

The Nottingham Roosevelt Memorial Travelling Scholarship celebrated the return of two of last year's scholars and the awarding of this year's scholarships.

The Lord Mayor presented this year's scholarships to Sarah-Marie Taylor and Rachel Armitage (pictured) at an event kindly hosted the previous 2010 scholar Gareth Bartsch at the Manners Arms, Knipton. The beautiful house and gardens were an ideal setting for the annual event to recognise returning scholars and to hear about the upcoming adventures of the new scholars.



Sarah-Marie Taylor is part of the green network in Nottinghamshire, She is the founder and co-director of a small Nottingham based organisation that delivers horticultural and environmental education in schools across the city. During the past 4 years, she has dedicated her time and efforts to her passion of teaching and sharing horticulture with others. Her strong commitment to sustainability, food security and a deeper understanding of climate change and human impact has led her to follow her dreams of creating greener schools across Nottinghamshire. Green Scene Education was established to enable children and school staff to learn horticultural skills thus enabling them to grow their own fruit and vegetables in inner city areas. As well, as gaining practical horticultural skills, children are provided with the opportunity access green spaces and share in the wonder of nature, in an otherwise very concrete urban environment.

She said "Embarking on the Roosevelt Travelling Scholarship is an amazing, once in a lifetime opportunity that will provide me with the opportunity to research, learn and share forward thinking ideology and sustainable practise from the USA; who have lead the way in urban farming. During my time in The States, I will be travelling the East and West Coasts to visit as many urban farms, green schools, horticultural learning establishments, sustainable city communities and roof top gardens using horticulture as a sustainable practice, learning tool and a therapeutic vehicle. My travel itinerary is starting in New York and visiting Boston and Philadelphia whilst on the East Coast; I will then fly to the West Coast and visit L.A, San Francisco, Portland, Seattle and end in Chicago, delivering a talk to the Roosevelt University.

By embarking upon this opportunity I feel that it will provide me with a fantastic opportunity to learn new skills, experience forward thinking and fulfil the gaps in my knowledge that would equip me to grow Green Scene Education across Nottinghamshire and improve the sustainability of the city. Currently, Green Scene Education engages with just 9 schools across the city; offering two fantastic full time positions. However, this is less than 2% of the total number of schools in Nottinghamshire

leaving many schools untouched. The focus of my research is to learn how to establish and maintain an urban farm as well as how to scale and grow a green business. This research will facilitate the establishment of an urban farm in Nottingham upon return and will enable business growth and development of Green Scene Education. Blue skies, big picture, I would love to see Nottinghamshire lead the way as a green and sustainable growing city; using rooftops, walls, neglected open spaces, courtyards, gardens and streets to grow and share food. Children would have access to horticultural and environmental education with green jobs waiting for them.

With Nottinghamshire's high levels of social deprivation, there is certainly a need for connecting urban dwellers with locally grown organic food. I also believe connecting people to growing food and nature will help to create healthier and happier communities. I am therefore, extremely passionate about growing Nottinghamshire through the work of Green Scene Education, Friends of Peacock Healthcare and by joining forces with other local green enterprises. Upon completing the Roosevelt Travelling Scholarship, my dream would be to return and work towards putting Nottinghamshire on the map as being one of the UK's leading Green cities and overtaking our neighbouring cities such as Leicester and Sheffield. I do believe it is possible for Nottinghamshire to become a UK leader in sustainability and urban farming and I am committed to working towards this, starting with my research in the USA!"

Rachel Armitage will be travelling to the USA to investigate voter registration and democratic engagement activities in advance of the 2016 Presidential Election. Having worked in democratic and community engagement for over a year, Rachel is now employed as the Electoral Services Engagement Officer at Nottingham City Council with a remit to increase democratic participation in the city. She is looking to co-create new educational resources with young and marginalised communities in the city, thereby breaking down barriers that might prevent them from engaging with democracy.

