

PEER
MENTORING
MEDICINE

MANCHESTER
1824

The University of Manchester

**WELCOME BOOKLET FROM MEDICINE
PEER MENTORING
2021 - 2022**



I BELONG TO



PEER MENTORING MEDICINE

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INDUCTION

Congratulations – Welcome to The Medical School at The University of Manchester!

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 or 'grandparents' 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 the 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 and the details of 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



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



[@medicine_uom](https://www.instagram.com/medicine_uom)



medicinstudentexperience@manchester.ac.uk



[@medicineatmanchester](https://www.facebook.com/medicineatmanchester)



[@Medicine_UoM](https://twitter.com/Medicine_UoM)

PEER MENTOR STUDENT COORDINATORS

Peer Mentoring is a support network for students. We are the six 3rd year medics (Abdul, Holly, Jen, Kiran, Mohana and Meg) 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 hopefully beyond – some of us know our great grandparents who are now doctors!

We will be here throughout the year to:

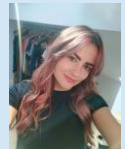
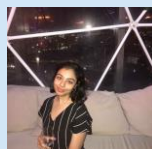
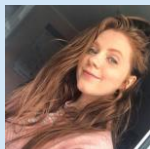
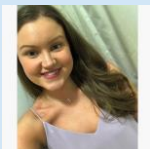
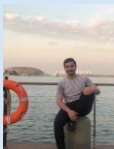
- Support your new 'families' and ensure you and your peer mentors have the support needed throughout the next year.
- Plan and organise social events.
- Continually improve the scheme, so your first year as enjoyable as it can be.

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

You can also like us via our Facebook page: **'Mummies and Daddies 2021/22'**

<https://www.facebook.com/University-of-Manchester-Medics-Mummies-and-Daddies-202122-103475911822091>



PEER MENTORING MEDICINE

PEER MENTOR STUDENT COORDINATORS

We aim to ensure that you have an amazing first year and that you feel supported all the way through your time at Manchester by your peers. 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.

Abdulrahman Shandala

Hi! Congrats on making it to Manchester, the next 5 years of your life will be unique, so make the most out of them. I'm based at Preston and I look forward to meeting you soon.

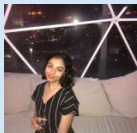
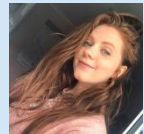


Holly Egan

Hello, I'm Holly a graduate based at Preston and one of your grandparents! You're set to have an amazing 5 years in Manchester, full of opportunities and experience for growth! We are here to help where we can, so please don't hesitate to message if you have any questions!! Good luck, and I can't wait to meet you all!

Jennifer Mooney

Hi, well done for getting into Manchester!! I'm Jen, I'm from Glasgow and I'm based at Salford. Feel free to send any us any questions at any time. I'm sure you'll all enjoy Manchester, and I can't wait to meet you all!



Kiran Bhandal

Hi! My name is Kiran and I'm based at Wythenshawe hospital. A massive congratulations for getting into medical school-you've worked so hard to make it to Manchester so I hope you are proud of yourself and have a fantastic time here! If you have any questions feel free to ask me and I'm looking very forward to meeting you all!

Megan White

Hi, congratulations on getting into Manchester! I hope you enjoy your university journey as much as we have. Manchester is a great city so I'm sure you will have an amazing time. If you have any questions or concerns please let me know!



Mohana Kumar

Hi everyone! I'm from the Wirral and currently based at Salford. Congrats on getting into Manchester, all the hard work has paid off! We're here to make sure you get well settled, so don't hesitate to get in touch if you ever have a question. Looking forward to meeting you all!

PEER MENTORING MEDICINE

HOW IT WORKS! 'PEER MENTORING'

Starting in Year 1: During your Welcome and Induction week, you will have your 1st meeting with your Problem Based Learning (PBL) group and your peer mentors (your “Mummies” and “Daddies”). Each PBL group has up to 12 students and 2 to 3 Peer Mentors are assigned to your group. Your medic parents will be second year students, who will be responsible for helping you during welcome week and support you during the upcoming year.

Starting in the Foundation Year: A104/A204 Foundation Year students are also allocated Peer Mentors. During your Welcome and Induction week, you will have your 1st meeting with your EBL group and your 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

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. They 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. They will know who to turn to with any problems, 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. 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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Photos of some of your International Mentors.

INTERNATIONAL MENTORS



There are also International Mentors alongside the main Peer Mentoring scheme for students coming from abroad. We are here to help with any particular worries that international students 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 their 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

Be sure to join in the group on Facebook:
<https://tinyurl.com/medinternationalmentors>

Meet us! - We will be organising a welcome event for EU and International students, where you will have the opportunity to meet your mentors and ask questions.

All our event information will be available on our Facebook Page!

PEER MENTORING MEDICINE



Photos of some of your Mature Mentors.

MATURE MENTORS



It can feel strange beginning at university and being older than most of your peers, especially when it comes to calling somebody younger than you 'Mummy' or 'Daddy'!

