would be a privilege to join the BALR committee, and I would be very grateful for the opportunity to contribute to its upcoming initiatives and activities.