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Booklet edited by: Laura Cowlbeck

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- HYMS Year 2 for sending pictures in
- and lastly, the brilliant MedSoc and Freshers committee for all your help!!
What is MedSoc?

The Medical Society has two main roles; we are the governing body of your extracurricular activities, providing events such as biannual formal balls, themed parties, pub crawls, revision sessions, academic talks with guest speakers and raising money for different charities.

We are also the umbrella society that oversees the majority of other societies available at HYMS. We help with communication between the Medical School and you, the students, and are available to support you however we can. In the past we have sponsored students to go to foreign countries and we’re always there to relay comments, ideas and concerns that students may have to the Medical School.
Why should I join?

In order to run the events we do, MedSoc needs your help and support – we can’t function without you! Traditionally the majority of first years join MedSoc as they still have time to attend the numerous social and academic events on offer. We hope your year will be the same and get involved in everything! All membership money is put directly back into the society for your benefit, and we need this money to provide you with our most popular events whilst piloting new ones.

This membership also entitles you to discounted tickets to all MedSoc events, including the extremely popular Winter and Summer formal balls.

Find us online on Facebook, Instagram and Twitter! @hullmedsoc

How do I sign up?

The price for membership is as follows:

5 year membership - £25
Annual (1 year) membership - £10

We strongly recommend the 5 year memberships, as it allows you to attend MedSoc events for the entirety of the HYMS course.

Details on how to join will be circulated during Fresher’s week.
MedSoc’s Tips
For PBL

Every week, each PBL group of approximately 10 students and their facilitator meet and discuss medical problems presented in a block guide provided by HYMS. Following a discussion, the group identifies and sets out learning outcomes for the week and regroups after the weekend to discuss what they’ve learnt. You will all have mastered this by the end of the year! Here are a few things we’d recommend considering...

建範Try to condense your notes as much as possible
You need to make sure you understand everything you have learnt and the best way to do this is to discuss it from memory. Use your notes as a guide in the session rather than reading them out like a script.

(assert)Don’t be scared to use sources other than textbooks
YouTube and your lectures can be a great source of information.

 csak.Encourage everyone to participate
Naturally everyone will have different strengths and weaknesses, and different understandings of the same topic.

얕Not everyone thinks and understands things the way you do
Try your best to get along, and if you need to disagree with someone, do so politely - it’ll help you out when it comes to peer appraisals.

.builders.Build a good relationship with your tutor
They’re usually helpful and may give you insights which can’t be found in a textbook. They’re also the ones assessing you each term and are happy to be consulted about problems and references.
Week in the life of a HYMS fresher

Your week starts on a Thursday, don’t worry you’ll get used to it! Hopefully this description will help clear up what your timetable really means...

Your first PBL is where you will figure out your learning outcomes for the week. (The morning lectures are usually helpful for this session)

<table>
<thead>
<tr>
<th>AM</th>
<th>PM</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>Groups 7-12 = PBL/CS</td>
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<td>Groups 1-6 = Anatomy in MFL</td>
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Friday

- Lectures all day
- Groups 1-6 = PBL/CS

Monday

- Groups 7-12 = PBL/CS

Tuesday

- NHS Placement (Groups 7-12)

Wednesday

- SSIP - everyone
- NHS Placement (Groups 1-6)
- Free afternoon

Examination and communication practice with help from simulated patients (brave actors!)

After a weekend of researching your learning outcomes you come back and consolidate your knowledge in a feedback session of PBL.

Time to bring together everything you have learnt from the past week into practice, interviewing and examining patients on the ward or in a GP clinic.
HYMS FRESHERS WEEK 2019

Sunday 29th

Welcome Night

Meet your new course mates and explore the campus...with a bit of a twist! Bring a white T-shirt!!

Meet us in the Brynmor Jones Library...

Monday 30th

I'M A FRESHER

Get Me Out Of Here!

Hands up those who claimed to have great teamwork skills during their HYMS interview. Now put those skills to the test during this jungle-themed social!

#imafresher

If you want an alternative to alcohol, feel free to come to Hannah Pickard house in Ashcourt for a fun filled night of games, activities and laughter - and the opportunity to mingle with your fellow medics!

Thursday 3rd

The BIG Quiz

Organised by your fresher’s committee, this quiz is sure to test your brains! With rounds including: music, sports, and even a HYMS round!!

Friday 4th

SA Circle

Strictly shirt+tie or elegant dresses as you attend the first HYMS sports social of the year. Chance to integrate with all the older years as you take part in some classic HYMS circle games. Everyone is welcome – even if you don’t do sports. Did someone say “Atik/Piper after”?

Key:

= Drinking event
**Tuesday 1st**
Meet your new Medic family at lunchtime!! You’ll get 2 medic parents and then fellow freshers as your medic siblings!

