

An Introduction to **PASS**

Midwifery

Produced by Midwifery PASS Leaders

Welcome!

Welcome to the University of Manchester! We would like to congratulate you on being accepted onto the B/MMidwif programme here. In the next three to four years, you are going to experience so many new and exciting things, and we are here to help navigate you through them. We're sure that you will have lots of questions, so we have designed this guide to hopefully help answer some of them. As your PASS leaders, we are third-year students who have been trained to support you. We will contact you via your university email address with details of when and where we will meet you in Welcome Week, this will also be posted on your personalised timetable.

We're looking forward to getting to say *"Hello!"*

Your PASS Leaders

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What is PASS?

PASS sessions provide a relaxed, informal environment for you to receive support with your studies. The sessions are designed by **you!** As a first-year student, you get to tell us, your PASS leaders, what you would like to be covered in these sessions. We can then plan some fun and interactive activities that support your way of learning. By working in a group outside of formal lectures and seminars, PASS gives you a chance to meet new people and make friends.

We were in the same position as you a couple of years ago, feeling nervous and excited. But now, with two years of experience behind us, we hope to be able to answer all your queries and concerns, whether they're about assignments, exams, your learning environment, or anything else.

PASS allows you to ask questions that you wouldn't want to ask your lecturers and seminar leads, in a relaxed and friendly atmosphere, and usually with a sweet treat in hand!

Comments from previous students

“—
PASS leaders were awesome. They helped me with any issues I had. They always kept in touch with the PASS group via Facebook, and would upload revision materials and useful learning tools for us to use. They'd also inform us of what topic they would go over, for the following PASS session. —”

“—
Our PASS leaders really put a lot of effort and enthusiasm not only into the sessions, but in providing general support too. I don't know where they find their time! They are really great and have been there with information and reassurance for each of our queries. It has made a big difference having the peer support and guidance. —”

“—
I have thoroughly enjoyed PASS and find it extremely useful and fun. I love my two PASS leaders as they've helped me form revision plans and have been nothing but encouraging and enthusiastic. I'm lucky that the majority of my group want to get involved and we've all become good friends. —”

“—
PASS leaders made the group feel less nervous for exams and gave us revision tips, they also made us feel less anxious for our first learning environment, and they shared their experience with us. I felt comfortable asking any questions that I had, as I knew my PASS leaders have experienced the first-year exam units and assignments. —”

Top tips for Midwifery

PASS stands for
Peer Assisted Study Sessions

Funding

For Student Finance England, see:
<https://www.gov.uk/student-finance>

For NHS Learning Support Fund, see:
<https://www.nhsbsa.nhs.uk/learning-support-fund>

For funding questions or issues, visit:
Student Services Centre on campus or
contact Student Support or Student
Services Centre on 0161 275 5000.

MSH

For Manchester Student Homes, see:
<https://www.manchesterstudenthomes.com/>

MSH advertises university-approved private accommodation for your second and third years. It is essentially a letting agency whose landlords must meet a certain criteria agreed by the universities in Greater Manchester. They can also take a look at tenancy agreements and give housing advice, even if you are not renting through MSH.

16-25 Railcard

You can save up to a third on rail travel with a 16-25 Railcard. Santander also offers this as a reward for taking out a student account with them. Good news for mature students – over 25's can get one too! <https://www.16-25railcard.co.uk/>

Welcome Week

Events will be held throughout the week, which are designed to help you get to grips with the different aspects of university life, including your course, as well as to make friends! During this week you will also meet your Academic Advisor and your PASS leaders.

Academic Advisor

Your Academic Advisor is a member of the teaching team, (typically someone from your programme) who is there to help support you throughout your studies. They should be your first port of call if you are experiencing any problems or require some guidance.

ID Card

Make sure you pick your ID card up as soon as possible. You will need this to enter some buildings, such as the Library and the Alan Gilbert Learning Commons (AGLC). You can store money on your card for printing and cafes on campus, as well as use it to borrow books from the library. It will serve as your ID whilst in your learning environment and the university - Remember to ask shops and restaurants if they offer a student discount, even McDonalds will give you a free item when you buy a meal!

Council Tax

As a student you are usually exempt from this charge (or eligible for a discount).

For more information see:

<http://www.studentsupport.manchester.ac.uk/finances/a-z/council-tax/>

Blackboard

Blackboard is the university's virtual learning system, this is where you can access everything relevant to your course, including your lecture slides, reading lists, library services and learning environment allocations. Most importantly, this is where you hand in your assignments and view your grades. You can access Blackboard by logging into MyManchester

Student Services Centre

The Student Services Centre is located on Burlington Street. This is the place to go with any queries on finance and council tax and where you will need to go to collect your student ID card.

