

MANCHESTER
1824

The University of Manchester

Midwifery
PASS

An introduction to PASS Midwifery



PASS

Produced by Midwifery PASS Leaders

Welcome!

Welcome to the University of Manchester! We would like to congratulate you on being accepted onto the BMidwif programme here. The next three years will completely change your life in so many ways, some you cannot even imagine at the moment! You will have lots of questions to ask and this guide has been designed to answer some of them.

We are your PASS leaders – year 3 students who have been trained to support you – and we are ready and waiting to meet you in Welcome Week. Put a note in your diary that the Introduction to PASS Lunch with your leaders will take place from **11am-1pm on Tuesday 17th September**. Details about where to meet will be on your personalised timetable.

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

Your PASS Leaders,

Gracious, Grace, Samantha, April, Hannah, Satveer, Chloe W, Natalie, Rachel Walker, Rachel O, Emma, Rachel Wadkins, Bethan, Isabel, Harriet and Bethany.

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What is PASS?

PASS sessions are designed by YOU! As a first-year student, YOU get to tell us, your PASS leaders, what you'd like us to cover in your sessions. We will then plan fun and interactive activities to support your learning. By working in a group outside of formal lectures and seminars, you have the chance to meet new people and make new friends.

We were in your shoes this time two years ago, feeling nervous and excited. But with two years' experience behind us, we hope to be able to answer all your questions and concerns about assignments, exams and placement.

PASS is an opportunity to ask us about all the things you wouldn't ask your lecturers and seminar leads, in a relaxed and friendly atmosphere, 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."

"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 placement, and they shared their placement 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."

"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."

Top Tips for Midwifery Students

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 the Student Services Centre on campus or contact them on ssc@manchester.ac.uk or 0161 275 5000.

16-25 Railcard

You can save up to a third on rail travel with a 16-25 Railcard. Some banks also offer this as a reward for taking out a student account with them. Good news for mature students – over 25's can also get one!

<https://www.16-25railcard.co.uk/>

Manchester Student Homes (MSH)

<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.

Welcome Week

Welcome Week is a great opportunity to start getting to know your flat mates, neighbours, and course mates, as well as a chance to explore Manchester by day and night!

Despite preconceptions, Welcome Week isn't all about partying (!). The Division holds events 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.



ID Card

Make sure you pick [your ID card](#) up as soon as possible. You will need it to enter some buildings, the Library and the Alan Gilbert Learning Commons (AGLC). It allows you to borrow books from the Library, store money on it for printing or for use in the cafes on campus. It will serve as your ID whilst in university and on placement. (Also ask when you buy something in a shop, as you may be able to get a student discount – even McDonalds will give you a free item when you buy a meal!).



PASS

PASS stands for Peer Assisted Study Sessions – see Page 4 for more info.

Academic Advisors

Your Academic Advisor is a member of the teaching team for your Programme who is there to support you throughout your course. They should be your first port of call if you are experiencing any problems or require guidance.

Blackboard

Blackboard is the University's virtual learning system where you can access everything relevant to your course, including your timetable, lecture slides, reading lists, library services and placement allocations. More importantly, it is also where you hand in your assignments and view your grades. Access Blackboard by logging into MyManchester.

Council Tax

As a student you may be exempt from this charge (or eligible for a discount). For more information see: <http://www.studentsupport.manchester.ac.uk/finances/a-z/council-tax/>

Manchester Students' Union

The Student Union is located on Oxford Road, beside the Alan Gilbert Learning Commons. It has a restaurant (which offers half price vegetarian food on a Monday!), shops which have uni essentials and a Starbucks! It also has an Advice Centre and a bar/club in the basement!

<https://manchesterstudentsunion.com/>

Jean McFarlane Building

The Jean McFarlane Building is the home of the Division of Nursing, Midwifery and Social Work at the University of Manchester. On the ground floor, you will find the Programme Office (G.319) for general and teaching enquiries, and the Exams Office (G.313). On the first floor you will find the clinical skills labs. There is a computer cluster on the second floor, and the Student Support Office (3.335b) is on the third floor. Lecturers' offices are on the higher floors.



Student Services Centre

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

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 a HC11 form from the Students' Union or download one. You should also 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!

Occupational Health Service

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.

<http://www.occhealth.manchester.ac.uk/>

The Counselling Service

The University's Counseling Service offers free events and appointments to support students adapting to university life.

<https://www.counsellingservice.manchester.ac.uk/>

Library and Alan Gilbert Learning Commons (AGLC)

During term time, the Alan Gilbert Learning Commons (aka. “Ali G”) is open for 24 hours a day (and during exam season the library is open longer). With a large array of multimedia group spaces, over 400 workstations and a café and vending machines for those much needed 4am coffees! My Learning Essentials, part of the library services, runs useful workshops for study skills.