While the Peer Mentoring Scheme is an invaluable resource for getting to know other students, we understand that you may feel that it would be helpful to meet people in a similar position! Having been in your situation this time last year, we are here as a source of support and advice for any problems. Just as important is the chance for you to meet and make friends with your peers of the next 5 years!

There are many reasons why we have chosen to take part in this scheme, including:

- Wanting to offer you advice on life as a mature medic.
- Wanting you to have as much fun as your younger peers.

We will be organising events throughout the year, which we would love you to come along to. Let's use that **extra 'life-experience'** we've got to have a good time!

Email us at MatureMentors.Medics@manchester.ac.uk

And be sure to join our Facebook group 'UoM Mature Medics 2021-22' :

<https://www.facebook.com/groups/uommaturemeds21.22/>

There are a wide range of student societies that students can get involved with, so have a look at the Students' Union website for more details and helpful information: <https://manchesterstudentsunion.com/maturestudents>

The university has some helpful information for mature students:

<https://www.manchester.ac.uk/study/undergraduate/mature-students/>

Meet us! – We will be organising a welcome event for mature (i.e. 21 years old or over) medical students who are beginning the Medicine Programme in September.

All our event information will be available on our Facebook Page!

WELCOME EVENTS

Monday 13th September – Friday 1st October

Welcome and Induction Weeks

The University is arranging a variety of welcome events for you to attend online and on campus (adhering to social distance guidelines) to welcome you to Manchester. Please see their website for up to date information

<https://www.manchester.ac.uk/study/get-ready/arrival-welcome-and-induction/>

September 2021

Year 1: Meeting your Peer Mentors and PBL group

This will be your 1st meeting with the other members of your PBL group and the 2nd years who will be your peer mentors. They can answer your questions about settling into Medical School and your new life at the University, they are happy to help! We will be organising different meeting slots between 1:00pm – 4:00pm and you will be told your PBL group number and your meeting slot in further communication.

This meeting will take place via Zoom, make sure you have signed up to Zoom using your **University email address**.

A104/204 Foundation Year: Meeting your Peer Mentors and your EBL group

This will be your 1st meeting with the other members of your EBL group and the 2nd years who will be your peer mentors. They can answer your questions about settling into the Medical School and life at the university. They are happy to help!

We will be organising a meeting slot between and you will be told your EBL group number and more information in further communication.

This meeting will take place via Zoom, make sure you have signed up to Zoom using your **University email address**.

Peer Mentoring Events:

Once you have met as a family, your peer mentors parents, will arrange further events. The Student Coordinators are looking into an event that could take place online that all your families could take part in.

Keep up to date on their Facebook page!

<https://www.facebook.com/mummydaddy2020/>

Due to the current situation with the Covid -19 pandemic welcome events are still subject to change

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

ACADEMIC YEAR 2021/22

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)

- 13th September 2021-28th January 2022
- Christmas Holiday: 20th December 2021 – 3rd January 2022
- Revision – 4th January – 16th January 2022
- Exam Period: 17th January – 28th January 2022

SEMESTER 2 (Winter/Spring)

- 31st January – 11th April 2022
- Easter Holiday: 11th April – 22nd April 2022
- 25th April – 20th May 2022 (*semester continues*)
- Exam Period: 23rd May – 10th June 2022

YEAR 1 & YEAR 2 PROGRAMME SUPPORT:

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.

Email: years1-2mbchb@manchester.ac.uk

Tel: **0161 275 5292**

STUDENT OCCUPATIONAL HEALTH

4th Floor, Crawford House, Booth Street East, Manchester. 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. You must keep these appointments.

Email: waterlooocchealth@manchester.ac.uk

Tel: **0161 275 2858**

Helpful Hint: It might be useful to store these numbers/email addresses in your mobile!

PEER MENTORING MEDICINE

HELP & ADVICE

THE 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** Email: medicine.enquiries@manchester.ac.uk

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 contact them to make an appointment.

Tel: **0161 275 7512** or Email: dass@manchester.ac.uk Their website address is <http://www.dass.manchester.ac.uk/>

The Medicine Programme has its own disability co-ordinator, Talin Aghanian, who can be contacted by Email:

talin.aghanian@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** Email: accommodation@manchester.ac.uk

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 There is also an International Society found in the Students Union, 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** or Email: advice.su@manchester.ac.uk

STUDENT SUPPORT

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

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 Year 1&2 Administrator on Tel: **0161 275 5292** or Email: years1-2mbchb@manchester.ac.uk

ACADEMIC LEARNING SUPPORT

Dr Michelle Webb supports individuals or a group of students with learning, revision etc. Email 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 ACADEMIC LEADS

The Year 1 lead is Dr Liz Sheader and she can be contacted Email: 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

DISABILITY COORDINATOR:

Medicine at the University of Manchester has its own disability coordinator, Talin Aghanian who can be contacted if you have any issues concerning a disability. Email: talin.aghanian@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.

You are not alone!

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 meet with your PBL group, so that you are prepared for the new style of learning.

