



Fresher's Pack 2023

By MEDSOC





Contents

Contents

Fresher's Pack 2023	1
WELCOME LANCASTER MEDIC FRESHER'S 2023... ..	3
Meet your current exec!	4
Why you should be a part of MEDSOC!	6
Sign up for MedSoc	7
Fresher's Checklist	8
Timetable for the first term	8
YOUR GUIDE TO FRESHERS!	10
Freshers' Week	11
Getting around!	12
The Buddy System	12
Merchandise	13
Getting the Balance Right	13
What to do when something is wrong	15
Subsocieties	16
Some final words... ..	17
Contact us or stay in touch!	18



WELCOME LANCASTER MEDIC FRESHER'S 2023...

First and foremost, CONGRATULATIONS on getting accepted into Lancaster Medical School!

Your hard work has finally paid off and now you're a Lancaster Medical Student, so on behalf on everybody here, we would like to welcome and congratulate you.

When you're at university, societies become a huge part of your everyday life, allowing you to meet new people with similar interests, and for you guys, the most important one will be MedSoc (us 😊). This society is run by your fellow medical students who are here to tend to your every need whether that be academic, social or just everyday wellbeing.

Our exec is made up of 13 dedicated members who are at hand whenever you need. We work tirelessly to bring you everything from super socials to extravagant balls and from mock OSCE's to welfare walks!

The Fresher's pack is your go-to guide for surviving first year. We've decided to be environmentally friendly and produce an electronic version. A copy will be on the MedSoc website as well for you to dip in and out of throughout the year so fret not!

There's no such thing as a silly question so if you have any queries before you get here or even once you've arrived, please send us a message on Instagram (@lancaster_medsoc), Facebook or via email (lancastermedsoc@gmail.com). Alternatively, contact anyone from MedSoc (details later in this booklet.)

Read on to find out a little more about what we do and how you can sign up!

Sophie Rosenke :)
MedSoc Vice-President



Meet your current exec!

Shivaay Joshy

President



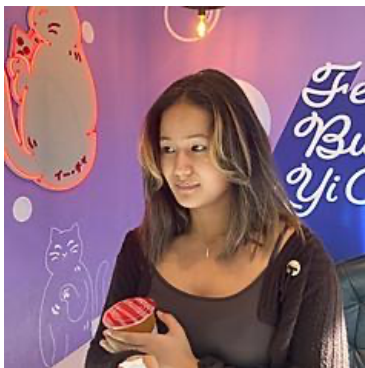
Sophie Rosenke

Vice-President



Numa Tumbahangphe

Secretary



Nakul Chohan

Treasurer



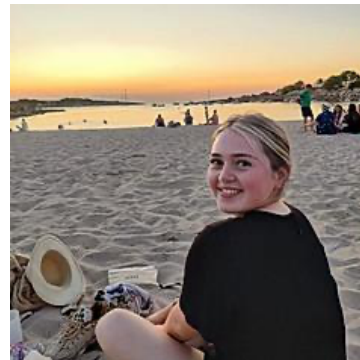
Tabby Coonar

Publicity Officer



Lauren Hardwick

Academic & Welfare Officer





Klaudia Sajkiewicz

Social Secretary



Malaaika Zulqurnain

BAME Rep



Ara McCartan

Social Secretary



Izzy Guggenheim

Female Sports Secretary



Manisha Johal

Charity Officer



Robbie Wilmot

Male Sports Secretary





Why **you** should be a part of MEDSOC!

We organise the best social events, sports competitions, and charity fundraisers throughout the year. We also assist your academic studies, running 'mock exams' among other academic activities. We also organise the Freshers' Ball, Charity Pantomime and have our own Football & Netball Teams! Joining MedSoc allows you to access all these activities, which are specifically designed to fit around the busy medic timetable. Each year, our members are invited to run for a position on our exec, and all members have the opportunity to vote for their next exec to run MedSoc for the following year. So in 12 months' time, this could be you!

Medsoc Panto

Every year MedSoc hosts a star-studded charity pantomime and this year we're doing **Aladdin!** Whether you want to be Aladdin himself, a chorus dancer or help out behind the scenes taking part in the Panto is a great way to meet other first years and upper year medics, have loads of fun & it even gives you something for your CV!

If you're interested in taking part contact **Manisha Johal** (m.johal@lancaster.ac.uk) or **Nakul Chohan** (n.chohan@lancaster.ac.uk) or lancastermedsoc@gmail.com.

The parts we have up for grabs will be discussed in the first meeting that will be scheduled by the end of October, so keep an eye out for our Instagram stories announcing those meetings!



Sign up for MedSoc

For £50 you will have access to all of the exclusivities of MedSoc membership for the next 5 years, from the minute you sign up, all the way to the day you graduate as a doctor:

Socials
Fresher's and Winter Ball
Welfare walks
Welfare brunch
Mock OSCE's
MedSoc Pantomime
Quiz's
Sub-societies
And much more!

Find us on the LUSU Society Website under:

<https://lancastersu.co.uk/groups/lancaster-university-medical-society-lancaster-medsoc> and sign up NOW!



