

# MANCHESTER MEDICINE PEER MENTORING

**PEER**  
MENTORING  
MEDICINE

MANCHESTER  
1824

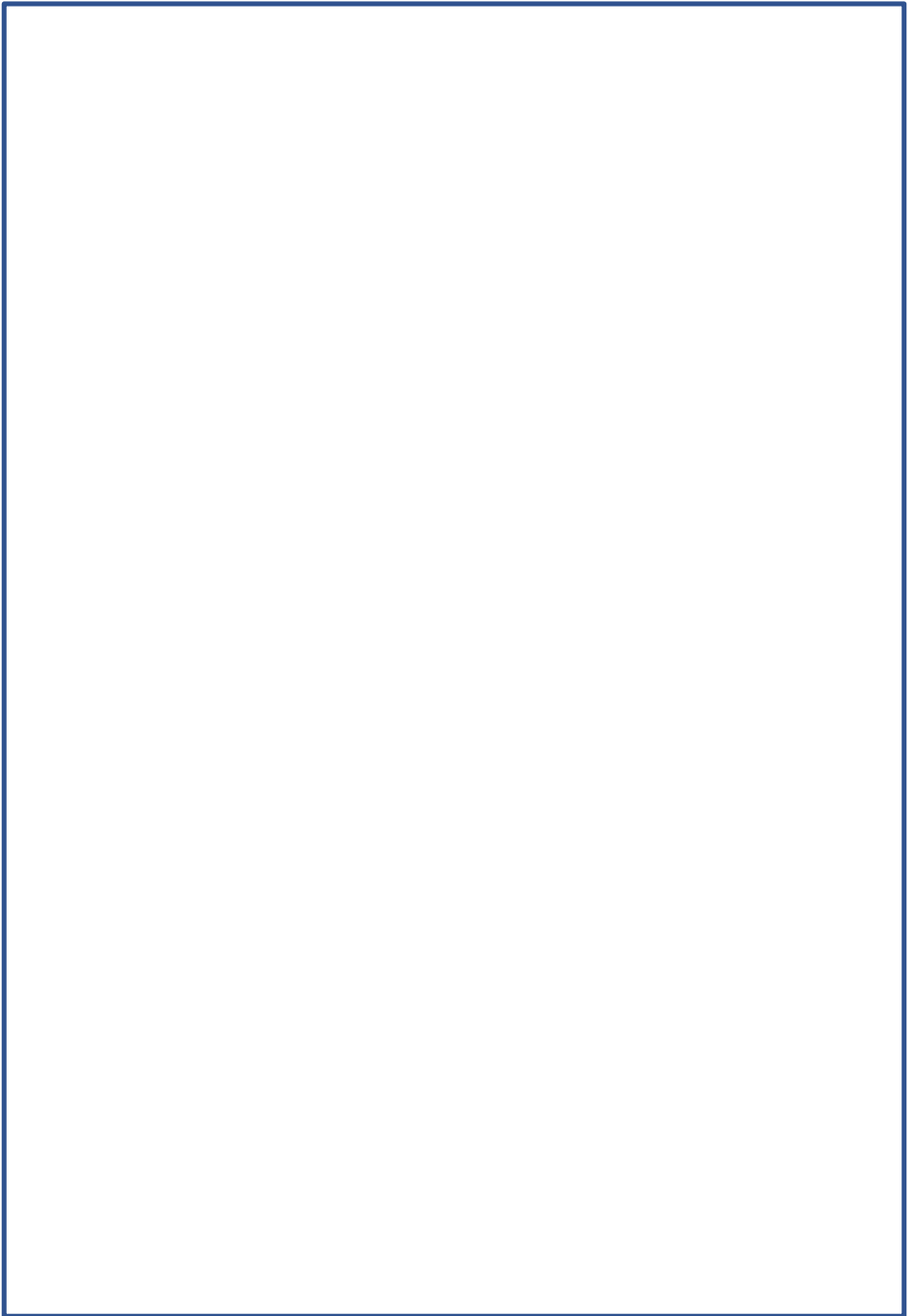
The University of Manchester

I BELONG TO

.....

WELCOME BOOKLET FROM  
MEDICINE PEER MENTORING  
2019 - 2020





# MANCHESTER MEDICINE PEER MENTORING

**PEER**  
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## CONTENTS

### PAGE NO.

4 - 10

5 - 6

7

8

9

10

### **INTRODUCTION**

PEER MENTOR STUDENT COORDINATORS

HOW IT WORKS! 'PEER MENTORING'

INTERNATIONAL MENTORS

MATURE MENTORS

WELCOME EVENTS

11 - 18

12

13

14

15

16

17

18

### **STUDYING MEDICINE AT THE UNIVERSITY**

ACADEMIC YEAR 2019/20

HELP & ADVICE

STUDENT SUPPORT

YEARS 1, 2 & FOUNDATION

THE UNIVERSITY OF MANCHESTER MEDICAL SCHOOL

EXAMS AND ASSESSMENTS

OTHER USEFUL INFORMATION

19 - 26

20

21 - 23

24

25

### **LIFE AS A STUDENT IN MANCHESTER**

MANAGING MONEY

EVERYDAY LIFE IN MANCHESTER

STUDENT SECURITY

SOCIAL LIFE

26 - 29

27

28

29

### **LET US INTRODUCE MEDSOC**

INTRODUCTION TO MEDSOC

MEDSOC COMMITTEE

MEDSOC CHARITY BALL

30

31

32

33 - 42

43 - 45

### **COMBINED SOCIAL CALENDAR 2019/20**

**MEDICS' PANTO**

**THE MEDICS' REVUE**

**SOCIETIES, SPORTS and CHARITIES**

NOTES PAGES

## INDUCTION

### **Congratulations– Welcome to The University of Manchester Medical School!**

Over the course of the Programme (aside from studying hard of course) you will have many opportunities to get involved in exciting clubs, societies and events, whilst making lifelong friends.

The first few weeks can be daunting and it is not easy to know where to look to for help. This booklet has been especially produced by the student coordinators for the 'Mummies and Daddies' Peer Mentoring Scheme to help you settle into the University of Manchester, and indeed the city of Manchester itself during your first year of studying Medicine. We have divided the booklet into 4 sections:

**1) Introduction to the Peer Mentoring “Mummies and Daddies”**

**Scheme** - A quick overview of what your Peer Mentoring scheme is about and what it can do for you.

**2) Studying Medicine At The University of Manchester** - An outline of the course and exams, which books to use, who to contact for help, as well as medic clubs and societies.

**3) Life As A Student In Manchester** - All the hints and tips you'll need concerning student finance, staying safe, where to shop, where to eat, leisure facilities and transport in Manchester.

**4) An Introduction To MedSoc**– The newly elected MedSoc (Medical Society) Committee outlines events coming up in 2019/20 and all the other societies that exist.

We hope you find this booklet useful. If you do have any comments, queries or questions then please email us at:

[mentor.medics@manchester.ac.uk](mailto:mentor.medics@manchester.ac.uk)

# MANCHESTER MEDICINE PEER MENTORING

**PEER**  
MENTORING  
MEDICINE

## PEER MENTOR STUDENT COORDINATORS

Peer Mentoring is a social support network for students. We are the four 3rd year medics (Becca, Molly, Robyn and Ishwar) that have been chosen to run the Peer Mentor Scheme (also known as 'Mummies and Daddies' Scheme). We were all peer mentors in 2nd year, and now it's our job to ensure the smooth running of the scheme this year, making sure your 'Mummies and Daddies' are fulfilling their role as peer mentors. We have been responsible for the selection of a wonderful group of 2nd year students who will be your peer mentors for the duration of your first year and maybe beyond.

### **We will be here throughout the year to:**

- Support your new 'families' and ensure you and your peer mentors have the support needed throughout the next year.
- Plan and organise social events.
- Continually improve the scheme, so we can make your first year as enjoyable as we can.

We hope your feedback will help us make improvements where possible.

If you have any queries, or ideas about how the Peer Mentor Scheme can be improved, please feel free to contact us at:

[mentor.medics@manchester.ac.uk](mailto:mentor.medics@manchester.ac.uk)

Or like us via our Facebook page '**Mummies and Daddies 19/20**'



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**PEER**  
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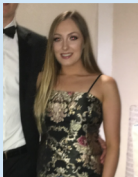
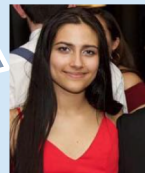
## PEER MENTOR STUDENT COORDINATORS

Our main aim as coordinators is to ensure that your first year runs smoothly and you always have a strong support network to rely on. Although your 'Mummies and Daddies' are your first port of call for help, we are a friendly bunch and are always willing to lend an ear should you wish to speak to us instead.

Becca Vitarana

Hello everyone! Congratulations on getting into Manchester, you've done exceptionally well!

My name is Becca and I'm from the wonderful city of Birmingham:) I am based at MRI so don't be afraid to ask for any help if you see me around or feel free to message me on facebook. We have some fantastic events lined up for you all and I am looking forward to meeting you all in September!

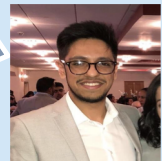


Robyn Smith

Hi I'm Robyn and I'm from Newcastle. Well done for getting into Manchester, it's a great city and has so much going on. The course is really interesting and has an amazing team of staff, always there to support you.. I am based at Wythenshawe hospital (South Manchester trust) so please feel free to ask me any questions! Can't wait to meet you!

Ishwar Malhi

Hello I'm Ishwar and I'm from Lancashire. Welcome to medicine at Manchester! Well done, the hard work has paid off, I hope you enjoy the course and the fun filled years to come! I am based at Salford Hospital and can't wait to meet you all in September!! Feel free to contact me if you ever have any questions.



Molly Riglar

Hi, I'm Molly and I'm from Stroud in Gloucestershire. Congratulations on getting into Manchester Medical School, you will have the best time here! Manchester is a great city, full of amazing things to do and the medical school is always supportive, friendly and lovely to be a part of. I am so privileged to be a Mentor Coordinator.. I am based at MRI next year, so will always be around to answer any questions that you may have, don't be afraid to ask!



