



Empowering sufferers of Alopecia through an interactive campaign

Sabina Friman, BSc Graphic Design

Sabina received a grant to purchase materials for her final year Graphic Design project. Sabina's project explores the emotional journey of women with Alopecia Areata – an autoimmune hair loss condition. By sharing her own experience of alopecia through an interactive campaign, using innovative materials and garment design, the project raises awareness and visually reimagines the condition. Through her project Sabina hopes to positively empower sufferers.

Personal & Professional Development

Sabina, who is 22 years old is living with Alopecia. When she first began experiencing symptoms she did her best to hide her hair loss from all but her closest family and friends. However, she later decided to face up to the autoimmune condition and chose it as the topic for her final year project.

Sabina's project includes a fashion campaign and powerful film.

She said: "One morning I felt a surge of courage. I realised the only way to heal was to face it. I didn't want to hide what was happening anymore."



Wider Impact

Sabina contacted the Alopecia UK charity, who put her in touch with other women who had lost hair, and she listened to their stories. She realised she could use her project to raise awareness of alopecia and the misery it can cause.

She came up with five interactive items of clothing and accessories, which she felt showed her journey from concealing her alopecia to revealing it. Sabina made a cape, a dress, a necklace and glasses, and created posters to go with the designs.

She said: "The pieces I have made represent the armour we have to wear in our battle with alopecia, while the film is my story. I hope it will help raise awareness of the condition and help other women."

Sabina's film can be viewed online at <https://vimeo.com/165063199>

Student Grants: International Exchange

Sharing vital first aid skills with remote communities in Tanzania

Ryan Latto, BN Nursing

Ryan Latto, an Adult Nursing student, travelled to Moshi, Tanzania to take part in First Aid Africa, which is an Edinburgh based charity. The placement in Moshi was for 4 weeks to help teach essential first aid skills to secondary school students. His award was used to purchase teaching supplies and first aid kits used in his lessons.

Although the conditions were restricting due to large classes with little teaching space, the students all seemed receptive and approached the practical demonstrations with a lot of enthusiasm, creativity and humour.

Personal & Professional Development

This experience has shown Ryan how much work he has to do before he can have a full understanding of the meaning of health and how to implement successful changes that will one day better our NHS and state of health. It has given him the inspiration to go further than he thought he would and has since applied to a yearlong post to return to Moshi with First Aid Africa with hopes of moving the charity forward. After this, he intends to apply for his Master's Degree in global, public or emergency health with the aim to push this to PhD level.

With the help of the student grant, Ryan feels that this experience has dramatically changed his life for the better and now has a clear idea of where he wants to take his career.

Wider Impact:

In the 4 weeks that Ryan was there, he helped as part of a team to pass hundreds of students as trained first aiders, which will be extremely valuable to their community as there are no emergency response teams and no ambulances. Some students were even awarded distinctions as they had done so well at the assessments.

"Volunteering has dramatically changed my life for the better. It gave me the inspiration to push myself further. Now I'm looking forward to a career in global health, all thanks to my grant"



Student Grants: Career Development

An entrepreneurial venture linking design with philanthropy

Lewis Brooks, BSc Graphic Design

For his final year project, Lewis set up a portable design studio offering his services as a graphic designer for free to local small businesses. The project aimed to teach others about the importance of graphic design, whilst demonstrating how useful the skills he learned at Napier are. Two clients for his project were a social enterprise in need of a trained graphic designer and a family run barber shop that needed help with their brand.

Personal and Professional Development

Lewis said of his project "It gave me experience working in a professional environment and practice interacting with clients about their wants and needs in a real world environment. This project will put me out of my comfort zone and push me to adapt to new environments within an industry that I will soon be working in."

Lewis's project has made such an impact in the community that he has received a graduation prize and a work placement from StudioLR, a design consultancy in Edinburgh committed to making the world a better place.

Wider Impact

The motivation behind Lewis's idea was to explore design's relationship with philanthropy, as he feels strongly that designers should use their skills to help others

A video of the project can be viewed online at <https://vimeo.com/164882907>



Student Grants: Elite Athlete Support

Supporting elite athletes to compete at the international level

Annika Hansl, BSc Architectural Technology

Annika received a grant to support her training and travel expenses while competing throughout the academic year.

Personal & Professional Development:

Annika says "Receiving the Student Grant enabled me to gain further experience in professional snowboarding, and improve my overall performance as an athlete. I learnt to deal with the pressure of expectation and the exhausting competition procedure of waking up very early, travelling, performing and waiting in between until late at night. Without the award, I would not have been able to cover all my travel expenses, which is the main expense in competing in snowboarding at this level. Through competing in events across the UK I have learned to organise everything well in advance, such as accommodation, travel, entering the competitions, and training to ensure a smooth procedure and keep the costs low. This taught me important skills which I can also apply to my Architectural Technology degree and my future work life in general."

Wider impact:

Winning official university Snowsports competitions has not only helped Annika's personal development but also the Napier Snowsports club (NUSC) and Edinburgh Napier University itself by gaining valuable BUCS points and representing the club and university on national level. Annika is currently Napier's top female snowsports athlete, and a leader both within Napier and the wider university athletics community. Annika also works hard to inspire new members to start competing and become successful athletes too.



All Edinburgh Napier University Students are eligible to apply for Student Mobility and Small Project Grants from second year onwards. To find out more about the programme please visit www.napier.ac.uk/studentgrants