**Report on BSPR 2018 Annual Meeting**

This year’s BSPR annual meeting on One Health and Wellness, took place in the lovely and historic city of Bradford. The meeting was scheduled over a 3-day period and hosted 4 plenary presentations, 8 keynote speakers, 19 talks and 26 poster presentations. The well-collated programme turned out to be as comprehensive as anticipated and offered an excellent opportunity to engage in both formal and informal discussions with academics, sponsors and vendors.

I attended this year’s BSPR conference as an early stage researcher or PhD student with the short-term goal to network with peers conducting research under a wide range of themes in proteomics and to present a poster of my own work. During the coffee and poster sessions, I found numerous opportunities to hold discussions with like-minded researchers and received valuable feedback on my research. My long-term goal as a researcher is to make a significant scientific contribution in the field of proteomics and the BSPR conference was an excellent exhibit of a wider and exemplary research field. I was introduced to novel areas and methodologies in proteomics, which I believe will serve me well in developing my own aspirations towards a scientific contribution.

In conclusion, I would like to thank the BSPR for the travel award and the distinct opportunity to attend the annual meeting as a recipient of the travel grant. I would also like to thank all the delegates in attendance for making the BSPR conference a significant learning experience. The conference has imparted an extra sense of zeal towards the conclusion of my current research effort to characterise ErbB2 mediated signalling in breast cancer. I certainly look forward to participating and supporting the future initiatives of the BSPR.