Years 1 and 2 are split into 4 semesters: These give you the Foundations of Medicine and more to be able to successfully build your knowledge base and progress towards the more clinical years of the MB ChB programme

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

STUDYING MEDICINE

Extra Information Due To Covid -19

Things have had to be modified to take account of the impact of Covid -19 for this academic year. This means that currently Semester 1 PBL may be delivered by face to face teaching but the majority of your other activities will be online. A team of experienced, dedicated staff have worked hard to ensure that the quality of your experience throughout Semester 1 will not be diminished.

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

You will have consultation skills classes where you start to learn clinical communication skills. You will also have skills lectures.

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 You can also find extra curricular activities at 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 an abstract related to the topic. In Year 2 you will research an area and produce an individual literature review. These give you the chance to study a topic that interests you in more depth.

Clinical Competency Assessments (CCA)

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 CCA 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.mbcbbhandbook.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, when this become possible, 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. Us coordinators or 'Grandparents' really like to work in Green Floor 3 in the main library – it has a really nice old and airy atmosphere. 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

PEER
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LIFE AS A STUDENT IN MANCHESTER !

PEER MENTORING MEDICINE



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 SPS team. There are support services for students who are struggling financially, 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.
- **Don't forget that you're going to have to pay a house deposit, and this could be quite expensive so set aside some money for this.**

PEER MENTORING MEDICINE



EVERYDAY LIFE IN MANCHESTER

Due to the Covid -19 Pandemic some of the below information may have changed, please check websites before visiting

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.

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 towards 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 GPs have information at the University Welcome Fair where you can sign up and get details about the practice. A couple of well known student GP practices are Bodey Medical Centre in Fallowfield, and the Robert Darbishire Practice on the Curry Mile. A list of GP's and dentists are available at:

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

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

Due to the Covid -19 Pandemic some of the below information may have changed, please check websites before visiting

Cinema

- Vue at the Printworks: www.myvue.com
- Odeon Cinemas: 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 this 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!
- **HAUS, 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.

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: 0161 224 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 Manchester Fallowfield: £15.99 no contract, Tel: 0330 056 3528
- Pure Gym: Based in Spinningfields and Great Ancoats, <http://www.puregym.com/>

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/ to sign up!



EVERYDAY LIFE IN MANCHESTER

Due to the Covid -19 Pandemic some of the below information may have changed, please check websites for up to date information

Transport:

Buses: As you may already know, Oxford Road is the busiest bus routes. You can get cheap weekly bus ticket on First, Magic Buses and Stagecoach or you can buy an annual bus pass which can be cost effective, particularly for those living in Fallowfield. 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 Combrook Interchange, just outside the City Centre.

Taxis: You can get a 10% student discount at **StreetCars** Tel: **0161 228 7878**. If you have no money to get home after a night out, simply follow these steps:

- 1) Telephone StreetCars quoting '**Manchester SU Safe Taxi Scheme**'.
- 2) Wait safely for your car, check your car is from StreetCars 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 great 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!

Travelling around Manchester:

An invaluable tool for organising your transport around Manchester is the Transport for Greater Manchester website www.tfgm.com. You can type your destination into the journey planner and it will give you instructions on how to get there.

You can further information and buy tickets online through various websites and app's:

Metrolink: getmethere.com

Trains: <https://www.nationalrail.co.uk/>

Buses: <https://www.stagecoachbus.com/> , <https://www.gonorthwest.co.uk/fares/> , <https://www.firstgroup.com/greater-manchester>

Don't forget your facemask!

PEER MENTORING MEDICINE

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 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!

PEER
MENTORING
MEDICINE

LET US INTRODUCE...



PEER MENTORING MEDICINE

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, 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 the best and will have exciting events 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 in September.

In the common room of the Stopford Building, we 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. The Medsoc card provides discounts on all our events, and fantastic offers at various shops/eateries around Manchester. So keep an eye out for our special offers online! You can buy the Medsoc card online from our website!

Be sure to join the 'ManMedSoc' group on Facebook, to find out further information on all our great events and useful lectures! We are also on Instagram and we have our own website!

 <https://en-gb.facebook.com/ManMedSoc>

 <https://www.instagram.com/manchestermedsoc/?hl=en>

 <https://www.manmedsoc.co.uk/>

**Sebastian
Moshtael**

Co-President

**Ellie
Kazafaniotou**

Co-President

INTRODUCTION TO MEDSOC



Sebastian Moshtael
Co-President



Ellie Kazafaniotou
Co-President



Emilia Smith
Vice President



Georgia Cross
Treasurer



Kriisan Manoharasundaram
Treasurer



James Tooke
Co- Social Secretary



Ananya Gupta
Co- Social Secretary



Caitlin Nolan
Co- Formal Secretary



Kiran Bhandal
Co- Formal Secretary



Boruch Michaels
Education Lead



Noor Al-Saffar
Phase I Secretary



Maya Lakhnpaul
Wellbeing Secretary



Verity Buglass
Pacemaker editor

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)

Due to the Covid -19 Pandemic some of the information may have changed, please check their Facebook page for up to date information

SOCIETIES, SPORTS AND CHARITIES

Manchester Anatomical Society



A society to increase students' interest in anatomy. We are proud of our motto: Education, Innovation and Passion. Our aim is to spread the passion and love for anatomy. Anatomy is an important part of medical education not only for those interested in surgical specialties but for everyone. Anatomy may seem daunting at first, leading to unnecessary stress and worry. The anatomical society will provide a platform for students to learn and discuss together with their peers and seniors. We plan to hold different events throughout the year catering to medics including revision sessions, competitions and mock OSCEs. There will be plenty of opportunities to get involved. We look forward to seeing new members at our events. Please find out more about memberships, events and other bits on our social media accounts.

