

MANCHESTER MEDICINE PEER MENTORING

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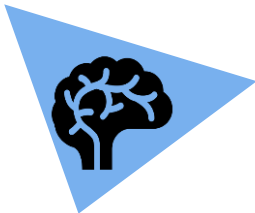
MANCHESTER
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The University of Manchester

WELCOME BOOKLET FROM MEDICINE PEER MENTORING 2024 - 2025



I BELONG TO



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Congratulations!
Welcome to the Medical
School at the University of
Manchester!

INDUCTION

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 Year 1 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 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/>

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

 sms.hub@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 seven 3rd year medics that have been chosen to run the Year 1 Peer Mentor 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 mentors 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!

We will be here throughout the year to:

- Support you 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

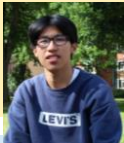
& instagram @uom_medicmentors

https://www.instagram.com/uom_medicmentors/?hl=en



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 mentors 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.

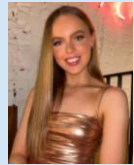


Yi Ning Weng Mei

Hello everyone! My name is Yi Ning, and I am based in Wythenshawe. I would like to extend my congratulations to you on getting into medical school. This marks the beginning of an extraordinary journey, so I encourage you to make the most of your time here. Wishing you the best of luck with your studies, and please remember to seek assistance and support whenever needed.

Caitlin Caldwell

Hello everyone! My name is Caitlin, and I am one of the student coordinators based in Preston. Congratulations on achieving your place in Manchester Medical School! Enjoy your first year and remember to reach out and ask for help if you need.

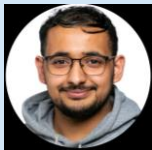
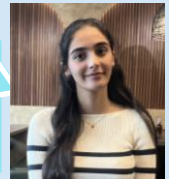


Manu Nazem

Hello everyone, I'm Manu and I'm based at MRI. I'm excited to meet all of you and wish you the best of luck for the new year!

Bitia Hadady

Hi everyone, I'm Bitia and I am one of the student coordinators based at MRI. Huge congratulations on getting into medical school and wishing you the best of luck for the exciting journey ahead!!

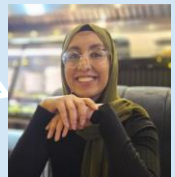


Muhammed Asif

Hi everyone! My name is Muhammed and I'll be based in Preston. Congratulations on getting into medical school! Please remember that your mentors are here to support you, so don't be shy about asking for help!

Ayesha Razzaq

Hey everyone, I'm Ayesha and I'm based at MRI. Congratulations for getting into medical school and all the best with your journey ahead!



HOW IT WORKS! 'PEER MENTORING'

Starting in Year 1: During your Welcome and Induction week, you will have your 1st meeting with your Team Based Learning (TBL) group and your peer mentors. Each TBL group has up to 6 students and 2 to 3 Peer Mentors are assigned to your group. Your mentors will be second year students, who will be responsible for helping you during welcome week and support you during the upcoming year.

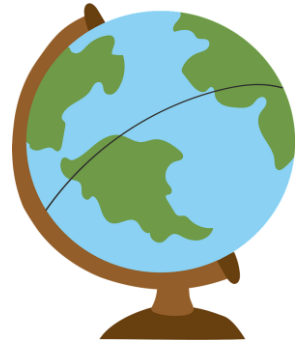
Starting in the Foundation Year: A104/A204 Foundation Year students are also allocated Peer Mentors. During your Welcome and Induction week, you will have your 1st meeting with your EBL group and your peer mentors. It is not always possible for Foundation Year students to have a Peer Mentor who has been 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, Hazel England, will give you lots of help and support. Email: Hazel.England@manchester.ac.uk

Starting in the Graduate Entry Medicine: A101 MBChB Graduate Entry (GEM) students are also allocated peer mentors. As this is a new course starting this year, there are no GEM students to act as peer mentors yet but students from our 5 yr programme will help support orientate and welcome you to Manchester. During your welcome and induction week, you will have your 1st meeting with your PBL group and your peer mentors. The peer mentoring team will have lots of insight into life in Manchester and the wider MBChB programme. The Academic Lead for GEM, Dr Cathy Armstrong, will also be able to support you with GEM specific queries and questions. Email: catherine.armstrong@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.

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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 Mentors 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.

The International Medics Society are here to support all International Medicine students throughout Medical School.

Society Link: <https://manchesterstudentsunion.com/activities/view/international-medics>

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 sent via e-mail!