## HOW IT WORKS! 'PEER MENTORING'

**Starting in Year 1:** On the first day of Welcome Week, you will meet your first Problem Based Learning (PBL) group: there will be 10-12 of you, and each group is assigned 4 peer mentors (the “Mummies” and “Daddies”). Your medic parents will be second year students, who will be responsible for looking after you during welcome week and support you during the upcoming year.

**Starting in the Foundation Year:** A104 Foundation Year students will also be allocated Peer Mentors. It is not always possible for Foundation Year students to have a Peer Mentor who has been part of the Foundation Year Programme themselves. However, Foundation Year students will have opportunities during the Foundation Year to meet and get guidance from Foundation Year students in previous years. Also, the Foundation Year course tutor, Anne-Marie Smith, will give you lots of help and support. Email: [anne-marie.smith@manchester.ac.uk](mailto:anne-marie.smith@manchester.ac.uk)

**Support:** Your Peer Mentors are there for you to talk to about anything that is concerning you. They will help you settle in and they have been trained to give you effective support. Your peer mentors were in your position last year but are now a year older and (hopefully!) wiser, so don't be afraid to confide in them as it is their role to give you guidance. However, should you experience any problems either at University or even during your time at home, it is important to get in touch with someone that can help as soon as possible. Your peer mentors have been trained to know who to turn to with any problem, so remember - you are never alone at university, **there is always someone willing to listen!**

**Academic Advice:** It is important to note that the Peer Mentor Scheme does not offer academic support. Your Mummies and Daddies are not allowed to give you advice concerning revision, the content of exams, or exactly what books to rely on. The exams and the course vary from year to year and their advice may be incorrect and even unhelpful. They can, however, advise you on matters such as time management and coping with exam stress. Later in this booklet will direct you on who to ask for academic help.

# MANCHESTER MEDICINE PEER MENTORING

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MEDICINE

## INTERNATIONAL MENTORS



The University of Manchester Medical School has set up an International Mentoring scheme alongside the Peer Mentoring scheme for students coming from abroad. This is designed to help with any particular worries that international students in may have that their PBL “Mummies and Daddies” may not be able to answer.

### We can help with:

- Opening bank accounts
- Finding your way around the city
- Homesickness :(
- Culture Shocks
- Joining social events

The International Mentors are here to make international students feel comfortable in a new environment. Starting university is daunting enough, let alone having to do it in an entirely different country.

Don't hesitate to look us up if you have any questions or problems! We're very friendly :) E-Mail: [Internationalmentors.medics@manchester.ac.uk](mailto:Internationalmentors.medics@manchester.ac.uk)

You can also find us on Facebook, the link is:  
<https://www.facebook.com/groups/2370601259662862/?ref=share>

**Important date for your diary!** - We are organising a welcome event for EU and International students, where you will have a great opportunity to meet your mentors and ask questions. The event will be taking place as follows:

Date: **Friday 13<sup>th</sup> September 2019**

Time: **3:00pm**

Venue: **Committee Rooms A&B in Stopford Building**

Keep up to date on our Facebook page!

# MANCHESTER MEDICINE PEER MENTORING

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## MATURE MENTORS

It can feel strange beginning at the university and being older than most of your peers, especially when it comes to calling somebody younger than you 'Mummy' or 'Daddy!' The Peer Mentoring Scheme is an invaluable resource for getting to know students in welcome week and for the rest of the year. Whilst this is a hugely beneficial scheme, you may feel that it would be helpful to meet people in the same position! Having been in your situation this time last year we are here as a source of support and advice for any problems specific to mature students or other problems which you may feel more comfortable discussing with us.

We have chosen to take part in this scheme as we want to offer you advice but also because we want to have fun! We will organise events throughout the year which provide valuable networking opportunities where you can meet other mature students. Come along to our events and let's use that **extra 'life-experience'** we've got to have a great time!

Email us at: [maturementors.medics@manchester.ac.uk](mailto:maturementors.medics@manchester.ac.uk)

Facebook link is: <https://www.facebook.com/groups/2210214149047426/>

It's called University of Manchester - Mature Medics 2019-2020.

There are a wide range of student societies that mature students can get involved with. Have a look at the Students' Union website for more details:

<http://manchesterstudentsunion.com/>

Childcare - For students with young children you may find the following link useful:

<http://www.manchester.ac.uk/study/experience/student-life/university/student-support/>

**Important Date for your Diary!** – We are organising a welcome event for mature (i.e. 21 years old or over) medical students who are beginning the Medicine Programme in September. The event will be taking place as follows:

Date: **Wednesday 25<sup>th</sup> September 2019**

Time: **1:15pm**

Venue: **Student Common Room in Stopford Building**

## WELCOME EVENTS

### **Monday 16th September**

#### **Year 1: Meeting your Peer Mentors and 1st PBL group**

You will meet the other members of your first PBL group and the four 2<sup>nd</sup> years who will be your peer mentors. Your peer mentors will answer any questions you may have, give you a campus tour, a tour of the medical school and be there to support you on your first day. There will also be a helpdesk on the ground floor of the Stopford Medical building please come over for a chat as they're all very friendly and are more than happy to help!

#### **A104 Foundation Year: Meeting your Peer Mentors and your group**

You will meet your fellow A104 Foundation Year students and your Peer Mentors, who will answer any questions you may have. They are happy to help!

### **Thursday 19th September:**

#### **A104 Foundation Year: Welcome Lunch**

A Welcome Lunch for the A104 Foundation Year students and students on the International Foundation Year programme together with their Peer Mentors, previous FY students and Foundation Year staff.

### **Wednesday 18th September:**

#### **Year 1: Mummies & Daddies Welcome Meal**

This will be the highlight of your Welcome events, an afternoon with your new PBL family! Year 1 Students will head out for a 3-course-meal with their peer mentors. The whole evening is something fun and different. There will be just a £5 contribution for the meal with the University of Manchester Medical School funding the rest. **Please pay by e-store before arriving using the link on your letter.**

#### **(Date TBC) Mummies & Daddies social event: The Big Fat Medics Quiz of the Year!**

Come along and enjoy an evening with your new PBL families with the chance to win some fantastic prizes. The night will cater for both drinkers and non-drinkers, so everyone can get involved! **More details of this event will be published closer to the time!**

### **Thursday 26<sup>th</sup> September:**

#### **MedSoc Pyjama Pub crawl**

This event attracts a thousand Manchester medics every year! Your parents will take you shopping as a family to buy matching pyjamas or a cosy fleece onesie? Once everyone is dressed in their matching outfits, a sea of medics will descend on Manchester, visiting numerous bars along the pub crawl route and ending at a club. Even those who do not drink alcohol have a great time!

**STUDYING AT THE  
UNIVERSITY OF  
MANCHESTER  
MEDICAL SCHOOL  
(ALMOST)  
EVERYTHING YOU  
WILL NEED TO  
KNOW...**

## ACADEMIC YEAR 2019/20

These are the term dates for the Foundation Year and Years 1 and 2. (Please note Years 3-5 do not have the same terms.). You are expected to be in attendance at all times during these dates as lectures and practical's are scheduled throughout the week.

### **SEMESTER 1 (Autumn/Winter)**

- 16th September - 13th December 2019
- Christmas Holiday - 14th December 2019 - 12th January 2020
- Exam Period - 13th January - 24th January 2020

### **SEMESTER 2 (Winter/Spring)**

- 27th January - 27th March 2020
- Easter Holiday - 28th March to 19th April 2020
- 20th April - 10th May 2020 (*semester continues*)
- Exam Period - 11th May - 5th June 2020

### **YEAR 1 & YEAR 2 PROGRAMME SUPPORT:**

**Email:** [years1-2mbchb@manchester.ac.uk](mailto:years1-2mbchb@manchester.ac.uk)

**Tel:** 0161 275 5292

This is your key contact! they support Years 1 and 2 of the MBChB, which includes helping to organise registration and teaching events, as well as answering student queries.

### **STUDENT OCCUPATIONAL HEALTH**

**Tel:** 0161 275 2858

Waterloo Place, 182-184 Oxford Rd

You will hear from Occupational Health early in year 1 or Year 0 to make sure *all* your vaccinations are up to date in preparation for clinical education years. Information about making appointments will be provided when you start. It is essential that you keep these appointments.

**Helpful Hint:** It might be useful to store these numbers in your mobile!

## HELP & ADVICE

### **UNIVERSITY OF MANCHESTER MEDICAL SCHOOL RECEPTION:**

This is found on the ground floor of the **Stopford Building** by the entrance. The reception can be contacted should you have any administrative queries.

Tel: **0161 306 0460**

### **STUDENTS WITH DISABILITIES:**

The University has its own Disability Advisory and Support Service (DASS). This is found on the second floor of **University Place** and you can telephone them to make an appointment. Tel: **0161 275 7512**

Their website address is <http://www.dass.manchester.ac.uk/>

The Medicine Programme has its own disability co-ordinator, Mrs Alison Howard, who can be contacted should you wish to discuss anything. **Email:** [a.howard@manchester.ac.uk](mailto:a.howard@manchester.ac.uk)

### **ACCOMMODATION:**

Each individual Hall of Residence can be contacted through their reception. The accommodation office can also be contacted for general enquiries on Tel: **0161 275 2888**

### **INTERNATIONAL STUDENTS:**

The Student Services Centre (SSC) at the University is a central point for information for all students and can provide advice specific to international students. You can

**Email:** [ssc@manchester.ac.uk](mailto:ssc@manchester.ac.uk)

There is also an International Society found in the Students Union, which can be reached on

**Tel: 0161 275 4959** or see their website at: <http://internationalsociety.org.uk/>

### **NIGHTLINE:**

This is a telephone advice and listening service for students, run by students between 8pm and 8am every day. You will find their phone number on the back of your student card.

