

Lucinda Spokes
Coordinator: Cambridge AWiSE
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I spent a wonderful 14 year career as a Research Scientist looking at the impact of human activity on the oceans before changing my career direction. I now have two part-time jobs promoting careers in science, technology, engineering and maths to school pupils and supporting women in science, engineering and technology.

I am the Coordinator for **Cambridge Association for Women in Science and Engineering**, a regional network for women in Science, Engineering and Technology in industry and academia and for women wishing to return to work after a career break. We run networking meetings which give women the opportunity to make contacts and find out new information. We also provide access to mentoring through the national MentorSET women's mentoring scheme.

I also work for **STEM TEAM Cambridgeshire**, an educational charity working with schools to enthuse and inspire young people about science, technology, engineering and mathematics. This involves running STEM activities in schools, taking about my career and working with Science and Engineering Ambassadors, volunteers come into schools to promote STEM careers.

I really enjoyed my career as a research scientist but found it difficult to combine long periods away with a young family. Having two jobs is great, I love the huge variety of things I get to do and all the people and children I get to meet.



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