**Meet the Family**

Get to know your fellow medics even better with a quick speed friending session! What do you have in common?

**Speed Friending**

**HOUSE CRAWL!**
Another HYMS tradition are the house crawl's of Ashcourt! The theme this year is... **ALPHABET PARTY!**
Dress as your first initial, eg. Anna will dress as an antelope, Laura dress as Lady Gaga etc.

**Saturday 5th**
**Bowling**
Join us for a good ‘ol classic game of bowling! This will be a daytime event where we will play against one another to name a bowling champion!

**BAR CRAWL**
Aaand the big finale! Join your fellow medics for a tour of Hull’s nightlife while ticking off a list of interesting tasks throughout the night. Can you tick them all?

**Sunday 6th**

**Upside:** HYMS offers many sports (Football, Netball, Rugby, Hockey, Badminton).

**Downside:** You happen to be doing a proper degree - can’t do them all, so how does one choose?

**Solution:** HYMS sports day 2-4pm. Chance to try out all the sports available.
hull medsoc presents

MEDIC FRESHERS WEEK
29/09 - 06/10
2019

bar crawl | house party | speed-friending | campus tour | bowling
| go-karting | sports day | medic families | big quiz ...

- Buy your wristband now for £25
- Available from FIXR.co or on the door at Welcome Night

HYMS MEDSOC

JOIN HULL HYMS FRESHERS FB PAGE FOR MORE INFO
Here's some pics from Freshers Week 2018...
(I hope these make you as excited as we are!)

Buy your fresher's wristband online by:
- ticket sales are available at FIXR.co, just type in 'Hull medic freshers' and you're good to go!
Meet ‘N’ Greet Picnic...

As Hull Uni freshers and HYMS freshers have fallen a week a part this year, we don’t want you to have nothing to do for a week. So we thought a picnic in the week in between is a perfect idea!

Mark the date - **25th September.** And meet us on the field by The Courtyard for fun, food, and a game of rounders. Hopefully we will have the sun joining us too!

This will give you a great opportunity to meet Medics - both first and second year - before HYMS freshers actually starts. Whether it’s to calm your nerves about meeting new people, or you just can’t wait to meet your fellow Medics, join us for an afternoon of laughs!

**Medic Family!**

An important part of your HYMS experience is the relationship you get with your Medic Family.

It gives you amazing parents - who are people in the year above that you can ask for advice, someone to spend time with or even steal their notes!!

Medic siblings are also very important, as it gives you a friend in your year straight away who should have similar interests to you.

This year MedSoc is trying something new by trying to match parents and children by a compatibility quiz - so your family is just right for you!

You will meet your Medic family on the Tuesday of freshers week in the Allam building where we will allocate everyone into happy families.

Then after this, your own medic parents will organise a meal for you and your siblings to get to know each other a little bit more.
Your MedSoc committee run all the MedSoc events throughout the year, with your freshers committee helping with freshers week. So we thought we’d give you a brief introduction to everyone!

ANNA
(President)

Faves
Hull club = ATIK
Food spot = Zest
Activity = Being fashionably late
Drink = Double G&T
Album = Run N Bass

Behold your almighty MedSoc president and reigning freshers queen. Her poshness alone will make you wonder why she isn’t real royalty. This flexitarian will swap out any sausage for a bean burger during the day but by night all she’s looking for is the full package (extra points if they’re named mike). Oh and did you know she ran a 10k?
Sheffield born and bred, Danny is one of the loveliest people you’ll meet at HYMS! He’s one for trying new things - participating in Ramadan even though he isn’t Muslim, and also having to use crutches for injuring his leg, but no one knows how or why?! If you ever get lost on a night out, you’ll always be sure to find Danny having a boogie on the dancefloor with a massive smile on his face!

Faves
Hull club = ATIK
Food spot = McDonald’s
Activity = Gaming
Drink = Vodka and chocolate milk
Album = 1000 forms of fear – Sia

Molly is your typical mouthy northern lass! What Molly lacks in size she more then makes up for in her play-hard mentality... When she’s not in bed ordering McDonald’s (for the fourth time in a week!) she can be found on Piper’s dancefloor moving those lil legs! This girl is proof that sesh gremlins are real, oh and be sure to ask her about the korma incident!!!
Introducing Laura our resident drama queen from Scunny T! Good luck finding her on a night out as she darts off (VK in each hand) never to be seen again after entering the club. If she’s not sleeping, catch her picking up her maccies in last nights make up. Don’t trust her tears they’re probably fake.

Harriet! Bradford’s own girl and Medsoc’s treasurer. If you’re ever struggling to find her on a night out, she’s probably dancing away with a vodka cordial in each hand.. or on the floor suffering from alcohol-induced narcolepsy. She has the strictest ‘type on paper’.. so watch out lads! She is always up for any night out, and usually spends every Monday between PBL and skills persuading everyone else to come to Piper!
LAURA (Secretary)

Hailing from Milton Keynes! He is the closest thing we have to Egyptian royalty! Mahmoud is a fun lovin’ charismatic character within HYMS. You can catch him in the silent area in the library. Genuine nice guy who is always happy to help so don’t be shy - big softy at heart!