### **STUDENTS UNION ADVICE SERVICE:**

The Advice Service is open **Monday to Friday, 10am – 4pm** and is situated on the first floor of the Students' Union building. During these times you can 'drop-in' (if the service is busy you may have to return at a later time to see an advisor), book an appointment, telephone or email them. **Tel: 0161 275 2952**

**Email:** [advice.su@manchester.ac.uk](mailto:advice.su@manchester.ac.uk)

## STUDENT SUPPORT

### **You are not alone!**

There are a number of other people who are able to help you aside from your peer mentors. The university of Manchester Medical School actually encourages you to recognise when you are struggling, and to seek the appropriate support, so **do not** think of it as a sign of weakness, because it's something we'll all have to be able to do as doctors.

### **PBL TUTOR:**

Each PBL group will have a PBL tutor and they are your first point of contact for any academic help. They may refer you on if they feel you need more support. Your tutor will have a one-on-one session with you once or twice a semester.

### **STUDENT PASTORAL SUPPORT (SPS)**

There is a fantastic team of people working to ensure the wellbeing of students. Whether you're struggling with something personal, health or financial, you will find them friendly, approachable, caring and of course confidential. Make an appointment to see somebody on Tel: **0161 275 1452** or Email: [med.sps@manchester.ac.uk](mailto:med.sps@manchester.ac.uk)

Anne-Marie is the SPS tutor covering Years 1 and 2 and an experienced member of staff who provides excellent pastoral support. Meetings can be arranged via PBL Tutors or the MB ChB Years 1 and 2 Teaching Delivery Administrator on Tel: **0161 275 5292**.

### **ACADEMIC LEARNING SUPPORT**

Dr Michelle Webb supports individuals or a group of students with learning, revision etc. Email [michelle.webb@manchester.ac.uk](mailto:michelle.webb@manchester.ac.uk) for more information and keep a look out for details of signups for lectures and groups to help with this.

### **YEARS 1 and 2 YEARS LEADS**

The Year 1 lead is Dr Liz Sheader and she can be contacted Email: [elizabeth.a.sheader@manchester.ac.uk](mailto:elizabeth.a.sheader@manchester.ac.uk) The year 2 lead is Dr Jane Mooney and she can be contacted at Email [jane.mooney@manchester.ac.uk](mailto:jane.mooney@manchester.ac.uk)

### **DISABILITY COORDINATOR:**

Medicine at the University of Manchester has it's own disability coordinator, Mrs Alison Howard who can be contacted if you have any issues concerning a disability. Email: [a.howard@manchester.ac.uk](mailto:a.howard@manchester.ac.uk)

### **TUTORS FOR PERSONAL AND PROFESSIONAL DEVELOPMENT (TPPD)/ ACADEMIC ADVISORS**

The portfolio is a record of your personal and professional development. To help you develop the skills you will need. You will be allocated a tutor for PPD who you will keep for all of Years 1 and 2. They will meet you 1:1 to help you with any general questions or uncertainties you may have regarding your portfolio or more general help.

## YEARS 1, 2 & FOUNDATION

The Foundation Year is taught in the Stopford Building and also at Xaverian College next to the Curry Mile. In Years 1 and 2 teaching is based in the Stopford Building whereas in years 3-5 teaching is based in hospitals and community placements. An outline of Years 1 and 2 is given here but more detailed information about all years can be found in your course handbooks.

The first two weeks of year 1 is an introductory period known as Essential Skills; in this time you will be introduced to PBL so that you are prepared for the new style of learning. You will also start to learn basic communication skills, as you start talking to patients right from semester 1.

**Years 1 and 2** are split into 4 semesters:

<p><b>Year 1</b> <b>Semester 1:</b> <b>Life Cycle</b> This semester covers immunology, genetics, reproduction, cancer and ageing.</p>	<p><b>Semester 2</b> <b>Cardio-respiratory fitness</b> This semester focuses on the heart circulation, the lungs, respiration and blood</p>
<p><b>Year 2</b> <b>Semester 3:</b> <b>Mind and Movement</b> This semester focuses on the nervous system and musculoskeletal system.</p>	<p><b>Semester 4:</b> <b>Nutrition and Metabolism</b> This semester focuses on the GI tract, nutrition, digestion, metabolism and excretion.</p>

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## THE UNIVERSITY OF MANCHESTER MEDICAL SCHOOL

### Problem Based Learning (PBL)

PBL is twice a week: in the first session you read a case which contains a series of interacting clinical problems which you discuss as a group, and construct a set of questions that you will go away and answer in private study. In the second session you will **all** discuss what you have learned, and consolidate your understanding.

### ePPD Portfolio

You will be expected to keep a portfolio throughout your medical career in order to show your development professionally and personally. In Year 1 you will be introduced to this through lectures and portfolio sessions facilitated by Tutors for Personal and Professional Development. Dr Maria Regan is the academic lead for the ePPD portfolio.

### Practical/Laboratory Classes

Dissection: This may seem a bit scary at first but it really is a great privilege to have the opportunity to work with real cadavers and prosections; a learning resource that many other medical schools don't have. You will also have practical classes in physiology and pharmacology and evidence based medicine.

### Early Clinical Experience

This involves hospital and community visits and it is a fantastic way to meet patients and develop your communication and interpersonal skills during Years 1 and 2 so that you're all set for Years 3-5. You will also have consultation skills classes where you start to learn clinical communication skills. You will also have skills lectures each week.

### 1Med:

1Med is Manchester's own website which has loads of useful information such as your timetable and course announcements. Updates and useful info are posted here and you can also find links to other helpful learning resources so make sure you check it regularly. [www.onemed.manchester.ac.uk](http://www.onemed.manchester.ac.uk) You can also find extra curricular activities at [www.onemedbuzz.manchester.ac.uk](http://www.onemedbuzz.manchester.ac.uk)

### European Option

It is also possible to study a language (Spanish, French or German) alongside medicine here at Manchester. Academic requirements for this and further details will be sent to you during semester 1.

## EXAMS AND ASSESSMENTS

There are five assessed components in **each** of Years 1 and 2. Each exam is awarded a mark of unsatisfactory, low pass, satisfactory, honours or distinction

### Semester Test

You have 2 of these a year (January and May/June) which cover all the content you have studied in the semester. Each exam has 125 multiple choice questions.

### Progress Test

You also have 2 of these a year (January and May) also consisting of 125 multi-choice questions. The exam is sat by all medical students in Years 1-5. It may seem a bit daunting at first and many people often find they have to guess most of the answers in semester 1 but it will get easier! The aim of the exam is to show your progression as you move through the years by gradually improving your marks.

### Personal Excellence Pathway (PEP)

In Year 1 you will produce a group poster on an area you have researched, as well as a short individual report. In Year 2 you will research an area and produce an individual report. These give you the chance to study a topic that interests you in more depth.

### Objective Structured Clinical Exam (OSCE)

This is once a year and will test the practical skills you have acquired, your anatomy knowledge and your communication skills. In first year, your OSCE will be held in the May.

### Personal & Professional Development (PPD) Portfolio

End of year reviews happen in both 1st and 2nd year.

### Progression

Full details of what you need to do to get through the year is given here:

<https://www.mbchbhandbook.manchester.ac.uk/progression-transition/progression-from-year-1-to-2/>

## OTHER USEFUL INFORMATION

### Books

We strongly recommend that you look at books in the library before buying any as everyone has their own preferences on textbooks and they are very expensive. You will need a wide range of books and it is unfeasible to buy them all! You may find cheaper second-hand copies on Amazon or advertised by other students but new editions are released regularly so make sure they're not too out of date. Some textbooks are also available as e-books.

### Libraries

There is a Medical library on the **3rd floor** of the Stopford building which also contains private study rooms which can be booked for group use. The main University of Manchester Library has a medical section (Blue Floor 2) which contains many of the books you will be using as well as many more specialist books. [www.library.manchester.ac.uk](http://www.library.manchester.ac.uk)  
The Alan Gilbert Learning Commons is a 24hr study space and is located next to the students' union.

### Student Representation

The role of the Student Rep team is to represent the feelings and opinions of their year group and attend meetings to relay this information to the senior members of staff.

Each year, TWO students are elected to represent Year 1 and ONE student is elected to represent the Foundation Year. In September, an announcement will be made asking for interested students to put their names forward. You will be asked to write a short paragraph explaining why you think you would be good in the role. If more than two candidates apply, it will go down to a student vote.

If you wish to know more you can look on the website for all the information and their contact details [www.onemedbuzz.manchester.ac.uk](http://www.onemedbuzz.manchester.ac.uk)

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MEDICINE

**LIFE AS A STUDENT IN  
MANCHESTER !**



## MANAGING MONEY

Money is a big issue for a lot of students, and keeping your bank balance in check alongside enjoying yourself can be a balancing act that some students initially struggle with. Before you come to university open a student account. Look at the bank that offers the lowest interest rate (APR) on overdrafts and which gives you a good interest rate on money you have in the account some offer an interest free overdraft and freebies.

Another essential step before starting uni is to sit down and write out all your incomings and outgoings for the year. It's good idea to ensure your outgoings are less than your incomings, making sure you have money left for unexpected costs such as haircuts and books. Be realistic with your spending, prioritising necessities such as **food**. Use this budget as a guide throughout the year so you don't get into a difficult situation. The University website <http://www.studentsupport.manchester.ac.uk/finances/> is very helpful in giving you an estimate of living costs and links to helpful contacts. There is also the Student Services Centre on Burlington Street, near the main University library, which has a number of resources to help you with your finances and people to talk to.

### **Money problems:**

If you find that you are going to really struggle financially, or if your situation changes throughout the year, speak to someone who can offer advice in student services (see details above) or in the Manchester Medical School Student Pastoral Support. There are support services for students who are struggling financially, and there are many willing advisors so please don't just ignore the problem or spend hours worrying, as the earlier you do something, the quicker you will be free of the problem.

### **Hints and Tips:**

- Use and abuse the fact that you are a student! Always ask in shops if they have student discount (which can be up to 20%). Also visit websites such as student beans (<http://www.studentbeans.com>) for discounts and offers.
- If you're over 19, you can apply for help with health costs (e.g. prescriptions, opticians). To do this fill in an HC1 form which are available in doctors/dentists.
- If you regularly travel by train, it is worth buying a [Young Persons Railcard](#) (mature students are also eligible for these).
- Download the app Unidays for discounts and offers.