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MATURE MENTORS

It can feel strange beginning at university and being older than most of your peers.

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!

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 sent via e-mail!

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WELCOME EVENTS

Monday 9th September – Friday 20th September

Welcome and Induction Weeks

The University is arranging a variety of welcome events for you to attend online and on campus 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 2024

Welcome Event-

The Welcome Event is an opportunity for all Year 1 MBChB Students to meet your Peer Mentors.. It is a great opportunity to get to know each other better and enjoy some refreshments too. More information on this event and how to sign up are in the link above.

International Students Welcome

This is an event to welcome any students to Manchester who have come to study from abroad. More information on this event and how to sign up are in the link above.

Mature Students Welcome

This is an event to welcome any students to Manchester who consider themselves as Mature. More information on this event and how to sign up are in the link above.

Commuter Students Welcome

This is an event to welcome any students who commute to University and don't live in Halls of Residence. More information on this event and how to sign up are in the link above.

More details on all these events will be provided and they are a great way to meet new people in the first weeks of University.

Peer Mentoring Events:

Once you have met your peer mentors for the first time they will arrange further events. The Student Coordinators will arrange events throughout the year.

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

ACADEMIC YEAR 2024/25

Term dates for the **Foundation Year and MBChB Years 1 & 2**. (Please note MBChB 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 2024-24th January 2025
- Winter Holiday: 16th December 2024 – 10th January 2025
- Exam Period: 13th January – 24th January 2025

SEMESTER 2 (Winter/Spring)

- 27th January – 4th April 2025
- Spring Holiday: 7th April – 25th April 2025
- 28th April – 9th May 2025 (*semester continues*)
- Exam Period: 12th May – 6th June 2025

Term dates for **Graduate Entry Medicine**. 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 2024 - 20th December 2024
- Winter Holiday: 21st December 2024 - 5th January 2026
- Health of Manchester Block (incl progress test) 6th January - 17th January

SEMESTER 2 (Winter/Spring)

- 20th January 2025 - 4th April 2025
- Spring Holiday 5th April 2025 - 27th April 2025
- 28th April 2025 - 9th May 2025 (*semester continues*)
- Exam Period 12th May 2025 - 6th June 2025

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ACADEMIC YEAR 2024/25

GEM and MBChB YEAR 1 & 2 PROGRAMME SUPPORT

This is your key contact! they support GEM and Years 1 and 2 of the 5-year MBChB pathway, which includes helping to organise registration and teaching events, as well as answering student queries.

Email: sms.programmes-ugmedicine@manchester.ac.uk

STUDENT OCCUPATIONAL HEALTH

4th Floor, Crawford House, Booth Street East, Manchester. You will hear from Occupational Health early in year 1 or Year 0 of MBChB and in GEM 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: occupationalhealth@manchester.ac.uk

Tel: **0161 275 2858**

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HELP & ADVICE

School of Medical Sciences Student Support Hub

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

Tel: **0161 306 0460** Email: sms.hub@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/>

For advice specific to studying Medicine contact: med.sps@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/>

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.

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 Email: med.sps@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.

ACADEMIC YEAR LEADS

- Year 1 lead is Dr Liz Sheader & she can be contacted by Email: elizabeth.a.sheader@manchester.ac.uk
- The year 2 lead is Dr Silke Conen & she can be contacted by Email silke.conen@manchester.ac.uk
- The Academic Lead for GEM is Cathy Armstrong & she be contacted by Email: catherine.armstrong@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. For MBCChB, 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. For GEM, you will be allocated an advisor for the full 4 year programme from January in the GEM year. This will be a clinician.

You are not alone!

YEARS 1, 2 & FOUNDATION of the MBChB programme

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 on 1med.

The first two weeks of year 1 is an introductory period known as Essential Skills; in this time you will meet with the group you will be working in, 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>

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STUDYING MEDICINE

Themed Case Discussions delivered by Team Based Learning (TBL)

Themed Case Discussions through the application of Team Based Learning will form your primary small group-based learning approach. Monday mornings you will be on-campus and have an interactive theatre event to introduce the week's theme. Learning then continues during the week through a combination of taught sessions and independent study. On Friday mornings, you will work in your small teams, supported by science and clinical facilitators.