With this in mind, Rachel intends to use her scholarship to the USA to learn best practice techniques for engaging individuals and communities with democracy. Voter registration activity will be high in the weeks and months leading up to the 2016 Presidential Election and Rachel is hoping to witness and take part in as many activities as possible across the country. She will be spending her first month on the East Coast, visiting the headquarters of many organisations that take a practical or academic interest in voter registration and participation. She then hopes to travel towards the West Coast, meeting with state-based groups and visiting communities and university campuses to see how they are preparing for the election. Of particular relevance to Rachel's project is National Voter Registration Day, a national day of action to encourage voter registration which will take place on 27th September. The day is organised by a collective of non-profit organisations and Rachel is eager to experience the atmosphere and to witness as many different approaches to registration as possible on the day.

Whilst in America, Rachel is particularly looking forward to acting as an ambassador for Nottinghamshire and to fostering continued positive relationships with the scholarship's US partners. She is also eager to see America through the eyes of its citizens, and is grateful to the exchange organisation, Servas, for granting her membership and access to the hospitality of its US contingent. Rachel has scheduled in some "down time" during her trip and is hoping to see some of

America's greatest landmarks, such as the White House and the Golden Gate Bridge, and to take part in some its best known customs, including thanksgiving dinner!

Rachel aims to come home with a greater understanding of practices that engage people with democracy in an international setting. She will use this knowledge to inform her work back in Nottingham city, most likely by trialling successful activities from the USA on a micro level. She hopes that in the long term this will allow her to create a successful and sustainable engagement programme that increases democratic participation in Nottingham city for years to come.

Elisia Denton, one of last year's returning scholars, spoke of her trip to investigating the different approaches to establishing Social Enterprises in a variety of differing ecosystems across the United States. She visited Washington DC, San Francisco, LA, San Diego, Mexico briefly, Las Vegas, Arizona, New York, Rhode Island, Detroit, Toronto, New Orleans, Austin and Miami. In particular she learnt about what support was available for starting up, growing and sustaining a business and the different methods of financing available. This involved meeting different types of organisations such as; accelerators, incubators, co-working spaces, educational institutions, crowdfunding platforms, angel investors, venture capital funds and CEO's of successful companies.

Elisia said "My journey felt very serendipitous with many chance encounters that led to great connections or experiences; from getting mentioned in a Forbes article, to touring Facebook's headquarters in San Francisco and to having the CEO of BAFTA and other high profile panellists speaking in front of a presentation I had created for the Global Alternative Finance Conference in LA. When I look back at everything I did and everything I achieved it was without a doubt the greatest three months of my life and I couldn't have asked for a better experience both professionally and personally. I often question how I managed to fit it all in and hope that the spark that was ignited in me in the United States continues to grow now I am back home."

Now Elisia has returned she is working hard with other local entrepreneurs to try and establish Nottingham Soup. Nottingham Soup is based on the concept of Detroit Soup - an organisation that established microgranting dinners where groups and businesses get to pitch social impact driven ventures to their local community in order for a chance to win the proceeds for the night to put towards the idea. The Soup model has become something of a phenomenon which has helped accelerate social impact on a global scale and also reconnected disjointed communities back together. Elisia is also now a part of the Social Enterprise Consortium for Nottingham where she hopes to share her knowledge and insights of best practice to help create an impact here in Nottingham.

Tig Howell, another of last year's returning scholars works as a Burn and Critical Dietitian at the Nottingham City Hospital and often come across a number of people who have complex wounds and she often felt that the nutritional care they receive could be optimised to ensure quicker recovery, enhanced hospital experience and speedier return home.

Tig's Roosevelt scholarship was sponsored by the NUK League of Friends and she wanted to apply for the Scholarship for a number of reasons. The professional reasons were that she wanted to see how other Dietitians and Health Professionals deliver nutritional care to patients at risk of developing

wounds or who already have them. The more personal reasons were; wanting to undertake independent travel (I had always wanted to but been too scared), to challenge my anxious “must-have a plan” nature by throwing myself into the unknown and wanting to see and experience North America.

Over her 12 weeks travels she visited 13 US states, 2 cities in Canada, undertook 7 clinical visits and attended 2 international conferences. In all she took 9 flights, 3 buses (Megabus is an absolute gem by the way!) and hired a car to drive the pacific coastal highway from Seattle to San Francisco. Some highlights of the geographical sites were visiting The Big Sur (where I actually got engaged!), hiking Yosemite National Park, cheering on runners at The Chicago Marathon and seeing the Pope in New York!