The Trafford centre and The Arndale shopping centre both do student lock in events with big discounts in lots of shops in September so keep an eye out. Don't forget that you're going to have to pay a house deposit at some point, and this could be quite expensive so set aside some money for this.

# MANCHESTER MEDICINE PEER MENTORING

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## EVERYDAY LIFE IN MANCHESTER

### Supermarkets

**SAINSBURY'S:** can be found in the centre of Fallowfield and next to Stopford Building.  
**TESCO EXPRESS:** There's one in Rusholme (Victoria Park) on Oxford Road, another opposite MRI on Upper Brook Street (main road that runs parallel to Oxford Road), and one in Fallowfield on the main road.

**LIDL:** Found next door to the Tesco Express on Oxford Road. Very cheap, similar to ALDI .

**ASDA:** Found in Hulme - or you can order online with your flat. Simply get the number 86 bus to Chorlton from opposite the Royal Northern College of Music on Booth Street West.

**ALDI:** There are two ALDI stores students may consider going to. One is located in Manchester City Centre in the Arndale Centre and another in Didsbury village (use the 142 bus).

**MORRISONS LOCAL:** Found on Grafton Street around the corner from Stopford Building.

**24HRS SPAR:** Next to the Holiday Inn and Oxford Road train station.

### Shopping

**Trafford Centre:** A huge shopping centre with a magnificent food court as well as a cinema, bowling alley and amusement arcade and mini-golf. You can get to the Trafford Centre by taking the X50 bus, operated by Stagecoach.

**The Arndale Centre:** A big undercover shopping centre in Manchester City Centre. Catch any bus to Piccadilly Gardens.

**The Northern Quarter:** For those in search of vintage treasures and alternative style, head over to Oldham Street in the city centre...you will not be disappointed!

### Dentists and Doctors

You need to register with a GP and a Dentist whilst at uni. Some local GP's have stands in the University Welcome Fair where you can sign up and get details about the practice. A list of GP's and dentists are available at: [www.nhs.uk](http://www.nhs.uk)

### Leisure

**Chill Factor:** For those of you who love to ski or snowboard but can't wait until the winter months, the Chill Factor is the ideal place for you! For more information have a look on their website: [www.chillfactor.com](http://www.chillfactor.com)

**Inflatation:** The UK's first indoor inflatable theme park is located in Trafford, it's only a bus journey away from the city centre and would be great for a day of PBL bonding! For more information, visit their website: [www.inflatation.com](http://www.inflatation.com)

**Parrs Wood Entertainment Centre** — Located at the end of the 142 East Didsbury bus route there's a large cinema, bowling alley, arcade and laser tag. There is also a variety of restaurants. Visit their website: <https://parrswoodmanchester.co.uk/>

## EVERYDAY LIFE IN MANCHESTER

### Cinema

- Vue at the Printworks: [www.myvue.com](http://www.myvue.com)
- Odeon Cinemas: [www.odeon.co.uk](http://www.odeon.co.uk)
- Cineworld Parrs Wood: <http://www.cineworld.co.uk/cinemas/>
- Home Manchester: <http://homemcr.org/about/>

### Where To Eat

- With most students living near the world famous **curry mile**, you will get to know the curry houses extremely well.
- The **SU** does cheap food in a friendly atmosphere with plenty of deals
- **Kro bar**: Close to the Stopford building - offers a deal most days for students.
- **Tim Hortons**: (across the road from Whitworth Park) is a student favourite
- The Northern Quarter offers a range of exciting and different places to eat such as the **Cereal Café**, **Home Sweet Home** with amazing cakes and **Almost Famous** with its unusual burgers. It also has a cat café!
- **Fallow café, Fallowfield**: This is cheap and cheerful and close to Owens park for some brunch to start the day.

Get following **@eatmcr** on Instagram for inspiration of new places to try in Manchester, we have more new restaurants opening a month than London.

### Parks

If you're into jogging or just fancy a stroll and picnic with friends, Manchester offers several parks in close proximity to the university. Platt Fields park, at the Fallowfield end of Rusholme, is a nice place to go. If you're really into running, the South Manchester Park Run is held in Platt fields every Saturday morning, a free 5K run. Visit the website [www.parkrun.org.uk/](http://www.parkrun.org.uk/) to sign up! There is also the Whitworth park right next to the uni campus, including the famous Whitworth Art gallery, which is a great place to go on a rainy day.

### Gyms

Many gyms offer competitive student prices, so if you're a gym junkie have a look round all the gyms and see which one suits you best. Please note that at the beginning of term induction slots can get booked up quickly.

- The Armitage Centre: £165 - 12 month "full gym"      Tel: 0161224 0404
- The Sugden Centre: £195- 12 month      Tel: 0161 200 4026
- The Aquatics Centre: £210- 12 month "gym/swim"      Tel: 0161 275 9450
- The Gym Portland Street: £16.99 per month, no contract Tel: 0844 873 2142
- The Gym Manchester Fallowfield: £15.99 no contract      Tel: 0330 056 3528
- Pure Gym: Based in Spinningfields and Great Ancoats <http://www.puregym.com/>

## EVERYDAY LIFE IN MANCHESTER

### Transport:

**Buses:** As you may already know, Oxford Road is the busiest bus routes. You can get cheap weekly bus passes on First and Magic Buses for £16, or you can buy an annual bus pass for £250 which can be cost effective, particularly for those living in Fallowfield. These can be bought at the University Welcome Fair, or you can get a discounted price if you buy online before coming to university, check out their website:

<https://www.stagecoachbus.com/regionaltickets/greater-manchester/manchester/unirider>

**Trains:** There are three main train stations. The largest being **Manchester Piccadilly**, about a 10 minute walk from Piccadilly Gardens Bus Station in Manchester City Centre. There is also **Manchester Oxford Road**, which is nearest to the University opposite The Principal Hotel. Lastly, **Manchester Victoria Station** is situated at the far end of the Arndale shopping centre near the Printworks and Manchester Arena.

**Manchester Airport:** The number 43 bus runs from Oxford Road/Wilmslow Road and goes directly to the airport. This bus runs every 10 minutes (check timetables). There are also trains from and to the airport into Manchester Piccadilly and Manchester Oxford Road train stations. Trams run to the airport from the Cornbrook Interchange, just outside the City Centre.

**Taxis:** A good private hire company is Streetcars, Tel: **0161 228 7878**. They offer a 10% student discount and they run the 'Manchester SU Safe Taxi Scheme'. If you have no money to get home after a night out, simply follow these steps:

- 1) Telephone Street Cars quoting 'Manchester SU Safe Taxi Scheme'.
- 2) Wait safely for your car, check your car is from Street Cars before you get in.
- 3) Give the driver your student ID card and ask for a receipt.
- 4) After 12pm the following day, collect your student ID card from the Student's Union reception in exchange of payment for your fare.

This is a really good way to ensure that you can get home safely at night, take note of this number!

Download the Uber app for quick taxi pick-up at any time, day or night. Once you download the app you receive a code which you can share with friends for £10 free credit for both of you!

### Early Clinical Experience Transport:

For Early Clinical Experience, unless your visit is at Preston, Blackburn or Chorley Hospital (when the University organises a taxi/bus service to and from your placement), you will have to find your own way there. An invaluable tool for organising your transport around Manchester is the Transport for Greater Manchester website [www.tfgm.com](http://www.tfgm.com). You can type your destination into the journey planner and it will give you instructions on how to get there. Before setting off for the placement, ensure you write down the contact details of the person in charge of your early experience in case you are going to be late or are lost.

# MANCHESTER MEDICINE PEER MENTORING

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## STUDENT SECURITY



As with all cities, crime is an issue in Manchester. Despite this a few easy steps can dramatically decrease your likelihood of being subject to crime and ensure your life in Manchester is as enjoyable as possible.

The university and local police are hot on student safety and their presence in the area is a reassurance. The university has spent over £800,000 in security, including CCTV system covering the teaching campus and halls of residence. The University of Manchester Security can be contacted on Tel: **0161 306 9966**.

Local police can be contacted on 0161 856 4223 or dial 101 to report a crime that is not an emergency. Call 999 in an emergency.

### **Remember...**

- Keep valuables such as laptops, iPads and mobile phones out of sight.
- Shut and lock all windows and doors when you leave your accommodation or when you're in the communal areas of your flat.
- Keep to well-lit and busy areas, never walk home alone, get a registered taxi if you end up separated from friends!
- Take care at cash points. There are many scams and techniques, so always be aware of who's around you. Try not to use cash points at night, but if you must, go with a friend, and avoid deserted or poorly lit areas.
- Should the worst happen and your stuff gets lost or stolen you can improve your chances of getting it back simply by registering it with Immobilise -
- [www.immobilise.com](http://www.immobilise.com) the UK's National Property Register.
- Check what contents' insurance you have. You may be covered by your parents' policy or your halls of residence.
- Drink sensibly: Everyone is more vulnerable and an easier target when drunk!
- Always keep an eye on your belongings and take advantage of cloakrooms in clubs.
- Be careful even on campus, especially in communal places such as the library, don't leave your belongings unattended.

**Most importantly don't let crime ruin your Manchester experience, be sensible, be aware and enjoy university life whilst staying safe!**

# MANCHESTER MEDICINE PEER MENTORING

**PEER**  
MENTORING  
MEDICINE



## SOCIAL LIFE

Manchester is one of the biggest cities in the country and the social life here offers something for everyone!

### Night Life

Manchester is renowned for its nightlife, with a big music scene and nights to suit all music tastes. There are weekly club nights and by the end of the year most people have their favourites. Here are some of the current popular club nights:

#### **MONDAY:**

- Quids In @ Factory

#### **TUESDAY:**

- Lean and Bop @ Deaf institute
- Blowout @ 42's
- 90's Night @ Fifth Ave

#### **WEDNESDAY:**

- Wah Wah Wednesdays @ Lola
- AU student night
- Hot Mess @ Revs Deansgate

#### **THURSDAY:**

- Skint @ 42's
- F//ck @ Factory

#### **FRIDAY:**

- Top of the Pops @ Mint Lounge
- Cherry @ Sound Control
- #FRI251 @ Factory
- Orderly Conduct @ Ark

#### **SATURDAY:**

- Why Always Me? @ 256
- Lightboxx @ The Ritz

For most nights you can buy tickets from sellers or the website Skiddle before the night. Often this is cheaper than paying on the door and means you are guaranteed entry! Check Facebook for upcoming events, and look out for posters around campus!