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 Medics Badminton



"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 Basketball Team



Slip on your Jordans and unleash your inner Mamba as you join the ultimate basketball society on campus.

Whether you're just getting started on your basketball journey or are wanting to refine your skills to become the best player you can be, we here at Manchester Medics Basketball can help guide you on your journey because we Trust The Process. We compete in the campus league with a mixed 1st and 2nd team, giving you the opportunity to perform at your skill level. So if you are a clutch individual, we are always looking for the next Dame Lillard or Candace Parker, to produce that buzzer beater moment and go down in Manchester history.

Our goal is to not only develop gratitude basketball players but also create a community which is alike their love for basketball, with numerous opportunities to join the committee and have a real voice in how the society is run.

So what are you waiting for... JOIN MEDICS BASKETBALL NOW!!

BMA

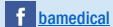


The British Medical Association is your trade union and professional association - we represent you as individuals when you need help and collectively on issues that affect us all, like the UK Medical Licensing Assessment, student finance, welfare and visa issues. Your elected reps represent your views at Medical Students Committee (MSC). 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.

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

BAMedical Society



BAMedical (BAME Medical) is a society that aims to inspire and educate students on BAME health in medicine. If you're interested in inclusivity in medicine, we have some amazing events lined up for the next academic year, such as the impact of COVID-19, tackling mental health and sexual health in the BAME community. We will also be running lectures that focus on common presentations in ethnic minority committees.

This is the perfect time to get involved with this society and learn more about BAME health in medicine! We also have well-being officers that are here to lend a helpful ear if you have concerns about medicine and can direct you to appropriate support services available. Follow us on our social media to keep up with everything we're doing!

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.

CATTS (Cancer Awareness in Teens and Twenties Society)



CATTS (Cancer Awareness for Teens & Twenties) are a charity raising awareness of the signs and symptoms of cancer in young people throughout the UK. CATTS Manchester are a student led society, and a branch off the charity, dedicated to promoting awareness for the early diagnosis of cancer in students around campus and in the local area. By running interesting lectures, inspiring workshops and events, they encourage people to check their bumps for lumps all whilst having a good time, in aid of awareness. Their popular events are sure to tickle your fancy and include pub quizzes (both general and medic related), acoustic nights, and the Battle of The Societies! As a charity that is also present across several universities in the country, they 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 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 OSCE's and progress test. We encourage anyone with even the slightest hint of curiosity in the Cardiovascular medicine/surgery to get involved!

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

CHUMS



We are an exciting medical student society made up of passionate, enthusiastic and committed members who visit the wards of the Royal Manchester Children's Hospital every week. We engage and play with children of all ages to help make their stay in hospital just that little bit brighter! Our balloon dogs are second-to-none and we look forward to seeing you when it's safe for us to go back on the wards! Follow us to find out when we open applications for new volunteers.

Medics Debating



Over 100 first-year students registered with Manchester Medics Debating Society in the 2020-2021 academic year. This is over a quarter of the entire cohort. Why? MMDS is the only society that provides you with weekly resources that help you get through problem-based learning. Medical students from the 2nd - 5th year find the best resources that they used to help them get through weekly PBL cases. They compile these resources into a single document so that you know exactly where to look and how much detail to go into when doing your PBL cases. It has been a game-changer. MMDS are doing so much more than helping you in PBL! We will be holding fun, yet classy, monthly debates with other societies and organisations across the UK. Suit up, look sharp, network with other students and high-profile figures and enjoy an evening of exciting debate with great food.

Doubleday Centre Student Society



The Doubleday society is dedicated to the principle of improving quality of life as well as relationships and interactions between students, patients and the public, consistent with the philosophy of Edwin Doubleday. We believe patients are more than just a set of symptoms or a disease to be cured; they are human beings with a life and their own unique circumstances. As a society we aim to be the voice for underrepresented patients, create opportunities to improve communication and care between students and the public, encourage exposure to a wider range of patient experiences and patient needs as well as fundraise for the Edwin Doubleday Fund and promote the Doubleday Student Award.

University of Manchester DermoSoc



We are the University of Manchester's very own Dermatology Society - aka DermSoc! We are committed to furthering the education of medical students within the valuable field of dermatology. To enable this, we provide a wealth of competitions, quizzes, lectures, social media content and even our very own conference! Our activities cover a wide range of topics, from the role of art in dermatology, to sun-safety, cutting-edge research, exam revision and everything else in between! We have something for everybody. In addition to this, we aim to support those interested in pursuing a career in dermatology, by providing an insight into what a career in dermatology entails and how it can be achieved, through our all-important careers evening. Last but not least, we are passionate about promoting awareness of key public health messages. For example, the importance of sun safety in preventing melanoma. We very much hope to see you at one of our events soon!