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

STUDYING GRADUATE ENTRY MEDICINE

Themed case problem-based learning & your learning week

Across the GEM year, you will progress through learning weeks focussed around a themed-case explored in small groups of 9-10 students using a problem-based learning (PBL) approach. The cases contextualise learning to prepare you for the way in which doctors meet patient problems. Your case-based learning will be supplemented by a variety of other teaching activities, including clinically focussed anatomy tutorials, practical teaching focussed on consultation & clinical skills & interactive seminars on a variety of themes related to medical sciences including the behavioural & social sciences, ethics & law & evidence-based medicine. There will be clinical application seminars, designed to highlight how foundations of medicine theory is applied in the clinical setting & to aid understanding of clinical reasoning concepts.

Early Clinical Experience

You will have consultation skill sessions as mentioned above, but will also visits local community-based and hospital environments allowing you to meet real patients. The 2-week 'Health in Manchester' block mid-way through the year is focussed on the health needs of the Manchester population through different activities including visits to local Health centres and other community-based initiatives that serve the local population.

Personal and Professional Development (PPD) portfolio

There are personal development activities within professionalism and 'Doctors as Humans' seminars that are designed to introduce you to the skills and attitudes necessary to become a successful junior doctor. A key professional requirement as a doctor is to be able to demonstrate your own [personal and professional development \(PPD\)](#), recording evidence of this in a portfolio. You will be supported by an Academic Advisor to develop your ability to do this.

1Med:

1Med is Manchester's own website which has loads of useful information such as your timetable & course announcements. Updates & useful info are posted here & 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

EXAMS AND ASSESSMENTS

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

Semester/End of Year Tests

MBChB students 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.

For GEM, there will be an end of year knowledge, understanding & reasoning test, which will be 200 MCQs. There will be 2 formative mid-semester tests to help prepare for this.

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. The Progress Test will be the same for GEM students.

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. For the GEM programme, there is no PEP.

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. For GEM, the CCAs will be similar to the CCAs for Year 1&2 of the 5-year MBChB programme.

Personal & Professional Development (PPD) Portfolio

End of year reviews happen in both 1st and 2nd year. For GEM, PPD will be formative for all years from next academic 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, 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.

For GEM, 2 students from our 5 yr programme will help support orientate and welcome you to Manchester. We will be recruiting for one GEM Year Representative.

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

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**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 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.**

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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, and another opposite MRI on Upper Brook Street (main road that runs parallel to Oxford 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 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

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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](https://www.instagram.com/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!

PEER MENTORING MEDICINE



EVERYDAY LIFE IN MANCHESTER

*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. Buses currently cost £2 for a single ticket across Manchester, but the Stagecoach Magic Buses are cheaper, usually £1.80.

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: 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>

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!

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LET US INTRODUCE...



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INTRODUCTION TO MEDSOC

Hi there! On behalf of Manchester Medsoc- a massive congratulations on getting into medical school and starting your journey to becoming a doctor.

We can't wait to meet you in September!

MedSoc is the University of Manchester's largest student society and the largest MedSoc in the country, 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.

We also help fund the societies and sports teams for medical students at Manchester and endeavour to be inclusive and cater for absolutely everyone at our events and within the society.

MedSoc is run by an annually-elected committee of medical students in years 1 to 5!

We have a super exciting calendar lined up for this year, from social events, to formals and a host of educational and creative opportunities too! We try to encompass a host of different interests, and there are opportunities for everyone to get involved!

MedSoc supports a large array of societies run by students, from netball to orchestra, debating to volunteering. There's a society to suit everyone and anyone! They are all listed at the back of this booklet, so have a look at what might interest you and look out for them in our Fresher's fair in September to get involved!

In the common room of the Stopford Building, we have our own MedSoc Shop! Here, you can purchase our exclusive hoodies and sweatshirts and our MedSoc membership 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!



Be sure to join the 'ManMedSoc' group on Facebook to find out further information on all our fun events and useful lectures!

We are also on Instagram and Twitter (so be sure to give us a follow!) and we have our own website so go check it out!

We can't wait to see you all soon! Lots of medic love !

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

Archie Parekh

[Manchester MedSoc \(@ManMedSoc\) / Twitter](#)

Co-President

Rafi Zeff

Co-President

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, CoP Reps, 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/>

 sms.hub@manchester.ac.uk

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

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

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

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AND FROM THE CO-ORDINATORS...

So, as you can see there are LOADS of medical 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 contact us: mentor.medics@manchester.ac.uk

And more info on Peer Mentoring can be found at: <https://www.onemedbuzz.manchester.ac.uk/peer-mentoring/>

MANCHESTER MEDICINE PEER MENTORING

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