She said “Many aspects of nutritional care in wound management, particularly burns, were explored and considered during my 3 months in North America. I learnt that nutrition practice varies like it does in Britain partly due to a lack of standardised national guidelines, dietetic burn training and insufficient evidence base. Clinical shadowing and collaboration highlighted particular areas to focus current practice changes to benefit our patients but also brought to my attention what we do well at Nottingham University Hospitals. It became very clear that burn Dietitians internationally face similar challenges and that all learned their skills and knowledge whilst “on the job”.

Since returning I have made appropriate, feasible and relevant short and long term service change suggestions that have been and continue to be considered and implemented to improve the patients’ nutritional care, staff skills and ultimately patient outcomes. I have asked my Trust to look at exactly how we are feeding patients, look at the type of products we are using and re-look at how we teach students and staff about nutrition’s role in wound prevention and management. What should be borne in mind is that a lot of the learning from this experience will not only affect patients with wounds but will have a wider impact on other areas of hospital care such as those on the intensive care unit or in the community.

Stepping out of the clinical rat race and have time to collaborate, process and innovate has enabled me to think outside the box about how our best can get better. I now have potential research ideas, have created the idea of a complex wound multi-professional team and evaluated how current wound nutritional practice at NUH can be improved, including in paediatric burn patient care. The power of meeting with other enthusiastic and experienced colleagues should not be underestimated. The simple opportunity to work with others, knowledge share and reflect on what one does compared to another can generate innovative ways of thinking and be invaluable when trying to enhance what we do no matter what your job is.

Personally I feel a more self-assured person from having completed this experience. I am better at taking things in my stride because I now know I can deal well with very last-minute changes, little budget and communicate effectively to make things happen. More importantly I have come away remembering that you only have one life and that actually there are very few rules as to how you should live it-even if it doesn’t always feel that way and sometimes you just have to be brave. I have also promised to never again underestimate myself nor sell myself short because doing that will mean awesome opportunities will pass me by. In other words my life mantra is now definitely “Carpe Diem”.

Undertaking the Roosevelt scholarship has been one of the best things I have ever done. It has had a significant impact on me personally and continues to do so now, nearly 1 year on. The experience has reinforced how fantastic it is to work within the NHS, particularly as a member of a motivated, inclusive and caring workforce. I have had positive career opportunities presented to me since returning and I have been asked to write for dietetic journals, lecture at the University of Nottingham and present at Research Conferences. I look forward to working with colleagues to enhance the nutritional care of patients with wounds, in any respect, and am excited to see where the journey continues to take me.”

Martin Rudge

The Scholarship chairman Nigel Chapman also recognised the truly outstanding services of Martin Rudge, OBE, who retired as a Trustee after 48 years of service. The award of a framed certificate commemorating his achievements was presented by the Lord Mayor (pictured)



Martin was a scholar in 1968 and has held every position within the scholarship. Martin’s travels were mostly by greyhound bus and in his time he covered 34 states, lived with the Inuits in Alaska, visited Guatemala and worked with the British Ambassador in Washington. Although this brings to an end a half century relationship with the Scholarship he will continue to help where he can.

Ellen Burns

The Scholarship chairman Nigel Chapman also recognised the outstanding services of Ellen Burns (pictured with the Lord Mayor), who retired as Secretary after 10 years. Ellen has ensured the scholarship runs effectively and supported each of the scholars before, during and after their travels. Ellen will be greatly missed. The scholarship is in the process of looking for a new secretary, if you are interested please contact Russ Blenkinsop at rooseveltscholarship@gmail.com



The Nottingham Roosevelt Memorial Travelling Scholarship is a charity established in 1946 by the then Lord Mayor of Nottingham Francis Carney in honour of Franklin D Roosevelt for his 'great services rendered to the Nation as President of the United States of America during the recent World War'. The purpose of the scholarship is to build stronger relations between the US and Nottingham by 'obtaining further education in respect in particular of the history and way of life of the American people'. The scholarship is open to anyone aged 21-30 living or working in the county of Nottinghamshire. Further details are on the website www.rooseveltscholarship.org and you can get in touch by emailing rooseveltscholarship@gmail.com