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

Friends of David Nott Foundation



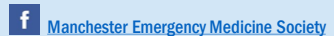
FDNF was founded 2 years ago to support and raise awareness about the David Nott Foundation (DNF), which was founded by surgeon David Nott and Elly Nott. The DNF aims to provide support and teaching to surgeons in the frontline of conflict and natural disaster zones. Our aim at FDNF is to raise awareness as well as donations that will help fund the DNF's training programs. We put on a host of events from bake sales to conferences and talks with inspiring speakers telling us about humanitarian medicine and their work with various organisations in some of the most hostile places in the world. We also run 'Language for Healthcare' evenings, with a complete series for Arabic! So if you want to use your medical skills to help those in need around the globe, want to find out more about the David Nott Foundation or humanitarian medicine in general then we would love to see you at our events! We welcome absolutely anyone from any course who wants to raise awareness and funds of the amazing and important work that the DNF does.

DrugSense



DrugSense is a society which aims to reduce drug related harm in students. We are the first University of Manchester society which aims to tackle this problem in this population, which is surprising considering the prevalence of drug use in students in Manchester. We want to provide up to date evidence based education on both legal and illegal drugs, so students know what they're taking and what to do when something goes wrong. Give us a like and get in touch if you're interested in getting involved, we're looking for people to join us in leading the society! Do you know the contents of alcohol, pills and powders?

The University of Manchester Emergency Medicine Society



The Emergency Medicine Society is for all those interested in acute medicine and what a potential career would look like in this exciting field. Or for anyone interested in a hugely diverse and exciting area of medicine. We run a number of events throughout the year including lectures, hands-on practical sessions and our annual 'Emerge' Conference held in March. Previous topics have included:

Manchester Medical Education Society



We understand just how daunting the transition from college to university style learning can be! You may have lots of questions, including: 'how do I revise and what do I prioritise? There is just so much to learn!', and 'what could I be tested on?'. Fear not, this is where we come in! We run a range of teaching sessions throughout the year, on all topics and for all year groups. The teaching is delivered by students from the years above, who have been through it all before. You will be taught the key topics for your year group, and gain access to the session notes once the sessions are over. The majority of our events will be delivered online, in the evenings/weekends, so you can watch them from the comfort of your own home! Each event is advertised on our Facebook page: 'Manchester MedEd'. If you have any questions, feel free to contact us via email, Facebook or Twitter.

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

Manchester Medics Football Club



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

Manchester Medics Football Club consists of 5 Men's Teams and 1 Women's Team. We aim to provide an open and welcoming club for footballers of all abilities aiming to give everyone the chance to take part in 11-a-side football matches on a Wednesday afternoon. This year we have 5 teams registered in the ISSL, with new players being recruited for every team. The Medics Football Club have regular mixed socials that are inclusive of everyone. These provide opportunities to mix with other teams and also get to know your team mates. In addition, a full club social tour is organised annually, and past locations have included Prague, Barcelona, Amsterdam and Glasgow. The first major event of the year is our Open Trial. Details about trials will be posted on the Manchester Medics Football Club (Official) Facebook page. Join this page for updates about training, trials, social events and matches.

Fastbleep



[Fastbleep Schools](#)

There is evidence to suggest that the medical profession is lagging behind other fields in terms of social diversity. Of the 11,125 students who entered medicine and dentistry in 2011, just 4.1% were from the most disadvantaged backgrounds. This remained under 10% in 2018. Regardless of the measure, those from less affluent backgrounds are less likely to apply and gain admission into medical school. Fastbleep aims to provide a solution to this!! Fastbleep Schools hopes to inspire state school pupils to study medicine at university by holding workshops and giving advice about the application process. Workshops consist of teaching sessions on medical skills such as taking blood pressures, suturing, anatomy, reflexes, venipuncture, amongst others. Being involved also helps improve your teaching skills and is a great addition to your CV. Join us to help widen access to medicine and inspire the next generation of doctors!

Friends of MSF (FoMSF)



[Friends of MSF Manchester](#)

Friends of MSF is our student's association working to raise awareness and funds for Médecins Sans Frontiers' (MSF) incredible work by organising educational as well as fundraising events. We also provide a lot of information for those considering working in the field in the future. As a society, FoMSF welcome everyone from any course interested in making a change and supporting this cause in any and every way they can!

Global Health Society



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

GP Society



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 specialty. 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 specialty and provide a platform for students who are currently interested in the specialty 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.

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

Manchester Medics Hockey Club

www.manchestermedicshockey.co.uk

Manchester Medics Hockey Club (MMHC) is a mixed club with 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, and even if you're not so sure on hockey, but like fun, then make sure to come along and try it out! We have 4 teams that all play in the campus league at the Armitage. Be sure to check out our website to see what an average year looks like and some of our tour videos.!

University of Manchester Heartstart

heartstart.manchester@gmail.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.

HAPPY - Healthy and proactive project for youth

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.

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 2019, 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.

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 a great opportunity!