Look out for some one-off events which can make for very memorable nights: such as Bongo's Bingo, Itchy Feet, Soul Jam, Carnage, Hidden etc.

The Warehouse Project is also a massive night in Manchester. There are some big DJs playing every Friday and Saturday night. The event runs from September through to New Year's Day every year, with some occasional one-off dates such as bank holiday weekends.

Matt and Phred's Live Jazz Club, located in the Northern Quarter, is also a great place with some nights having free entry.

The Frog and Bucket has a free amateur comedy night every Monday 'Beat the Frog'.

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LET US INTRODUCE...



## INTRODUCTION TO MEDSOC

MedSoc is the University of Manchester's largest student society, supporting its students in all stages of their medical degree and ensuring they have a good time and make the most out of their Manchester experience. We are responsible for organising a wide variety of social events, the prestigious annual ball, as well as educational lectures. Besides all these, we help fund the societies and sports teams for medical students at Manchester. We endeavour to be inclusive and cater for everyone at our events and within the society.

MedSoc is run by an annually-elected committee of medical students in years 1 to 5. Every year we try to make your student experience bigger and better than ever before, and we already have lots of exciting events lined up for you this year.

MedSoc supports a large array of societies run by students, from netball to orchestra, debating to charities. There's a society to suit everyone, they're all listed at the back of this booklet, so have a look at what might tickle your fancy and look out for them at the Welcome Fair in September.

In the common room (Chromo-Zone Café) of the Stopford Building, we also have our own MEDSOC SHOP run by students in Years 1 and 2. Here you can purchase our exclusive hoodies and sweatshirts, or the MedSoc card, which will definitely come in handy throughout the years. It provides discounts on all our events, and fantastic offers at various shops/eateries around Manchester. So keep an eye on the special offers in our shop at the Welcome Fair!

**Seun Ikotun,**  
Co-President

**Michael Glover,**  
Co-President

Be sure to take a look at our website for 2019/20: [www.ManMedSoc.com](http://www.ManMedSoc.com)

And don't forget to follow us on twitter: [@ManMedSoc](https://twitter.com/ManMedSoc)

# MANCHESTER MEDICINE PEER MENTORING

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MEDICINE

## MEDSOC COMMITTEE



**Seun Ikotun**  
Co-President



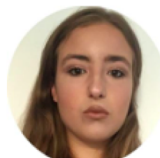
**Michael Glover**  
Co-President



**Sandor Bako**  
Vice-president



**Jared McSweeney**  
Treasurer



**Andra Ciutac**  
General Sec



**Lucy Graham**  
Social Lead



**Susannah Jack**  
Social Lead



**Emmie Gee**  
Tech Lead



**Maya Desor**  
Formal Lead



**Ellie Kazafaniotou**  
Formal Lead



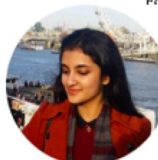
**Benjamin Geers**  
Wellbeing Lead



**Ayesha Lala**  
Pacemaker Lead



**Ali Azzawi**  
Education Lead



**Alina Zaidi**  
Education Lead



**Leah Woodward**  
Education Lead



**Sophia Chaudhry**  
Phase 1 Sec



**Nadia Satti**  
Grad Ball Lead



**Mariella Fortune-Ely**  
Grad Ball Lead

# MANCHESTER MEDICINE PEER MENTORING

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MEDICINE

## MEDSOC CHARITY BALL

### Formal Secretaries: Maya Desor and Ellie Kazafaniotou

ManMedSoc warmly invites you to the annual Charity Ball, the highlight of any medic's social calendar. In previous years we whisked our guests away to the most fabulous circus experience Cirque du Soleil, with a jaw-dropping aerial performance, not to mention the lavish 3 course dinner with music and dance!

Every year we host a black tie event, which gives everyone the chance to dress up and let their hair down. Past venues include Imperial War Museum, Gorton Monastery and the Midlands Hotel. Tickets cost approximately £50-60, but we try to cut the cost as much as possible to give everyone the opportunity to attend, and MedSoc membership will save you £5 on the ticket. Tickets include a three-course meal with wine (or non-alcoholic option) and masses of entertainment befitting the theme.

Each year we raise money for a charity, we have raised money for Big Change Manchester. The fund aims to support frontline projects working in Manchester, such as the expansion of mental health programmes and supported accommodation.

The ball is open to all years and tickets go on sale after the January exams, shortly before which, we will be revealing the theme, so keep your eyes peeled on our Facebook group for updates. With the entire MedSoc team behind us, we will be sure to blow all your expectations out of the water, with a brilliant ball



## SOCIAL CALENDAR 2019/20

### **Welcome Week:**

18 <sup>th</sup> September 2019	Year 1 Welcome Meal
(TBC) September 2019	Mummies and Daddies Quiz Night
26 <sup>th</sup> September 2019	Pyjama Pub Crawl

### **Semester One:**

9 <sup>th</sup> October 2019	PBL Bowling
October 2019	Baywatch Party
October 2019	Medics Halloween
November 2019	Liverpool Medsoc Varsity
November 2019	Winter Formal
December 2019	Medics Panto and Afterparty
December 2019	Christmas Social

### **Semester Two:**

January 2020	End of Exams Party
February 2020	Re-Freshers Event
February 2020	Toga Party
March 2020	Medsoc Annual Ball
April 2020	Scrubs Pub Crawl
June 2020	End of Exams Party

# MANCHESTER MEDICINE PEER MENTORING

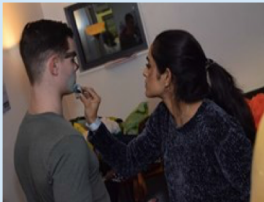
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## MEDIC PANTO

Medics' Panto is the panto you know but with a student twist! Our shows are packed with innuendo, puns and terribly cheesy dances. We're not the type to take ourselves seriously on stage so if you want to try acting, singing or dancing then this is the society for you! You can go straight for a big role and act in front of a large audience or you can just strut your stuff to the music from our wonderful band! Or you could just be a tree, whatever you feel comfortable with.

Our show sells nearly 1000 tickets each year and is heralded as one of the biggest Medics' events of the year but it's not just about the big night! We are a very welcoming and easy-going society, so we have plenty of social events throughout the year like pub crawls, karaoke nights and cinema trips. Auditions take place in September and no prior acting experience is required! If you don't want to audition then just drop in to our rehearsals, every Wednesday from 6pm-8pm in the Stopford Common Room.

**Do you have what it takes to get your head in the game and bop to the top of Medics' Panto 2019?**



## THE MEDICS REVUE

**Do you like to be funny?  
Do you like to act?  
Do you just wanna get silly on stage?  
How about raising money for charity?**

If you answered **yes** to any (or none) of the above questions then come join the medics revue! Every May we put on a sketch comedy show for charity at the Manchester Academy.

We're always on the lookout for singers, actors, writers, improvisers, tech wizards and people who just want to have a bit of fun.

Doesn't matter if you're a distinguished comedian or if you've never seen a stage before in your life. From beginners to experts, everyone is welcome to join.

Come see us at the Freshers fair, and check us out on Facebook "Manchester Medics Revue."



## SOCIETIES, SPORTS AND CHARITIES

As well as working hard academically, at Manchester, there are a great range of societies, sports clubs and charities that you can get involved with during your time studying medicine.

**(Please note contact details are subject to change)**

# MANCHESTER MEDICINE PEER MENTORING

**PEER**  
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MEDICINE

## SOCIETIES, SPORTS AND CHARITIES

### **Manchester Medics Badminton**

✉ [uommbc@gmail.com](mailto:uommbc@gmail.com)

"World's Fastest Racquet Sport" - MMBC organises weekly badminton sessions throughout the year. Players of all abilities: beginner, intermediate and advanced are welcome. For those who are interested, there are also several arranged tournaments against other universities. Take this opportunity to have a fun time, to meet new medics and to improve. If you are still not convinced, come along to the free taster session at the start of the semester. Racquets and shuttlecocks will be provided. For more information, see Facebook

### **Manchester Medics Hockey Club**

✉ [manchestermedics-hockey@gmail.com](mailto:manchestermedics-hockey@gmail.com)

Manchester Medics Hockey Club (MMHC) is a mixed club with just over 100 members. We are the biggest medic society with abilities ranging from complete beginner to those who compete in our NAMS team and play nationally against other medical schools. Over the course of the year we go on 3 tours and have a number of different socials. If you want a good balance of sport with time at the pub thrown in, then this is the society for you! We have 5 teams that all play in the campus league every Sunday and training is every Wednesday (9-10pm) at the Armitage. We will be holding welcome training sessions in the first couple of weeks of the semester. Hope to see you there!

### **Manchester Medics Netball Club**

✉ [manchestermedicsnetball@googlemail.com](mailto:manchestermedicsnetball@googlemail.com)

Manchester Medics Netball Club is a growing club of 6 teams and over 70 girls. Playing netball is a great way to learn netball skills, keep fit, and make friends with people across all years. There are people of all abilities within the club so girls of any standard are welcome, even if they've never played before. As well as training on Thursday nights there are various socials throughout the year including a welcome social, baywatch, toga and of course the annual MMNC Tour! Come along to our trials (not as scary as they sound) so we can find the best team for you - netball love xo

### **Manchester Medics Football Club**

f [Manchester Medics Football Club \(Official\)](#)

Established in 1982, Manchester Medics Football Club is a truly tremendous and traditional football club comprised of 5 men's teams, 1 old boys team and 1 ladies' team. The club competes in both local and national competitions, including the University of Manchester's ISSL 11-a-side League and Cup, as well as the annual National Association of Medical Schools' Competition. Since its establishment the club has gone from strength to strength on a competitive level, with MMFC's honours list far surpassing any other team in the league in which we play, as well as being able to boast the title of ISSL Champions 14 times in the last 18 years. MMFC is a very friendly and sociable club, providing a great opportunity!