Manchester Students' Union

The Student Union is located on Oxford Road, beside the Alan Gilbert Learning Commons. Inside you will find a pub, cafes, shops (with all the uni essentials) and even a club downstairs and next door! This is also where the Advice and Guidance Centre is based. Click on the following link to find out more University of Manchester Students' Union (manchesterstudentsunion.com)

The Counselling Service

The University's Counselling Service offers free appointments and events (aimed to help to support students adapting to university life) Counselling and Mental Health Service (The University of Manchester)

Student Hub

The Student Hub is a central place for you to access support services, resources to support your day-to-day wellbeing and find answers to common queries.



Jean McFarlane Building

The Jean McFarlane Building is the home of the Division of Nursing, Midwifery and Social Work, you will find on the:

Ground floor:

The Student Hub G.319

The Programmes Office G.304

The Exams Office G.313.

1st floor:

The Clinical Skills labs

2nd floor:

Teaching rooms

Computers and desks

3rd floor:

Student Support Office 3.335b

(Lecturers' offices can be found on the higher floor)

Occupational Health

As Midwifery students you will be aware that you will require certain vaccinations for placement. You will be given a first appointment, which you must attend – and don't worry, everyone is lovely. The Occupational Health Service is located directly opposite University Place on Oxford Road. Occupational Health Service (The University of Manchester)

Diary

A good diary is a must for Midwifery students, from lecture rooms to your learning environment hours, socials and events pop up all the time, so knowing when you are available will stop those awkward double bookings.

Health

We do want you to enjoy yourselves but please don't ignore your physical or mental wellbeing. As a full-time student, you may be entitled to help with your health care costs, such as free NHS prescriptions, NHS dental treatment and eye tests.

Pick up or download a HC11 form from the Students' Union. You should try to register with a local GP as soon as possible. We also ask that you keep an eye on your friends, as we do not want anyone to feel alone!

Eating on Campus

There are many places to purchase food around campus. The Marketplace is located in University Place, here you can pick up a delicious lunch or even a cooked breakfast.

There are lots of smaller cafes around campus, such as the Benugo Café in the Simon Building which offers salads, sandwiches, pastas and great coffee, and the Greenhouse Café in the George Kenyon Building. These both have veggie and vegan options too. You'll also find a selection of cafes on University Green, by the Business School.

Library and Alan Gilbert Learning Commons (AGLC)

During term time, the Alan Gilbert Learning Commons (aka. "Ali G") is open 8am – 8pm every weekday and 9am - 5pm on weekends (during exam season the library is open longer). Here you will find over 400 workstations, a cafe, and 24hr vending machines. There are also study areas in some the halls of residence.

My Learning Essentials, part of the library services, also runs useful workshops for study skills:

[Locations \(The University of Manchester Library\)](#)

[My Learning Essentials \(The University of Manchester Library\)](#)

Internet and Social Media

Internet access is available throughout the university through Eduroam Wi-Fi for your personal devices. Please be aware when using social media that you are representing both the university and the NMC with your posts.

You will be held accountable for any inappropriate behaviour on social media sites. Please see below for more information:

<https://www.nmc.org.uk/standards/guidance/social-media-guidance>

Keeping Fit

Keeping Fit Keeping fit and active is a good way of relieving the stresses and pressures university can give. The two gyms that are the closest to university grounds are the Manchester Aquatics Centre and Manchester Armitage Centre. If you are really into keeping fit, sport societies are a good way to merge fitness and socialising.

<http://www.better.org.uk/leisure-centre/manchester/manchester-aquatics-centre>

<http://www.sport.manchester.ac.uk/facilities/armitage>

Reading

The course unit leads and lecturers provide additional reading lists for each module covered. These are helpful for students to gain a wider knowledge and base of modules. Copies are available through the library and full texts available online. You will never have to buy books that the university asks you to read.

Transport

£2.00 can get you far in Manchester! For that you can get buses 143 or 142 from the centre of Manchester, stopping at the university and all the way to West/East Didsbury.

You can also catch the 147 bus, this will take you between the different university campuses for free (provided you show your student card), operating Mon-Fri 7am-6pm.

If your placement is near a bus route, it could be worth getting a bus pass, as you can use it for both commutes to uni and to your placement. It could definitely be a money saver!

There are now cycle lanes down Oxford/Wilmslow Road (the main university streets) with many free places to lock and service your bikes. The nearest train station (Oxford Road) is a 13-minute walk from uni. Alternatively, once you get off the free 147 bus at North Campus, it's only a short walk to Manchester Piccadilly train station.



Uniform

Following lots of guidance, the uni will order your uniform for you (for free). It's so exciting once you get to finally try your uniform on – it feels like the first step towards being a 'real midwife'! Its practical and comfortable design is a necessity for surviving those long shifts.

The uniform will help you to look professional, alongside minimal makeup, hair above the collar and covered black shoes.

Extended Semester Summer Accommodation

You should check the terms of your rental agreements to see whether you are able to stay in your room in halls during holiday times, as it may be rented out commercially. Due to the extended semester, you may need to book extra weeks (e.g., between your first- and second-year accommodation rental dates). You can do this by contacting your halls of residence directly or online via the UoM accommodation website. We suggest that you aim to get your second-year accommodation sorted by the middle of semester 2 (or at least be in the process of looking then). If you need to stay in halls over the summer, please see:

<https://www.manchester.ac.uk/study/experience/accommodation/>

Tips for your Learning Environment

Learning environments are an integral part of your course. We know that they can also be daunting, so we've put together 10 top tips of things for you to remember before you start.