Fresher's Checklist

Here's a list to help you keep track of the numerous forms and other things that you need to complete before teaching commences on Monday 9th October:

- Follow the instructions received from the Undergraduate Office about completing the Enhanced Disclosure and Barring Service check
- Pay for DBS expenses online
- Complete your immunisation form – remember to bring it with you
- Create an Instagram account! Many societies use Instagram to give you updates
- Follow us on Instagram (@lancaster_medsoc) to stay updated on all the events that are happening!
- Download the society app! We'll give you more info about this later ;)
- Keep an eye out for your Medic Parents and contact them!
- Register with a GP in Lancaster



Timetable for the first term

2nd October – Meet MedSoc and **MedSoc Fresher's Fair** – very important!

6th October – **Fresher's Social**

8th October – Fresher's Walk

3rd and 10th October – Football Taster session

13th October – Pub Crawl on campus

4th October – Netball Taster

3rd December – MedSoc Panto

9th December – **Winter Ball**



Keep updated on our **Instagram Stories/Posts** for more info and more socials in this timeframe!



YOUR GUIDE TO FRESHERS!

- Moving in

What you need:

- **Food:** Have a few easy meals for your first few days so you can concentrate on having fun and meeting new people.
- **A few home comforts:** Your new room walls might seem a bit bare and unhomely when you first move in, so if you want to liven it up a bit: bring photos, posters, etc.
- **Printer:** not essential but saves on printing costs, especially if you want to print out lecture slides.

What you don't need:

- **Toasters/kettles:** These are provided in halls so there is no point in everyone turning up with a brand-new kettle each.
- **Textbooks:** Although there is a list of recommended textbooks, PLEASE don't go out and buy them. The majority are accessible online and the library is full of books you can borrow, so it is worth trying a few out before investing. There are also many textbook sales through the year where you can grab a bargain!
- **Fancy medical equipment:** You will be expected to purchase and bring your own stethoscope, however there is no rush to purchase one (there are spares in the clinical skills room which you can share!). Discount vouchers for Littmann® stethoscopes possibly will be available from external organisations in induction week or there will be an opportunity of getting those funded for you!



- Freshers' fortnight tips

Get a door wedge:

It's an easy way of getting involved in what's going on in halls, people will be much more likely to come and talk to you in your room if your door is open so it's a great way of making friends.

Go to the introductory lectures:

Dull as they sound, some lectures are important. MedSoc will be introduced to you as well so you don't want to miss that! ;)

Get involved:

Societies are a fantastic way to meet new people so get yourself involved, may it be medic related societies or not at all! You can sign up to whatever you like and the list of all subsocieties of MedSoc are on page **15** in this booklet. Most societies will have free taster sessions before you commit to a membership. It's important not to spread yourself too thinly but you can always try a few societies to see which ones you enjoy the most.

Freshers' Week

MedSoc works around your colleges to organise social events throughout your Freshers' week. These events are an opportunity to meet other medics in your year, as well as medics from upper years. These events will involve nights out, as well as daytime activities. You will be given a Freshers' week timetable at the start of the week!

More details about the events you will find on our Instagram, as we will be posting there during fresher's week!



Getting around!

Buses

For many of you, this will be your first experience of living away from home and in a new city, which can be daunting. In first year, your lectures will be based around the main campus, or they will be in the Health Innovation One (HIO). The busses run by stagecoach will get you basically anywhere you need to go in Lancaster and the Med School will supply you with a 'HIO-rider', which is a bus ticket that takes you from HIO to campus and vice versa for free! Stagecoach has an app with live bus times which is worth downloading. If you live in town, be warned: the buses can get very busy in the mornings if everyone is heading to lectures, so it may be worth getting a slightly earlier one.

The easiest way to get into town would be to take a bus and the fastest one is the 1A, which takes around 10 minutes and if you live all the way down in Cartmel/Lonsdale, the 100 would be the most convenient for you.

Walking and Cycling

The campus is very accessible by foot and to get into town it is an hour walk and many students cycle. PLEASE WEAR A HELMET WHEN CYCLING – and invest in a good bike lock, bikes being stolen is a recurring phenomenon in Lancaster.

The Buddy System

As a 1st year, you will be allocated a medic parent, be it a mom or dad from 2nd year, who will be your point of contact and somebody to ask all the possible questions you might have about the course, societies, or which pubs they think are the best in Lancaster! You will also have medic grandparents, if you are curious about further years, feel free to reach out to those as well. Your parents will be full of medical school wisdom so make use of them!



Merchandise

Every year we produce Merch, keep an eye out for our Instagram where we post when those become available! You can purchase them only in a selected timeframe, so don't miss out!



Getting the Balance Right

Starting Uni is a big change for anyone, and it is no different for medics. It can be difficult to adjust to an environment where everybody is intelligent and hardworking. Often, we feel competitive or not good enough but remember we all deserve to be here. The teaching and exams are also different from college and school, there is a lot of content in lectures, without extra reading and getting 80-90% in exams is almost unheard of – most of us get around 60-65%. This adjustment and the feelings that come along with it are normal, but support is always available to you if needed.