### **Manchester Medics Basketball Team**

f [Manchester Medics Basketball Club](#)

Medics basketball gives medics of all years the chance to meet likeminded people and play a competitive sport. We have numerous postgraduates who act both as mentors as well as help create a fun and competitive environment for beginners and experienced players. Even as a beginner, there are an array of organised training sessions and scrimmages throughout the year to help build your basketball skills. This also provides a great opportunity to meet a lot of new faces and make friends. Don't just take our word for it, come along to the taster sessions at the start of the academic year to see what its like for yourself. And remember, you don't have to be tall to ball!

### **Medics Lacrosse**

f [Manchester Lacrosse Club](#)

The Lacrossodiles have taken the world by storm after completing our first successful year at MMS. At Manchester Medics' Lacrosse Society (a.k.a. The Lacrossodiles) we have played in friendlies against other medical schools and went away for the weekend to Liverpool's Annual Charity Tournament. We've enjoyed curry socials and our Disney themed welcome event. Whether you've played before or not, lacrosse is an exciting and dynamic sport. So come along to the Medics Freshers Fair and say hello!

# MANCHESTER MEDICINE PEER MENTORING

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## SOCIETIES, SPORTS AND CHARITIES

### **Manchester Medics RUFC**

✉ [ManchesterMedicsRUFC@gmail.com](mailto:ManchesterMedicsRUFC@gmail.com)

Established in 1822, Manchester Medics RUFC is one of the largest and most successful sports teams in the Manchester Medical School. The club caters for all quality of players, serious or social. We field the following teams:

- 1st XV - play in the Lancashire County Rugby Union Leagues against other clubs across the region, and also in the National Association of Medical Schools (NAMS) Rugby cup.
- 2nd XV - play regular matches on Saturday against local clubs and other medical schools.
- Pre-clinical XV - made up of younger players who play on a Wednesday in the campus league. Whilst the club is made up predominantly of medical students, we also have young doctors and other students from the university in the club, and are open to anyone who wishes to join. Off the pitch, our socials are legendary, and pub crawl antics infamous. The club also has a strong tradition of touring, with an annual tour being held around Easter.

### **Manchester Medics Cricket Club**

f [Manchester Medics Cricket Club](#)

Manchester Medics Cricket Club is a proud and distinctive club, based at the University of Manchester. We are open to players from all backgrounds and abilities (not just medics!) Training takes place on alternate Sundays throughout the winter. We enter into an annual T20 league with local teams in Manchester and play 50 over cricket with other medical school and against teams in Manchester and Chester. We receive kind support from Manchester MedSoc and Manchester Medical School.

### **The Medics Squash Society**

f [Manchester Medics Squash Society](#)

Calling all students! If you play squash (like tennis but better) or just want to give it a try then come join Manchester Medics Squash Society! We hold regular training sessions and compete with other Universities + membership is FREE! If you want to make the most of your university experience while staying fit and meeting new students (medic and non medic) then this is perfect for you. We hope to see as many of you as possible and if you want to learn more just visit "Manchester Medic's squash society" on Facebook. Best of luck with your studies!

### **Run Wild**

f [Run Wild Manchester](#)

Run Wild is first and foremost a community. We encourage one another to live a healthy lifestyle and reap the benefits of feeling energetic. Sometimes we take it easy, sometimes we go harder. All we know is that we love the social aspect and sense of fulfilment that you can only get from running together. We host a free weekly running club and also extra free fitness training sessions. Regular meet-ups:

★ Tuesdays- 6.15pm meet for a 6.30pm (UoM Student Union foyer)

★ Saturdays- 9am (Platt Fields Park Run, Fallowfield)

Perfect for runners of all abilities. Only for students of the University of Manchester.

### **UNICEF on Campus Manchester**

✉ [unicefuom@gmail.com](mailto:unicefuom@gmail.com)

UNICEF on Campus Manchester is a part of the University of Manchester Students Union. We aim to raise funds and awareness for the work of UNICEF UK which supports children by upholding their rights to childhood, education and healthcare. We aspire to make a difference through various events organisation. We won an award: Best Society for 2012-13: Political and Campaigning Society during UMSU Awards, in May 2013. We encourage you to get involved, contribute ideas and participate.

# MANCHESTER MEDICINE PEER MENTORING

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## SOCIETIES, SPORTS AND CHARITIES

### University of Manchester Heartstart

✉ [heartstart.manchester@googlemail.com](mailto:heartstart.manchester@googlemail.com)

Heartstart is a society that is affiliated with the British Heart Foundation. We teach a course of basic life support skills at the university as we feel that these are important skills that more of the public should know. We also train volunteers to teach the course at local secondary schools every week during teaching sessions we organise. The topics we cover include:

- How to approach a casualty, The recovery position and CPR, Differentiating between a heart attack and a cardiac arrest, Dealing with choking and serious bleeding

### Sexpression

f [Sexpression Manchester](#)

We aim to provide a non-judgemental environment where young people can access reliable information about things like STIs, contraception and sexuality. Sex and Relationship Education (SRE) has only recently been made compulsory in UK schools, with a new curriculum hoping to be taught in schools by September 2019. But there is still a long way to go. Training with Sexpression can equip you to deliver a wide-range of classes in Secondary schools, including lessons on Body Image, Sexuality, Consent, Healthy Relationships and many other topics. We run stands providing self-administered tests for Chlamydia and Gonorrhoea, as well as signposting students to other relevant services. Sexpression has worked alongside other societies to run Sex Week, a sexual health week encouraging an inclusive and non-judgemental environment in which to discuss range of issues to do with sex, sexuality and relationships. This year we held events such as an art exhibition, a discussion on porn and a discussion on Chem-sex.

### Marrow Manchester

f [Manchester Marrow](#)

For someone suffering from blood cancer or another blood disorder a stem cell or bone marrow transplant may be their last chance of a cure. However, it can be incredibly difficult to find a matching donor. Marrows student volunteers run recruitment drives on campus to sign people up to the Anthony Nolan register. Last year we signed up over 800 people. Any of these people could go on to save a life. Volunteering with us makes a real difference in the fight against blood cancer and you'll gain a range of relevant skills, including counselling potential donors and handling sensitive information.

### Medics in Primary Schools (MIPS)

✉ [medicsinprimaryschools@gmail.com](mailto:medicsinprimaryschools@gmail.com)

We are a student led society which visit local primary schools in Manchester teaching science and basic life support lessons while encouraging the children to consider Medicine as a career. We also work with the medical school widening participation team to host events for year 6 students.

### Students for organ donation

f [SFODManchester](#)

Students for organ donation is a multidisciplinary society who aim to increase awareness of issues surrounding organ donation and encourage people to discuss organ donation, their views, perceptions and thoughts. We also have developed education packages to deliver in schools and community groups and have begun to take these into schools, and are always looking for more people to join this group who deliver these packages. We are also hoping to expand this to other community groups as well. We have done a number of bake sales and donor drives this year, this is something we will likely continue. We also organise events, lectures, film nights and debates about developments in organ donation, issues surrounding it and different peoples roles in the process. And we have joined with other societies to deliver some of these talks so that more people get involved. We have also been trying to get a link to the organ donor register as part of student registration.

# MANCHESTER MEDICINE PEER MENTORING

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## SOCIETIES, SPORTS AND CHARITIES

### **HAPPY - Healthy and proactive project for youth**

✉ [happyscheme@gmail.com](mailto:happyscheme@gmail.com)

Healthy And Proactive Project For Youth (HAPPY) is a student led scheme that aims to combat childhood obesity through a series of fun and interactive lessons. These lessons focus on the importance of healthy eating and exercise and cover topics such as the eat well plate and 5 a day. We are looking for enthusiastic students to teach our lessons in primary schools and nurseries across Manchester. If you'd like to get involved find us at the Medic's Freshers fair, or on Facebook.

### **CATS (Cancer Awareness in Teenagers Society)**

f [CATS Manchester](#)

CATS, the Cancer Awareness in Teenagers and Young People Society, is a student led society dedicated to promoting awareness for the early diagnosis of cancer in individuals around campus and in the local area. By running interesting lectures, inspiring workshops and exhilarating events, we encourage people to check their bumps for lumps all whilst having a claw-some time. Our popular events are sure to tickle your fancy and include pub quizzes (both general and medic related), acoustic nights, and for the meow-sicians in us all, the Battle of The Societies! As a charity that is also present across several universities in the country, we want to highlight the importance of being aware of the symptoms of the most common cancers in young people, starting with the 5 key signs of cancer; fatigue, weight loss, lumps, unexplained pain and changes in a mole.

### **Manchester Medical Students' Charity**

f [Manchester Medical Students' Charity \(MMSC\)](#)

Manchester Medics' Student Charity (MMSC) has been organising revision lectures for medical students for over ten years. Our main focus is to give students an insight into OSCE examinations through revision lectures. Senior students who have recently taken the exams give the revision talks. Students who attend our revision day make a small donation. This money is accumulated over the year and donated to a local charity. In the past we have raised thousands of pounds for charities including Teenage Cancer Trust (at The Christie NHS Foundation Trust), Radiolollipop and Children's Adventure Farm Trust."

### **Fastbleep**

f [Fastbleep Schools](#)

Fastbleep Schools aims to improve social mobility and access to Medicine for state school pupils. 25% of medical students come from private schools, despite these schools only educating around 7% of the UK's pupils. Despite this, recent research from the University of Aberdeen states that medical students are almost 2x more likely to graduate top of their class if they were educated in a state school. During term time, Fastbleep Schools Manchester sends groups of medical students into schools and colleges in the Greater Manchester area. The majority of students we teach are in sixth form, however sessions are also run for students in lower years. The medical students inform pupils about the process of applying to medical school, and teach them practical skills they can then write about in their personal statements. The skills taught include: Venipuncture, Blood Pressure, Reflexes, CPR, Anatomy, Suturing.