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

MedAhead

 [medahead101](#)

Your CV needs work! By the end of medical school, you must get a range of academic experiences that score you points on your CV. Otherwise, your foundation and speciality applications as a doctor could flop. You won't be able to *just choose* your speciality, you will have to take whatever is not competitive. Why? The competition never stops in medicine. This is the hard truth that unfortunately, people will not tell you. The MedAhead society is here to help you keep all your options open so that you can make your own choice about your career path. We are the first society to have a mentoring scheme like ours. Medical students get paired up with 1) other medical students nearing the end of medical school, or 2) foundation doctors. These are people with **knowledge and experience** of what is important to do as a medical student. They will **guide you** to make sure that you get the right experiences to help you in your future. Over 60 mentees were paired up last year, and they got involved in **research projects** with scientists/consultants which led to **publications in medical journals**, **audits** of patient care, **teaching**, **summer internships** funded by charitable organisations, **leadership roles** in societies/national organisations, and much more! These are the sorts of things you need to do at medical school. **Get expert guidance. Start early. Work gradually. Have a strong CV. Forge your future**

Manchester Marrow

 [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. Marrow's student volunteers run recruitment drives on campus to sign people up to the Anthony Nolan register, helping people who need stem cell transplants find matching donors. Over the last 2 years, we've signed up close to 1,000 people. Any of these people could go on to save a life, and in the last year we have already matched one donor to a person with blood cancer. 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

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.

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.

SOCIETIES, SPORTS AND CHARITIES

MMRSoc



[MMRSSoc-Manchester Medical Research Student](#)

Manchester Medical Research Students' Society was founded in 2012 with the aim to raise awareness of the importance of research in healthcare. MMRSSoc is one of the most active medical societies hosting an annual National Conference and events on academia from Medical School through to the Foundation Programme. Our events are always evolving and gaining more recognition on their help for students with projects, PEP, research opportunities and the Academic Foundation Programme application process. These inspiring and interesting events are certainly not to be missed!

Manchester Medical Leadership and Management Society

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.

Manchester MedTech



[manchestermedtech](#)

Manchester MedTech, founded in February 2019, aims to inspire, engage and educate the next generation of medical technology innovators, to equip them with the skills to tackle serious unmet clinical needs, and to provide a platform through which they can collaborate and form essential interdisciplinary connections. We are a National Spoke for the National Institute for Health Research (NIHR) Surgical MedTech Co-operative. Our events include the Innovation Programme, a programme of educational and practical workshops on healthcare technology, and MedX, a series of thought-provoking talks by world-leading scientists, clinicians, and engineers talking about ground-breaking medical innovation to essential entrepreneurship know-how for innovating within medical industries.

Manchester Medics Netball Club

manchestermedicsnetball@gmail.com

Manchester Medics Netball Club is comprised of 6 teams with over 80 girls of all abilities. Everyone is welcome, no matter if you've been playing for years or have never picked up a ball before. Playing netball allows you to learn new skills, keep fit and make friends with people across all years. We play our matches during the week and train every Thursday evening. As well as this we have some fantastic socials throughout the year including the welcome social, baywatch, doctors dinner, and of course our annual MMNC International Tour! Come along to trials for a throw about and get involved in some netball fun.

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

Manchester Clinical Neurology Society

✉ mcmneurology@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 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'

Nutritank

f [manchesternutritank](https://www.facebook.com/manchesternutritank)

Nutritank is a student led organisation that aims to promote the greater need for greater nutrition and lifestyle education in medical schools curricula and other Healthcare settings. To prepare future doctors to better advice their patients. Our mission is to raise medical students' awareness around the importance of nutrition and lifestyle medicine for all stages of Healthcare from prevention to wellbeing. We also endeavour to engage in community projects around nutrition and health. Follow @manchesternutritanksociety on IG and FB!!

Manchester Medics Orchestra and Choir

✉ 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.

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

University of Manchester OB/GYN

UoM OGSOC is the University of Manchester Obstetric and Gynaecology Society, we represent all medical students who are interested in Obs&Gynae. We host interesting lectures with speakers from all over the country, revision events and mock OSCEs throughout the year. We have our first conference this year and we hope this will become an annual tradition! Get in touch with us if you are interested in all things women's health!



[University of Manchester Obs/Gyn Society](#)

Oncology Society

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.



[McrOncology](#)

University of Manchester Ophthalmology Society (UMOS)

Where would the world be without sight? The human eye is one of the most intricate and beautiful constructs that nature has to offer. We are a group of eye enthusiasts dedicated to providing further insight and education on this marvel. Anyone that shares our interest should certainly get involved. It is not exclusive to medics or optometrists! Our events include lectures by distinguished experts in the field, a national eye conference, and a whole range of other activities. Don't forget to give our social media pages a follow to keep up-to-date with our events. Eye think you'll enjoy what we have to offer.



[UoM Ophthalmology Society](#)

Pacemaker



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.