- 1.** Phone your learning environment at least two weeks in advance to get your rota.
- 2.** A practice run to your learning environment is always a good idea! This will help familiarise yourself with the route and the time it takes to get there.
- 3.** Take a packed lunch on your first day in case you are too busy to find a place to buy something to eat.
- 4.** If you're eligible, make sure that you save your bus/tram/train tickets because you will need them to claim back your travel costs from the NHS Bursaries 'Learning Support Fund (LSF)'. Make sure you claim your expenses within 9 months of buying the tickets.

- 5.** Safety first - you will be working unsociable hours so be sensible, check out transport in advance, keep to well-lit roads and make sure friends know when you should be home.
- 6.** Question time - don't be afraid to ask questions! This is your chance to learn from the professionals and it will show that you are keen and interested.
- 7.** What not to wear - find out the dress code of your learning environment/trust, make sure your uniform is clean and presentable and don't forget your name badge and ID.
- 8.** So much paperwork... make sure you get your hours signed off regularly and make photocopies of all your documents before you submit them. Make sure you keep your paperwork up-to-date, don't leave it until the end of the learning environment!
- 9.** Get to know your trust policies and where to find them – your practice will be according to the trust guidelines.
- 10.** Enjoy yourself! Your learning environment is for you so make the most of it. You'll have lots of new and exciting experiences.

University Societies

Moving to a different place and becoming a university student can be a massive step into the unknown. So, whilst you're getting settled, it's a nice feeling to have your social calendar full of events and opportunities to meet new people. One way of achieving this is by joining a society! Societies are a chance to get involved in something that you feel passionate about and connect with others who share your passion. You can develop useful skills such as time management, leadership, and organisation. These can be utilised throughout your studies and placements plus, they will enhance your CV.

From Board Games to Philosophy there are over 400 different societies arranged through the Students' Union ready for you to try and take part in. There is something for everyone, and if you can't find what you're looking for then you can always start your own! The complete list of societies at the University of Manchester can be found here: [University of Manchester Students' Union \(sums.su\)](https://sums.su) When looking at societies to join, Midsoc (Midwifery Society) and HEAL (Healthcare Alliance) are a great place to start. These societies hold a range of activities from guest lecturers to nights out. Ask your PASS Leaders which societies they have been a part of, for some further inspiration.

Things to do in Manchester

Activities

Black Dog Ballroom

Northern Quarter bar with pool tables. Free pool for students on weekdays before 5pm.

Breakout Manchester

A live escape room game, located near Shudehill tram station.

Chill Factor

Indoor snow centre located near the Trafford Centre, look out for student discount days.

Flight Club

The place in Manchester to play social darts, located on King Street.

Junkyard Golf

Crazy golf near HOME, featuring UV lighting and bar.

MediaCityUK

TV studios based in Salford. Sign up online for free tickets to be part of a live TV audience for shows such as Take Me Out or Judge Rinder.

Twenty Twenty Two

Underground Ping Pong Bar in the Northern Quarter, with great music and cocktails

Food and Drink

The Koffee Pot

The best breakfast and brunch in Northern Quarter, located on Oldham Street.

Black Milk

Counter-serve dessert café offering freak shakes, fresh bakes, pancakes, ice cream sundaes and frozen cocktails.

Cloud23

On the 23rd floor of the Hilton Hotel, expensive cocktails but worth it for the view (on a clear day).

Grub

Street food event every weekend in an old warehouse, featuring a range of food vendors and live music.

Street Food Market at Piccadilly

Located in Piccadilly Gardens with fresh bakery goods and hot street food on Saturdays.

Rudy's Neapolitan Pizza

The best pizza in Manchester! With restaurants all over the city!

Thaikhun

Amazing Thai street food restaurant in Spinningfields, student discount Tuesdays with main courses for just £7.

Fallowfield Campus

Squirrels

Squirrels in Oak House is popular sports bar with fantastic plasma screens and Sky Sport to see all the great sporting events.

Northern Quarter

Luck Lust and Liqour & Burn

Serving Mexican food and fancy cocktails topped with sweet treats.

Matt & Phred's

Jazz bar with live music and stone baked pizzas.

Turtle Bay

Caribbean food and cocktails with happy hours between 12- 7pm and from 10pm to close.



City Centre

Be at One

Serving any kind of cocktail you could wish for; download the app for your own happy hour.

The Washhouse

Step through a washing machine into a quirky bar serving cocktails and house music.

Galleries

Home

An arts' space featuring cinema and theatre not far from Oxford Road.

Manchester Art Gallery

In the heart of Manchester's city centre.

Whitworth Art Gallery

Located near the University of Manchester.



Museums

Imperial War Museum North

Museum of Science and Industry

The Manchester Museum

National Football Museum

People's History Museum