### **StreetDoctors**

✉ [manchester@streetdoctors.org](mailto:manchester@streetdoctors.org)

Violence is the third leading cause of death of young people in Europe. StreetDoctors is a national group with the aim of combating the problem of youth violence within the U.K. We do this through our students and education. We train our volunteers on how to deliver a teaching session that walks young people through basic anatomy and physiology to what to do when someone is stabbed. Through this, we hope to deter young people from carrying knives by showing them what happens to the body because of violence and we also hope to provide the young people with the skills they need to save a life. Students in this society receive: Training on how to effectively teach our sessions. the chance to benefit young people at risk of violence, the ability to teach at youth centres across the U.K.

# MANCHESTER MEDICINE PEER MENTORING

PEER  
MENTORING  
MEDICINE

## SOCIETIES, SPORTS AND CHARITIES

### Manchester Medics Orchestra and Choir

✉ [mmoc.chair@gmail.com](mailto:mmoc.chair@gmail.com)

Manchester Medical Orchestra and Choir is a non-auditioning society open to musicians of all standards. We have two concerts per year with a Christmas-themed concert in December and another in spring, covering a wide range of music including classical and contemporary. Our most recent concert was based around film music! As well as raising money for medical charities, we have performed in hospitals and other medical settings. We also have an annual tour in the spring term which we already have some exciting ideas for! We understand the difficulties of balancing activities and uni, so MMOC provides an opportunity to enjoy music in a more relaxed and understanding environment. Although many of our society members are medical students, students from other courses are most welcome. Bring along any of your friends who sing or play an instrument! If you have any questions, don't hesitate to email us. Alternatively, simply come along to our next rehearsal on Monday 23<sup>rd</sup> September!

### Manchester Wilderness Medicine Society

✉ [manchester.wms@googlemail.com](mailto:manchester.wms@googlemail.com)

Manchester Wilderness Medicine Society is aimed at students interested in medicine in out of the ordinary environments, including; expedition medicine, prehospital care, military medicine, tropical medicine, humanitarian and disaster relief, and search and rescue medicine. Every year we run three weekend trips that involve training sessions and realistic scenarios, to provide as much practical experience as possible in areas of medicine not covered on the curriculum. Alongside these we run lectures, teaching sessions, walks and socials throughout the year, with no commitment required in-between and no prior knowledge/experience required. We also send teams of students to compete in inter-university wilderness medicine competitions which is a great opportunity to use skills learned throughout the year. If you enjoy being outdoors and want to learn a bit more about opportunities in medicine outside the traditional hospital environment, then come and find us at Fresher's.

### Medics Debating

📘 [Manchester Medics Debating Society](#)

If you are looking for a way to build up your confidence whilst improving your debating skills and medical/ethical awareness, MMDS is the perfect society to get involved with! Manchester Medical Debating Society is dedicated to providing a platform to encourage debate around important medical and ethical topics. Over the years, we have collaborated with many medical and non-medical societies to host debates on a vast range of topics. We have also taken part in a number of competitions such as the annual BMA debate against Liverpool and the Institute of Medical Ethics national debating competition. Topics we have debated so far include whether cosmetic surgery does more good than bad, the opt-out system of organ donation and drug decriminalisation. We host a number of events throughout the year so there are plenty of opportunities to get involved as a speaker or to come along to watch! Attending or participating in our events is an excellent way to improve essential skills, particularly public speaking and the ability to think critically – skills valued in medical professionals.

### Sports & Exercise Medicine Society

✉ [semsocuk@gmail.com](mailto:semsocuk@gmail.com)

SEMSoc is a society for medical, physiotherapy and sports science students with an interest in Sports and Exercise Medicine. Throughout the year we will arrange a number of informative and interesting talks on a number of key issues in SEM as well as careers talks and practical workshops. We look to seeing any new members at our events.

# MANCHESTER MEDICINE PEER MENTORING

PEER  
MENTORING  
MEDICINE

## SOCIETIES, SPORTS AND CHARITIES

### Manchester Clinical Neurology Society

✉ [mcrneurology@gmail.com](mailto:mcrneurology@gmail.com)

The Manchester Clinical Neurology Society (CNS) is a student led organisation, founded in June 2013 to help bridge the gap between students and the fascinating speciality around clinical neuroscience. Clinical neuroscience is considered by students to be one of the most difficult aspects of the medical curriculum, leaving many unenthused by the specialist area. As a society, our aim is to help improve this despondency by offering a tailor made series of lectures and educational events for all year groups, inviting professional speakers who are experts in their field. Our inaugural event was presented by Professor Alan Crossman, the author of best-selling neuroanatomy textbook, 'Neuroanatomy: An Illustrated Colour Text' and editor of 'Gray's Anatomy', whom we were proud to announce as our Patron.

### MUMPS

📘 Manchester University Medics Paediatrics Society

MUMPS is the Manchester University Medics Paediatric Society, we represent all medical students who are interested in paediatrics and children's health. We are here to help medical students learn more about paediatrics and to develop relevant clinical skills. We host a lot of great evening lectures on a variety of interesting subjects in paediatric medicine and surgery and in the later years, when you study paediatrics, we organise revision events and mock OSCEs, and produce educational content to help you through your exams. We have speakers coming from all over the country to talk about a variety of topics relating to rare diseases. Conferences are a brilliant way to find out more about specialties you're interested in and meet people who are interested in a similar speciality to you.

### Manchester Psychiatry Society

📘 Manchester Psychiatry Society

An appreciation of the complexities of mental health and mental illness is not just important for psychiatrists, but essential for all medical professionals. Here at the UoM Psychiatry Society, we have three main goals. Firstly, to support and supplement the teaching of neuroscience and mental health at MMS. Secondly, to provide opportunities for students to explore the huge diversity of careers available in psychiatry and to network with qualified professionals. Finally, we hope to improve awareness and encourage open conversation about issues of mental health by hosting exciting events which attract interested people from across the whole university.

### The University of Manchester Emergency Medicine Society

📘 Emergency Medicine Society

Manchester Emergency Medicine Society is a University of Manchester society for all who are interested in the idea of a career in emergency medicine or just interested in saving lives! We run a number of events throughout the year including lectures, first-aid training and much more! Topics of previous talks have included the following:

- Introduction to 24 hours in A&E, Festival Medicine & Emergency Care at the Manchester Arena Bombing

We also put on an emergency medicine conference called Emerge.

### Manchester Cardiovascular Society

📘 Manchester Cardiovascular Society

Manchester Cardiovascular Society is one of the most prominent student-led educational societies in Manchester Medical School. We primarily are focussed in promoting interest in cardiology, cardio-thoracic surgery and vascular surgery. We run a variety of events all year long; including lectures, workshops and revision sessions. Whether you're in Year 1 or in Year 3, we organise events that will be beneficial at a variety of student stages and which will help you to prepare for OSCEs and progress test. We encourage anyone with even the slightest hint of curiosity in the Cardiovascular medicine/surgery to get involved!

## SOCIETIES, SPORTS AND CHARITIES

### **Pacemaker**

✉ [pacemaker@manmedsoc.com](mailto:pacemaker@manmedsoc.com)

If you like to write, draw or photograph things, MedSoc's student magazine 'Pacemaker' is a great place to showcase your work in glossy print. Coming into our fourth year of publication, we are always looking for contributions from each year group. We try and stick to a loose theme every issue. Themes this year have included: Life, Family, Mind and Death. Content can be medical or non-medical; anything you think would be interesting to your peers! Email us for more information.

### **Global Health Society**

✉ [admin@mcrglobalhealth.com](mailto:admin@mcrglobalhealth.com)

Global Health is one of the most exciting, diverse and increasingly relevant fields in medicine. The consequences of globalisation, antibiotic resistance, the refugee crisis, climate change, rapidly changing technologies, and an ageing population (and much more), means that a solid foundation in global health is crucial for the 21st century doctor. As a dedicated committee with a multidisciplinary focus, we promise to deliver another exceptional packed programme of events for you this year, as well as lots of opportunities to get more involved! Join us on our journey with:


1. Adventures in Global Health - TEDx style events with world leading experts in association with the prestigious Office for Global Health
2. The Global Health Poetry Competition - encouraging creativity
3. The Ambassador Programme: your chance to get involved and create events of your own!

### **GP Society**

✉ [uomgps@gmail.com](mailto:uomgps@gmail.com)


The General Practice Society works with Medicine at Manchester and Royal College of General Practitioners to bring to you the very best associated with the speciality. We aim to remove stigmas surrounding general practice and rectify this as a back-up career concept. We want to attract more students towards the speciality and provide a platform for students who are currently interested in the speciality to get the best careers advice and have their questions answered. You will have the chance through us to gain valuable advice from qualified GPs with a wide range of interests. We aim to put you in the front seat where you can interact with fellow students and professionals to build up your knowledge and experience.

### **MMRSoc**

 [MMRSoc-Manchester Medical Research Student](#)

What do you think about the recent advances in medical research? Is there any healthcare speciality that appeals to you? Founded in 2012, the Manchester Medical Research Students' Society (MMRSoc) aims to raise awareness of the importance of research in various healthcare domains. With the help of the NSAMR, we are one of the most active medical societies. Our calendar of events includes organising a National research conference, a plethora of academic lectures and workshops, and audits to help students gain opportunities in presenting and publishing their work. These inspiring and interesting events are certainly not to be missed!

### **Anaesthetics Society**

 [University of Manchester Anaesthetics Society](#)

The University of Manchester Anaesthetics Society (UMAS) provides opportunities to learn more about this exciting field of medicine. We work with anaesthetic trainees and consultants across all four base hospitals learning about both anaesthetics and intensive care medicine. Our lectures cover a wide range of topics, from what the life of an anaesthetist entails, to advice on working towards a career in anaesthetics and/or intensive care. We work with other societies to put on workshops in anaesthesia!

# MANCHESTER MEDICINE PEER MENTORING

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MENTORING  
MEDICINE

## SOCIETIES, SPORTS AND CHARITIES

### Scalpel Manchester

 [Scalpel - The UoM Surgical Society](#)

Dare to call yourself a budding surgeon? Or just like the thought of joining one of the most active and well renowned societies that Manchester Medical School has to offer? Think about joining SCALPEL – The University of Manchester Surgical Society. Winners of the 2017 Academic Society of the Year. Lifetime membership costs just £5! With this, you'll have access to free monthly events and discounted tickets to workshops, revision days and our annual national conference. This is always a sell-out, with great keynote speakers and workshops. Keep an eye out for ticket sales dates in September/October! If you're interested, then give our page a like on Facebook. Also, feel free to come and have a chat with one of our committee members at the society fair for more information about joining!