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



[Manchester Psychiatry Society](#)

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

University of Manchester Plastic and Reconstructive



[Manchester Plastics and Reconstructive Surgery Soc](#)

Plastic and Reconstructive surgery, or simply "Plastics", is a surgical speciality dedicated to altering or repairing superficial aspects of the human body in order to restore function and achieve an aesthetically satisfying results. As a specialty, Plastics isn't covered by the medical school's syllabus and thus is something that most students will not be exposed to during their time at university. Our aim is to provide insight into Plastics and what a career in this specialty both entails and requires. As such, over the year we hope to organise talks led by Plastic surgeons which will shed light on this ever evolving and incredibly interesting remit of surgery. These events will be advertised on our Facebook page- Manchester Plastic and Reconstructive Surgery Society (MPRSS) as well as our Instagram page (uomplastics).

Manchester Medics RUFC



[manchester_medics_rufc](#)

Established in 1822, Manchester medics RUFC is one of the largest and most successful sports teams within the medical school. The club caters to all levels of ability, from social to serious players, all are welcome. As a club we field the following teams: 1st XV - Play in the national association of medical schools (NAMS) competition, in which we were national champions in 2019. Pre-Clinical XV - Made up of the younger players in the club who compete within the campus league. We were champions of the league competition in 2019. There is also the opportunity to play within the Lancashire leagues as we have strong links with local clubs and the Lancashire rugby community. Alongside this we run regular training sessions and are responsible for organising some of the biggest socials in the medical school calendar. We have a strong tradition of touring with an annual tour being held in the spring.

Run Wild



[Run Wild Manchester](#)

Run Wild is both a running club and a community.

We host free weekly runs that are suitable for all abilities, including complete beginners. Our groups cover a range of distances and speeds, meaning all our members run with different motivations in mind and can choose how hard they want to run. We love getting out around Manchester, and the freedom that running with others brings to explore new places. Whether you are training with a goal in mind, enjoy running to keep fit, or are just starting out, Run Wild is always welcoming, friendly and inclusive. You don't have to sign up anywhere - everyone is welcome to come along, whether you walk, jog or run. We always meet on Tuesdays, and host other free running sessions through the week, with regular socials after most sessions. Follow our facebook page @runwildmcr to stay up to date with everything that's going on. Tuesday runs: 6.15pm meet for a 6.30pm start (UoM Students' Union foyer)

<https://linktr.ee/runwildmcr>

University of Manchester Respiratory Society



[University of Manchester Respiratory Soc](#)

UoM Respiratory society represents medical students with an interest in respiratory medicine. We host educational lectures with junior doctors and consultants covering general topics such as shortness of breath for OSCEs, to niche topics like sarcoidosis. We are hoping to include pre-clinical events in the next academic year. Please get in touch with us if you're interested in respiratory medicine or want to get involved in teaching any of our sessions!

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

Manchester Rheumatology Society



Manchester RheumSoc is a newly founded society aimed at increasing interest and understanding of what a career in Rheumatology holds. We also are involved in teaching how to best identify rheumatological conditions in tests + in real life. If you're interested in Rheumatology join our society!

SINOS



SINOS ENT is a student led surgical society based at the University of Manchester. SINOS was founded in 2018 and since then has organised various surgical workshops and talks relating to otorhinolaryngology, the diverse medical and surgical speciality of the ears, nose and throat. If you are interested in ENT or would like to learn more about the speciality whilst also developing your surgical skills, we strongly encourage you to follow us on facebook, twitter or Instagram where we post details of events which we hold on a regular basis. You can also become a member of SINOS for a small fee of £3 on the SU website. Members will be given first priority for workshops, as there is usually a high level of interest, as well as discounted entry for future conferences.

Sexpression



Sexpression Manchester are a branch of Sexpression UK which is a nation-wide, student-led sexual health charity. We aim to provide a non-judgemental Relationships and Sex Education (RSE) to young people in schools and youth groups, covering issues such as STIs, contraception and sexuality. We also run sex-positive events for students alongside sexual health stalls, providing self-test kits for Chlamydia and Gonorrhoea. Please get in contact with us if you would like to volunteer with us and deliver RSE in local schools, or to help run our sex-positive events and stalls on campus!

Medics Ski Club



Hello! We're Manchester medics Ski club.

We run an unforgettable ski trip that is open to everyone no matter if you're an international racing star or you've never seen snow before. We will have socials throughout the year and all are welcome! A trip to chill factor for some practice will get you scooting down the slopes in no time! All of this is gearing up for 'the best week at Manchester med school' - Pitbull

StreetDoctors



Why do we exist? At StreetDoctors we believe knowledge is power. We put young people at the centre of emergency first-aid provision and empower young people to become part of the solution to violence, rather than just being seen as 'part of the problem'. What do we do? We equip young people affected by violence with the skills to save lives in their communities and with the knowledge to make informed decisions about keeping themselves and others safe. We do this by training young people in emergency first aid, including what to do if someone is bleeding or unconscious. How do we do it? We use a peer to peer training approach delivered by our network of young healthcare volunteers (student nurses, paramedics and doctors) who work in partnership with criminal justice services, schools, pupil referral units, youth, sports and community groups. All of our work is trauma informed.

