

LSTV's Unsung Hero

Niamh Carr

From the moment Niamh Carr stepped through the door of the LSTV office she's been a hero. From her first year, to her year as Head of Sport and now her year as Deputy Station Manager she has been everything that LSTV embodies.

LSTV went through some huge changes this year and without Niamh being as amazing as she always is we would have struggled a lot more than we did. The year before we only posted 15 videos total, but this year that wasn't the case. Through her constant work, often behind the scenes, we were able to post a video every single weekday from the moment she started the role till the moment she left, across holidays, exams and even NaSTA editing week. She took on this mammoth task single handed. Not only did she always make sure that we could always **#filltheschedule**, but she made sure that every single video we posted was quality checked, had a consistent look to it and more importantly, that the people who made it felt valued. Not only by giving great feedback that could help someone improve but giving encouragement to make them *want* to improve and keep making things. She took the time to teach new members, something that made the difference to whether or not those people would come back later in the year.

But that's not all. She was always there to give advice or support, which all helped to foster the welcoming nature of LSTV. Through this year and her three years at LSTV she's acted as a friendly supporting face for so many people, helping them in challenging situations both related to LSTV and in their personal lives - happy to drop whatever she was doing to help when anyone needed her (and we often needed her). There were countless times that her perspective and calmness in stressful situations meant the difference between us succeeding and us failing both as a group and also as individuals.

But more than everything she did in her role she was, and will still be, an amazing friend. Ready at the drop of a hat to laugh and joke around or be serious and give genuine and helpful advice and support. She did everything without expecting anything back, always willing to put other people before herself and not only does that make her our unsung hero this year it also makes her someone we will all really miss as she starts her graduate life.