### Oncology Society

 [manchester-oncology.org](#)

The Manchester Oncology Society (MOS) is a student-led society based at the University and the Christie NHS Foundation Trust which is the largest cancer centre in Europe. MOS aims to foster interests in oncology, academic research and all aspects of cancer care among the undergraduate community in Manchester. Previous events included lectures about careers in oncology, colorectal cancer and leukaemia, as well as a pub quiz aimed to help you with preparing for exams. Alongside this we run an annual essay competition on a variety of topics. Furthermore, in collaboration with the Christie Hospital, we help to arrange the International Medical Student Cancer Conference. Last year we had 100 national and international delegates attend lectures, workshops and the opportunity to deliver poster and oral presentations.

### Manchester Medical Leadership and Management Society

 [ManchesterFMLM@gmail.com](mailto:ManchesterFMLM@gmail.com)

We are a new society founded in 2014, aiming to promote and enhance the leadership and management skills of medical students. During the 2017/18 academic year we will share current leadership and management articles, hold frequent events with medical leaders as guest speakers and create opportunities for students to get involved and gain experience of leadership roles.

### University of Manchester Ophthalmology Society (UMOS)

 [UoM Ophthalmology Society](#)

Welcome to a new academic year! The University of Manchester Ophthalmology Society (UMOS) is one of the first university ophthalmology societies in the UK. It is a student-led organisation that aims to shed some much needed light on the niche, yet highly-developed and truly fascinating, specialty that is ophthalmology. We have lots of exciting plans for the coming year! Throughout the year there will be many events, conferences, free lectures, lots of opportunities to learn and to teach your peers, and much more. LIKE our Facebook page to keep updated, and look out for our stalls during Freshers' Week!

### Manchester Medical Journal

 <https://mmj.openlibrary.manchester.ac.uk/index.php/mmj/index>

Would you like to be a published author? Would you like to learn how to critically appraise a scientific article? Consider being a part of Manchester Medical Journal (MMJ). Students and Doctors run and edit the MMJ. Our aim is to help you publish your hard work on projects and research undertaken in and outside of the medical programme. In addition to providing you a platform on which to publish, we hold events to help improve your scientific writing technique and teach you how to 'critically appraise' (scrutinise) a scientific paper. In year 3, you may even be selected to reviewer or editor status for the journal. Although it seems a long way off, these 'academic' skills are assessed throughout your training. At MMJ we are offering you the opportunity to get a head start on these essential skills for any doctor.

# MANCHESTER MEDICINE PEER MENTORING


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MEDICINE

## SOCIETIES, SPORTS AND CHARITIES

### Cheese and Wine Society


The medicine cheese and wine society aimed at anyone who is keen to expand their knowledge on wine tasting. No previous knowledge required, we will have regular tastings throughout the year covering the major wine regions with qualified tutors. Members will have the opportunity to gain a qualification in wine tasting by the end of the year (Level 1 WSET). Selected classes will also involve a cheese tasting component. This will provide you with the knowledge to decide which cheese complements which wine, allowing you to take full advantage of what this traditional pairing has to offer. This will be a great opportunity to meet new people whilst learning a new skill.

### MIAS-Medicine in Arts Society

 [Medicine in Arts Society](#)

MIAS (Medicine in Arts Society) is a brand new student society at the University of Manchester that aims to bridge the gap between the arts and medicine by exploring medical themes in literature, film, art and music. By providing a platform to share knowledge and skills between the faculties of humanities and medicine we intend to enhance students' understanding of the patients' narratives and the humane aspects of healthcare. Through our socially responsible arts projects we intend to develop empathy, reflective practices and observation skills as well as promote well-being through creativity. If you are interested in getting involved then email or add us or dm us on Insta (medicineinarts - @MIAS\_mcr).

### The University of Manchester Islamic Society

 [The University Of Manchester ISoc](#)

We are a student run welfare organisation, dedicated to helping everyone, regardless of their beliefs, develop academically, spiritually and socially. Being one of the more active societies on campus, you would be pushed to find a week where we do not have an event on, and with the activities ranging from academic help sessions to large scale charity fundraisers, there truly is something for everyone. Last year, during our flagship campaign, 'Charity Week' we raised close to £50k through events such as a sponsored Snowden trek, FIFA nights, homeless walks, dodgeball tournaments and many more events. And that was only in semester 1, across the year we had horse riding lessons, archery, bubble football, refugee centre visits, blood donation drives, calligraphy classes and cultural nights, just to name a few. So what are you waiting for, find out more and sign up to our mailing list on our website.

### BMA

 [www.bma.org.uk/join-us](http://www.bma.org.uk/join-us)

The British Medical Association is your trade union and professional association - we represent you as individuals when you need help and collectively on issues that affect us all, like the UK Medical Licensing Assessment, student finance, welfare and visa issues. Your elected reps represent your views at Medical Students Committee (MSC). The University of Manchester branch also has a member on BMA Council, the national executive committee of the BMA. We hold events, debates and lectures across the year, and we are always looking for people who want to get involved! Your issues are the centre of our agenda. You can join us at Freshers, it's free for first years!

### Friends of MSF (FoMSF)

 <https://www.facebook.com/groups/friendsofmsfmanchester/>

Are you interested in medicine in a wider context? Do you keep an eye on current affairs and humanitarian issues? Friends of MSF (Doctors Without Borders) Manchester invites you to join us this year in exploring medical, political and human stories further afield than just Oxford Road. We hold talks, pub quizzes and mapping parties (where you can actually contribute to maps used by MSF workers in the field) and we'd love some new faces to join us. Look out for our advertisements for year 1 reps in the new term! Follow our Facebook page Friends of MSF Manchester for updates.

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MEDICINE

**NOTES!**

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MENTORING  
MEDICINE

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MENTORING  
MEDICINE

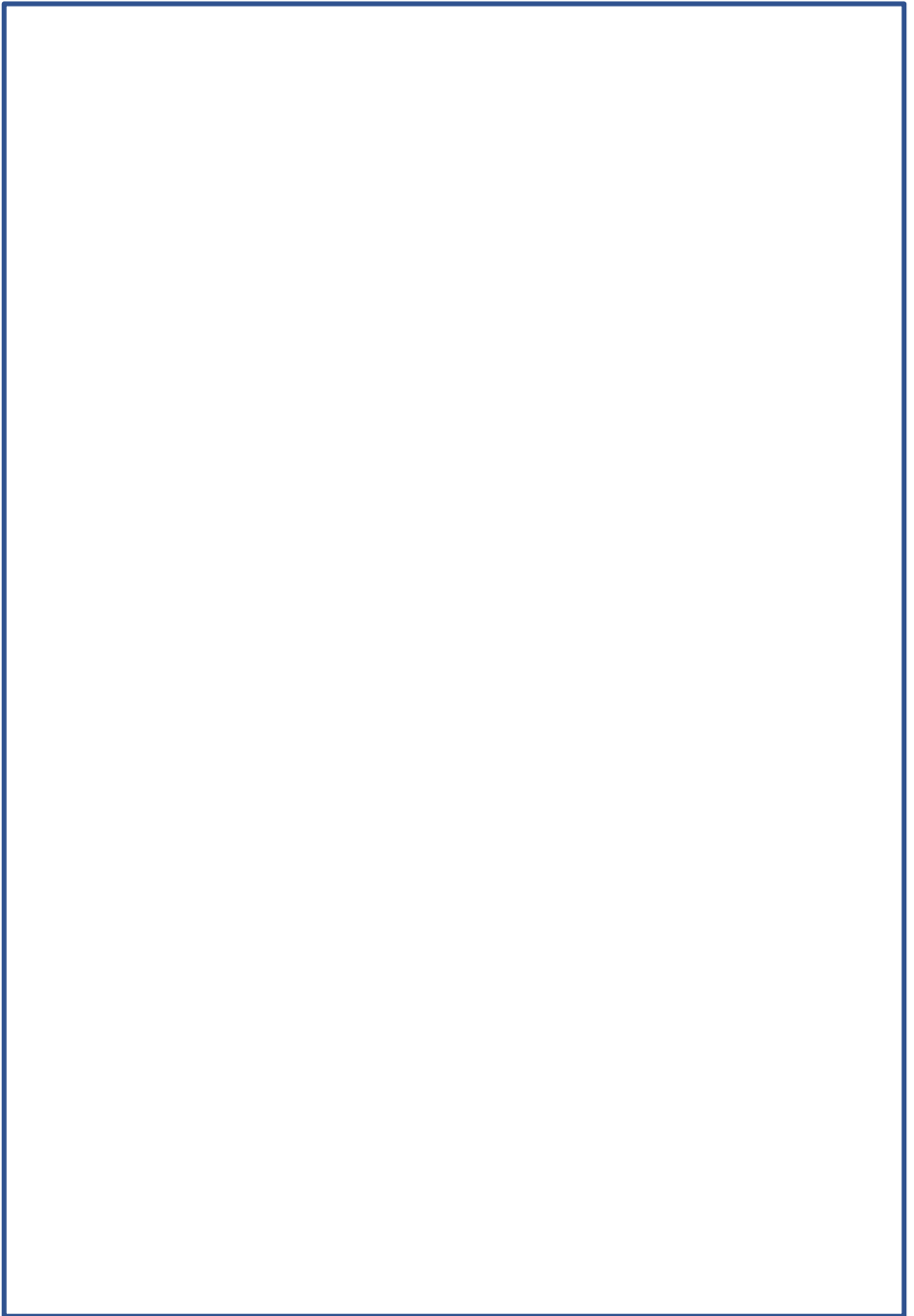
**NOTES!**

We hope you found this booklet useful. If you have any questions about anything before you get here, then please don't hesitate to get in contact with us:

[mentor.medics@manchester.ac.uk](mailto:mentor.medics@manchester.ac.uk)

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