

*Thank you
from
St George's!*



2018 - 2019



St George's
University of London

The background of the entire page is a photograph of graduates in academic regalia. They are wearing black mortarboard caps and black gowns with green and yellow stoles. The graduates are seen from behind, looking towards a blurred background of trees and a building.

The impact of your support

The support of donors, alumni and friends is felt very personally by all those who receive it at St George's. This impact report provides an opportunity for those who have directly benefited from your philanthropic gifts to send a personal message to the donor community.

We are so grateful for the generous ongoing support of our alumni donors. Each and every donation makes a difference. You allow us to recruit students who can fulfil their potential at St George's through the offer of scholarships. You ensure that those facing undue hardship can continue in their studies. You support students' mental health and wellbeing. You catalyse research advances, aimed at understanding and improving health. Thank you.

Scholarship statistics
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Over £25,000
increase in the
amount spent on
postgraduate
scholarships last
year compared to
2017-18



Over £136,000 was
awarded to 19
scholarship students
last year



Increasing
scholarships to those
who need them most



Grants are available for
students on our new
Clinical Pharmacology
programme

ALUMNI FUNDED
SCHOLARSHIPS

Our scholarships are a vital way to attract the brightest students, regardless of their background or financial means. Whilst government backed student loans support tuition fees, the majority of our students have to find the additional cost of living, which in London can be as much as £12,000 per year.

This can be a major obstacle to studying for some of our students. This academic year we are planning, with your support, to offer a higher number of scholarships to the brightest students who will go on to realise their ambitions at St George's.



BUKOLA OGUNJINMI is a medical student at St George's in her penultimate year after intercalating to receive her BSc. In 2018 she was awarded a Paul Calvert Scholarship.

Bukola grew up in Texas before moving to Nigeria, where she completed her GCSEs and A Levels. "The move was such a difficult transition for me, but I had my heart set on making the best of it and studying medicine".

She was the first student in her school to study medicine in the UK and adds, "Getting into a medical school is incredibly competitive, so I was over the moon to be offered a place at St George's".

“ I am so grateful to St George's for giving me a chance, and even more thankful to all the lecturers, university and hospital staff, family and friends who still continue to encourage, support and believe in me every single day. ”

Mental health and wellbeing statistics

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77%
of students
across the
UK have suffered from
mental illness



67%
of students receiving
counselling said it
helped them do better
on their course



20% increase
in students
attending
counselling
in the last year



324
students
seen by our
counselling team
in 2017/18



Mental Health seminars
and workshops raising
awareness of self care

MENTAL HEALTH AND WELLBEING

Mental health problems are increasing among the UK's student population. The demands of studying medicine, healthcare and science subjects make our students' mental health and wellbeing priorities for St George's.

We are committed to supporting their mental health, with a counselling service on-site and pastoral care provided by tutors, as well as ongoing campaigns across the University to raise awareness and eliminate the stigma around mental health issues. With your generous help, we are able to ensure that all students are able to access the support they need and make the most of their time at university.



TANIA MOHAMED graduated with a degree in medicine from St George's. When she was due to start her final year, she found that she was experiencing anxiety and changes to her mood.

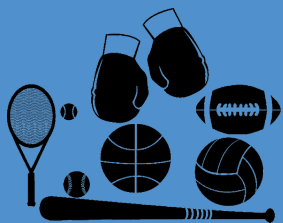
She decided to speak to someone impartial, so she went to see a university counsellor. Tanya found it useful being able to speak to someone who was qualified and experienced in dealing with students going through a difficult time.

She comments, "I needed some structure and she definitely helped provide me with that and drew me out of what I think was the start of a depressive rut."

Tania loved being at George's, and says, "I have made some amazing friends and can't wait to see what the future holds!"

“ I've got myself the job I wanted as a Foundation Year doctor in Ipswich Hospital so I'll be moving there at the end of July. I'm very excited and really happy to be starting a new life. ”

ALASTAIR HUNTER SPORTS BURSARY FUND



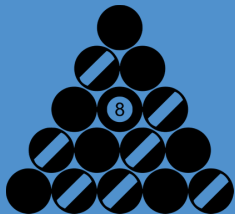
Investment in bursaries to widen access to sporting activities for all students



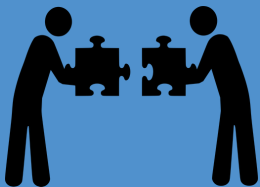
Investment in performing arts groups, annual musical and fashion shows



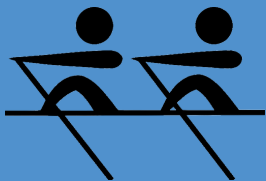
Celebrating Pride LGBTQ+



Students' Union games room refurbishment



Mental Wellness week



Wide range of sports clubs

St George's students have a strong tradition of combining their studies with sport. Many current and former students have taken advantage of the opportunities available at St George's to go on and play representative and even national level sport. The University takes considerable pride in enabling students to fulfil their potential, both academically and outside the classroom.