It can also be difficult if you compare yourself to students on other courses, often they have a lot less lectures and it can be hard to stay on top of work with all the temptations of fun! We have all been there so feel free to speak to other students/older years for advice.

It is essential that we look after ourselves physically and mentally. This skill is vital through med school and throughout our careers as doctors. So, take time out for yourself – to exercise, cook, socialise and whatever else you enjoy! If you do need support, there are many avenues which I have detailed below.



Mental Health

Mental health problems affect many medical students. However, while medical schools have a duty to provide support for students with these illnesses, a combination of stigma, fear, and misunderstanding often prevents students from coming forward to ask for help.

30% of medical students suffer with mental health issues, 80% struggle to get support. These kinds of figures extend into the world of fully fledged doctors too. You're not alone.
(Student BMJ, 2015)

Look after your mental health.

1 in 10 medical students experience suicidal thoughts.

Talk about the way you feel. Connect with others through simple activities such as regular contact with friends and family, joining a society or sport group, and/or volunteering locally which can all help you feel a greater sense of belonging and help challenge feelings of loneliness.

If you're coming to university with an existing health condition, it is important for you to tell the occupational health service because the medical school has a duty to support their students but can only do so if you're open and honest about your health. Being open and trustworthy is an important part of being a doctor – patients and the General Medical Council (GMC) expect this of practicing doctors. Failure by a doctor on the medical register to disclose a health matter that could potentially impact on patient safety is a breach of this duty. As a medical student, you should understand that your ill health could put your ability to study at risk. When you have this understanding – and show this by getting help and support – your health condition rarely prevents you from completing the course. One way to demonstrate understanding from the start is for you to declare whether you will need additional support when they begin their course.



What to do when something is wrong...

Going to university is a big change to adjust to so don't worry if you are finding things difficult.

Support will always be available to you:

- Talk to your **friends**
- Talk to your **family**
- Talk to your **medic parents**
- Talk to your **flatmates/coursemates**
- Talk to your **Academic Tutor**
- Talk to your **GP**
- Email **Student Support** (lmsstudentsupport@lancaster.ac.uk)
- Email or message **us**, speak to our **Academic & Welfare Officer!** (Lauren Hardwick)
- Speak to **The Student Hub** via ASK on the portal – available 24/7 to answer any Qs you may have (from course admin and financial support to wellbeing and accommodation – basically anything related to university life and your wellbeing!)
<https://portal.lancaster.ac.uk/ask/>

There are lots of services to access for help whatever the issue and it's all **confidential**:

- If you're feeling suicidal and you don't feel safe, go to **A&E**, or call **111** or **999** for an ambulance.

Otherwise, contact the **Samaritans** on freephone **116 123**.

- If you need advice about any issue, including finance, your exam results, appeals, housing, then contact the **LUSU Advice Centre** on 01524 593765 or email lusuadvice@lancaster.ac.uk or visit the Welcome Desk at Bowland Main.
- Support for disabilities, mental health problems or specific learning difficulties can be accessed via the **Student Disability Team**. 01524 592111 or via the website <https://www.lancaster.ac.uk/disability-and-inclusion-services/>. The help desk is available every day in term time at 10.00am - 11.00am and 3.00pm - 4.00pm. They are situated at the ASK Desk in the Learning Zone.



Subsocieties

Under MedSoc, we have a bunch of different subsocieties, aimed at different specialities as well as sports societies, join any you like!

Orthoplastics	Dance
Brain box	MedSki
Anaesthesia and acute medicine society	LUMedTech
Students for global health	Radiology society
SKIP	LGBTQ+ society
BME medics	Lancaster Marrow
Heart Hub	Lifestyle medicine society
O&G society	Lancaster widening participation society
Richard Owen surgical society	LUPALS (OSCE society)
Ophthalmology society	Dermatology society
GP society	PsychEd
Paediatrics society	Football
Oncology society	Hockey
Emergency medicine and wilderness	Netball
Muslim Medics	Running
Medics ACS	Basketball



Some final words...

- Keep an eye out on Instagram for more information!

The best advice for freshers in any of the courses is to get involved with clubs and societies and meet as many people as you can! The next 4/5/6 years of your life will be spent in Lancaster and the people around you will make it memorable. Try to stay on top of your work and learn a way of studying that suits you. Students in the years above will always be happy to provide you with advice for studying and exams – we have all been there and know how it feels!

- Remember to sign up to MedSoc if you haven't already to get access to all these events.

*The times and dates may be subject to change *



Contact us or stay in touch!

University of Lancaster Medical Society

Address: Health Innovation One, Lancaster University, Bailrigg, Lancaster, LA1 4AT

E: lancastermedsoc@gmail.com

W: <https://www.lancsmedsoc.com>

F: <https://www.facebook.com/lancsmedsoc/>

And our website for a whole lot of information for you: <https://www.lancsmedsoc.com>



@lancastermedsoc



@lancaster_medsoc

See You Soon!!!!