PEER MENTORING MEDICINE

SOCIETIES, SPORTS AND CHARITIES

Sports & Exercise Medicine Society

✉ 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

Scalpel Manchester



[Scalpel - The UoM Surgical Society](#)

Interested in becoming a surgeon? Or just keen on learning new skills and making sure you know your stuff? Join Scalpel: one of the most active and renowned societies at Manchester Medical school, and winner of the 2017 Academic Society of the Year. As the University of Manchester's Surgical Society, we pride ourselves on delivering educational content to support not only your curriculum, but your curriculum vitae too. We run events to teach you the basics of surgery, be it anatomy or surgical principles, or physical skills such as tying the knot on your first surgical suture and inserting your first chest drain. We regularly invite doctors and surgeons to deliver lectures on preparing yourself for a surgical career and lead in-person practical skills workshops, to make sure that you can discover whether surgery is for you. We pride ourselves on ensuring every student has the chance to scrub in and practice surgical skills, before even setting foot inside a surgical theatre. Our regular monthly events are great for first year students, with the pinnacle of our calendar being the Annual Scalpel Surgical Conference - this year in its 13th iteration. Join us in November to see what hundreds of students from across the world tuned in to experience last year! Like us on Facebook (Scalpel - The University of Manchester Surgical Society), follow us on Twitter (@scalpel_mcr), and keep up-to-date with us via Instagram (@scalpelsurgicalsoc) for tips, opportunities, and of course, reminders for our exciting events.

University of Manchester Urology Society



[University of Manchester Urology](#)

The University of Manchester Urology Society (Urosoc) is committed to making learning everything about urology fun! As one of the more complex (and often forgotten!) surgical specialties, we aim to introduce urology to medical students earlier in their learning, so we feel confident dealing with everyday urology presentations as doctors. Last year, we had a lecture series all held by consultant urologists and registrars on common urological cases and received good feedback on them. We also supplement teaching with OSCE-focused lectures that cover everything from digital rectal examinations to inserting a catheter, key skills that every medical student should be comfortable with before they qualify. Our audience extends further that the university and includes medical students from around the world. We are very well supported by a group of senior consultants within Manchester who all have an active interest in the specialty. In the next year, we plan to continue our lecture series, hold in-person OSCE-style revision sessions, and honestly, just have fun! We are a very friendly bunch and after last year, really crave any form of human interaction. We look forward to seeing all of you there!

UNICEF on Campus Manchester

✉ 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.

SOCIETIES, SPORTS AND CHARITIES

Manchester Wilderness Medicine Society

✉ 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, come join us!

Women in Medicine

f [Women in Medicine Society](#)

The Women in Medicine (WinM) Society is a society aimed at medical students, but open to everyone.

The society has two main aims:

1. Promote the personal and professional development of those who identify as women in medicine.
2. Raise awareness of health issues facing certain underrepresented groups in society.

We put on events throughout the year based on our key themes, which are education, careers and support. We hope our panels and lectures will get you thinking on topics outside the realm of what is taught at medical school.

During 2020/21 we have put on various events:

- A lecture exploring healthcare inequalities facing women from a BAME background through an academic lens
- A free widening participation medical school interview masterclass for local secondary school pupils
- A discussion panel focussing on the first-hand experience of patients who are transgender in collaboration with UoM Trans Campaign
- A lecture on improving medical students' education with regards to sexual violence, and communicating with victims of sexual assault. Please like the page to stay up to date with everything we're doing! <https://www.facebook.com/WinM.Manchester/>

Young Academics

f [Young Academics Manchester](#)

Founded on collaboration in medicine, YoungAcademics Manchester aims to get students authorship, research, and portfolio-building opportunities by reaching out to professionals who have ongoing medical projects. Professionals of all disciplines are contacted, from clinicians, scientists, and academics, to artists, technologists, and engineers. These projects are then advertised for students of all disciplines to apply to, and later applicants are selected anonymously by the supervisor. Terms and conditions are set for the student-supervisor partnership to protect both parties and honour all that was agreed upon. Our committee follows-up on all projects, offering project students further opportunities to present, teach, and publicise their work.

MEDICINE STUDENT EXPERIENCE

The Student Coordinators for this Peer Mentoring scheme work closely with the Student Experience Team within the medical school. The Student Experience Team are involved in supporting all that is extra circular including Peer Mentoring schemes in Year 1 and Year 3, Student Societies, maintaining the 1Med Buzz website, Student Reps, PBL Stewards, Careers Events. We also support Widening Participation.

You can contact and find more information from Medicine Student Experience via:

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

 medicinstudentexperience@manchester.ac.uk

 [@Medicine_UoM](#)

 [@medicineatmanchester](#)

 [@medicine_uom](#)

AND FROM THE GRANDPARENTS...

So, as you can see there are LOADS of medics societies, there are even more than are in this booklet today, and if you can get a group of 16 people interested in the same thing, you can create a society too. There really are endless possibilities, and it's super important you try out lots of different societies as it's a great way to make friends and meet different people in your year, and the years above! We're certain you're going to love it. A favourite is Medics Hockey, which is so fun, inclusive, and an amazing way to make friends.

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

Designed, written and compiled by the Peer Mentor Medics
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MANCHESTER MEDICINE PEER MENTORING

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