<http://www.library.manchester.ac.uk/locations-and-opening-hours/>

<http://www.library.manchester.ac.uk/my-learning-essentials/>

Reading

The course units and lecturers provide additional reading lists for each module covered. These are helpful for 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

£1.50 can get you far in Manchester! For that you can get buses 143 or 142 from the centre of Manchester, stopping at the university to West/East Didsbury, which is useful on a student budget! You can also catch the 147 bus, which will take you between the different university campuses for free (provided you show your student card), operating Mon-Fri 7am-6pm.

There are new 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

You get to try your uniform on before the uni order it for you (it's free!). Collecting this from uni is exciting – it feels like the first step towards being a “real midwife”!

Designed for its practicality, comfort is a necessity to survive those long shifts. The uniform helps you look professional, as well as 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 – 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). This is done by contacting your halls of residence directly or online via the UoM Accommodation website. Try and get your second year accommodation sorted or at least be looking by the beginning of semester 2. If you need to stay in halls over the summer, see: <http://www.accommodation.manchester.ac.uk/>

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

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

Eating on Campus

There are many places to purchase food around campus. The Marketplace is located in University Place where you can pick up a cooked breakfast or lunch. There is also Veggie Place with a salad bar and a choice of drinks. There are lots of smaller cafes such as around campus, including the Simon Building which offers salads, ciabattas and pastas, as well as the Jean McFarlane Building's café which serves soup, sandwiches and jacket potatoes. There is also a selection of cafes on University Green, by the Business School, such as Pret a Manger, Friska, Café Nero and Takk. Supermarkets on campus include Sainsbury's, Morrison's and Co-Op, where you can get £3.50 meal deals.

Keeping Fit

Keeping fit and active is a good way of relieving the stresses and pressures that university and placement can give. Two gyms close to university grounds include the Manchester Aquatics Centre and Manchester Armitage Centre. Sport societies merge fitness and socialising.

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

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

Diary

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

Placement Tips

Placements are an integral part of your course. They can be daunting so we've put together 10 top tips of things you should think about before you start for the first time.

1. Phone your placement area at least two weeks in advance to get your rota.
2. A practice run to your placement 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 placement/trust. Make sure your uniform is clean and presentable - 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 of your documents before you submit them. Make sure you keep your paperwork up-to-date - don't leave it until the end of the placement!
9. Get to know your trust policies and where to find them - you will practice according to trust guidelines.
10. Enjoy yourself! Your placement is for you so make the most of it. You'll have lots of new and exciting experiences.

University Societies

Moving to an unfamiliar 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 feeling full and to meet new people. One way of achieving this is by joining a society!

Joining a society is a chance to get involved in something you feel passionate about plus it is a chance to connect with others who share that passion who may not be on your course.

Also time management, leadership, organisation are the kind of skills you can develop from being in a society and can utilise them 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 but if you don't find what you're looking for you can always start your own!

The complete list of societies at the University of Manchester can be found here:

<https://manchesterstudentsunion.com/societies>.

Midsoc (Midwifery Society) and HEAL (Healthcare Alliance) are a great place to start when looking at societies to join. These societies hold a range of activities from guest lectures on interesting topics to nights out so there is something for everyone!

Ask your PASS Leaders for advice on the societies they have been a part of for some further inspiration.



Come along to the Societies Fair in Welcome Week to see what is on offer and sign up!

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

An escape room near Shudehill tram station.

Chill Factore

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

Dog Bowl

City centre bowling alley and bar. Sign up for student 'dog tag' for a 50% discount.

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

Alabama's All American Eatery

Best American brunch in town

Cereal Café

Cereal Café serving American cereals, freak shakes and everything sweet.

Cloud 23

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.

Piccadilly Food Market

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

Rudy's Neapolitan Pizza

The best pizza in Manchester! Be prepared to queue for a table, but it's worth it!

Thaikhun

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

Things To Do in Manchester

Northern Quarter	City Centre
<u>Luck Lust Liquor & Burn</u> Serving Mexican food and fancy cocktails topped with sweet treats.	<u>Be at One</u> Serving any kind of cocktail you could wish for; download the app for your own happy hour.
<u>Matt and Phred's</u> Jazz bar with live music and stone baked pizzas.	<u>The Washhouse</u> Step through a washing machine into a quirky bar serving cocktails and house music.
<u>Turtle Bay</u> Caribbean food and cocktails with happy hours between 12-7pm and from 10pm to close.	<u>17 Below</u> Retro bar with video games. Happy hour 5-8pm every day.

Galleries	Museums
<u>Home</u> An arts' space featuring cinema and theatre not far from Oxford Road.	<u>Imperial War Museum North</u>
<u>Manchester Art Gallery</u> In the heart of Manchester's city centre.	<u>Museum of Science and Industry</u>
<u>Whitworth Art Gallery</u> Located near the University of Manchester.	<u>The Manchester Museum</u>
	<u>National Football Museum</u>
	<u>People's History Museum</u>

