



Hime Gashaw

Language(s) Spoken: English and Amharic

Role: Laboratory Manager

Bio: I am a Laboratory Manager within NHLI, based at the Hammersmith Campus (VPD, 5th Floor), supporting laboratory operations and ensuring a safe and efficient working environment. I became a Mental Health First Aider because I strongly believe that mental health is just as important as physical health, and that everyone should feel supported and able to talk openly at work.

I am passionate about promoting a positive and inclusive environment where colleagues feel comfortable seeking support. I am approachable and offer a confidential, non-judgemental space for anyone who may need to talk.

Outside of work, I enjoy spending time outdoors, which helps me maintain my wellbeing and a healthy work-life balance.