The Alastair Hunter Sports Bursary Fund exists to help students meet some of the financial demands of competing, and to ensure that the cost of living in London is not a barrier to them accessing sport.



JACK DICKENSON, a 3rd Year medicine student, aspires to be a doctor through his training at St George's, but when he's not studying there's a different type of training he's focussed on: distance running.

Jack was a recipient of the Alastair Hunter Sports Bursary in 2017, and the fund has gone a long way in helping him compete at a higher level, allowing him to take part in an event in Italy in Easter 2018 as well as buy new running shoes and fund his travel to training.

When Jack arrived at St George's, there hadn't been an Athletics Club for several years and there were no opportunities to represent the University in competitive athletics. Determined to change this, he was a founding member of the re-established St George's Hospital Athletics Club (SGHAC).

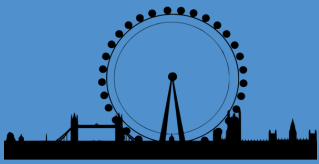
In their first year the club won the United Hospitals (UH) Shield for the first time since 1876. Jack adds, "To get the UH win 141 years after our last one was more than I think we dared hope for. We're certainly hoping this will kick start something for the club."

“ The great thing about running is that the competition is not just with others, but yourself. The nature of it is that there is always an internal battle to be fought. ”

Hardship statistics:



Total Hardship
Fund expenditure
has doubled since
2016



The cost of living in London
can be up to £12,000 a year



Last year a total of £10,000
was raised for
student hardship



Last year we were only able to
support 61% of students that
applied for hardship

STUDENTS FACING HARDSHIP

At St George's we recognise that for some students there can be additional unexpected challenges during their time at university. The Hardship Fund and the Access to Learning Fund exist to ensure that students are able to access support when faced with unexpected or emergency financial burdens, so that financial needs are not a barrier to learning.

Your donations have enabled dozens of students to continue their studies this year. Hear more from some of those students below...

Read James' Story

"James*, a T Year medical student, was already a carer for his father at the start of medical school, and a motorbike accident led to his care increasing dramatically.

James spent a lot of his time caring for and supporting his family, and had to try and use any free time working just to survive. He says, "I felt constantly stressed and burnt out but trapped, thinking there was nothing else I could do".

Since applying to the Access to Learning Fund, James has been able to use his free time for other purposes, such as studying or sport. His grades also increased, from being the bottom of the cohort to the top.

Coming from a working class background and a hard-working family, James was very reluctant to accept the money from the Access to Learning Fund.

However, he explains "I can see that without it I would never have done so well, and hopefully I'll be a better doctor in the future."

"This is a scheme I can hopefully contribute to further down the line, repaying the kindness that was given to me."

*Names have been changed for privacy

Read Ali's Story

Ali* is a First Year Physiotherapy student who cannot afford to live in London, and commutes to St George's from Kent every day.

She had saved money from a previous job, had a job in Kent and had received an NHS bursary. However, between commuting for four hours a day and meeting the demands of her course, she was still struggling.

She considered not attending university on days that she deemed less important to save on travel costs but adds, "Obviously this was going to be detrimental to my studies, which in turn heightened my anxiety". The team at St George's advised Ali on how she could receive financial help, and pointed her in the right direction to get help within the University for her anxiety.

She received enough money to cover almost ten weeks of travel expenses, allowing her to get a plan in place and not worry about how she was going to attend university the following week.

Ali is grateful to everyone who contributed and says, "I may not have made it through to this semester if it wasn't for your generosity!"

"My grant from the Access to Learning Fund came at a perfect time for me, I was feeling pretty desperate."

Read Charlotte's Story

Charlotte* is a final year Radiography student and mother of one who became unemployed during the summer of 2017. Her job was essential to cover everyday costs such as household bills and maintenance costs for her son. She also had additional costs from supporting her parents and siblings, and started to fall behind on her rent. Being offered the funding has helped her to continue her course and she adds, "I can't wait to receive my qualification."

"I am very grateful that I was offered the funding, which has helped me to continue my course".

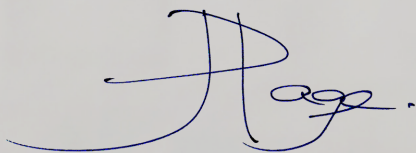
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Thank you for your support!

St George's was founded by philanthropy over 250 years ago and we continue to attract the support of our alumni, friends and funders to fulfil our vision to improve health through inspiring education and focused research. Your generosity means so much to us. Thank you.

I have been speaking to people across the University who are all eager to share stories of our work with donors and funders who support education, medical research, science and healthcare. There are so many exciting projects and ideas emanating from St George's that have an impact on communities close and far from home.

I am grateful for your support and hope that you continue to be interested in all that we can achieve through our work and our people. I would love to hear from you, do keep in touch to tell us what you are doing and why you support St George's.



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