

## The Honorary Graduand: Amber Reed

### **Amber Victoria Reed BSc is to be awarded the Honorary Degree of Master of Science.**

Amber Reed is a professional rugby player and former PE teacher. She is the co-captain for Bristol Bears women and has 67 caps for the Red Roses, the first of which came in November 2012.

Although from a rugby family, her early sporting years began playing football as she progressed through the ranks in to the Bristol Rovers Academy. This was until a teacher at school provided the opportunity for girls to try rugby. Ever since then, she has never looked back. From the early days of the Collegiate School 7s team through to playing for England.

With 67 caps to her name, Amber has been part of 9 Women's Six Nations Championships, achieving 4 grand slams titles, and participating in 2 World Cups. This includes her proudest rugby achievement to date; being a member of the Women's Rugby World Cup winning squad in 2014.

During her early England career, she balanced life as a Secondary school PE teacher and elite rugby player. Not only evident on the rugby pitch, Amber's desire to help and support others also shines in her life off the pitch. She is a positive role model to all and continues to demonstrate to others that anything is possible. A strong advocate for the Bristol Bears community foundation projects, Amber actively supports the team in promoting health, well-being and physical activity to girls in the city.

Although her rugby career has been a successful one, at times the journey has been rocky and she has had to navigate several injuries. This prompted her to join Looseheadz, a mental health organisation, as an ambassador. During this time, she has publicly shared her struggles and triumphs to help spread awareness of mental health and help guide others.