Faves

Hull club = Piper
Food spot = Pizza by Papa
Activity = Telling overly long stories
Drink = Double pint Guinness
Album = Dookie

FAYE

He might be 35yrs old (ish) but Harry certainly knows how to party!! He is top HYMS-cest commiter, and has even slept with a beanbag thinking it was a girl! He’s ALWAYS on time for pre-drinks, but brings the worst drinks (those cheap little beers from Lidl if you know the ones!) So watch out freshers because this post-grad will definitely have you downing your drinks!

Faves

Hull club = The Library
Food spot = Petra’s
Activity = The Muzzy Bros
Drink = That’s haraam bro
Album = 25 - Adele

Hailing from Milton Keynes! He is the closest thing we have to Egyptian royalty! Mahmoud is a fun lovin’ charismatic character within HYMS. You can catch him in the silent area in the library. Genuine nice guy who is always happy to help so don’t be shy - big softy at heart!
Classic Scouser here! Easily one of the nicest guys at HYMS, so nice that some call him the Keanu Reeves of HYMS. If he hasn’t told you already, Abdul is an athlete. His broad shoulders and cute smile make all the dudes jealous. There aren’t enough words in the dictionary to explain how lovely this man is. A true blessing to HYMS.

The ginger ninja gymnast who has been seen back flipping around the Hull clubs. Is the most dedicated to the sesh in the year as has never turned down a night out from anyone - so she seems to know just about everyone in the uni! Football girl and at times shows the savagery to go with it - so watch out if running any of your games in Fresher’s week!

Tom is never one to turn down a sesh, his big cheeky grin (not so cheeky when he chipped his tooth in freshers!) is always paired with a classic khaki t shirt, and this is the perfect combination for a good night out with Tom! He doesn’t deal well with rejection so try to avoid saying no to him, or his aggressive drunk may come out... Keep on his good side and you’ll be sure to have a fab freshers week!!
Not only does Dom get involved in every extra-curricular known to man, he also makes time to attend each and every Piper Monday, without fail. Dom shows his affection by scrounging so watch out if you ever leave your drinks unattended. Whatever you do, don’t ask him what happened at Welly in the ‘mist room’. All jokes aside, he’s one of our fave Southerners, so what’s not to love.

Ella is the bubbly blonde that is always smiling! Even though she’s down-to-earth, she can lose a little logic on her way to Atik. Her eagerness to get to ATIK ground floor has caused some less than elegant acts (didn’t quite make the jump over that wall, did you Ella...?). However, you’re unlikely to meet a more friendly person in all of HYMS - so make sure you get to meet Ella during freshers!
HYMS SOCIETIES

Societies are student-led organisations that are here to cater to your wider extra-curricular interests and enrich your university experience. All HYMS societies are available to all students, regardless of campus allocation. Be sure to visit the stands and sign up at the cross-campus societies fair on **30th September**. Here’s just a few of what we have to offer:

*Love to walk, hike, scramble or climb? Interested in remote, rural, or expedition medicine? Or do you just fancy a day out in the fresh air on the moors or in the dales?*

At the Wilderness Medicine Society we love experiencing the outdoors. We go on trips around the country, hiking and exploring the wilderness as well as learning about how medicine is practiced under less-than-ideal conditions. We also hold talks throughout the year about travel medicine and electives. Expeditions are great opportunities to get away from the busy life of medicine, to make new friends, and to learn about a different kind of medicine!

Nikhil Vanukuru, President of HYMS Wilderness Medicine

*SurgSoc* runs a variety of events throughout the year, from surgical speciality talks to a scrubs social! So whether it’s one of our suturing sessions you’re interested in or the national surgical conference, join our Facebook page to stay informed about upcoming events.

It doesn’t matter whether you are set on a surgical career or just curious, we offer something for everybody. Come and find us at the freshers fair to find out more. We look forward to meeting you all!

Olivia Bagley, President of HYMS SurgSoc
**Marrow** is a network of student groups that help save the lives of people with blood cancer. There are over 50 groups, with hundreds of volunteers in universities across the country. 28% of all Anthony Nolan stem cell donations are the result of Marrow’s work.

Volunteering with Marrow means you can really make a difference to the lives of people with blood cancer. It also means you’ll be working with our other incredible Marrow volunteers on a variety of events, campaigns and projects throughout the academic year.

We’ve raised a ton of money – Marrow have raised over £160,000 in a year to help fund Anthony Nolan’s work. Come along to say hello at the HYMS freshers fair and find out more about what we do!

Natalie Wild, President of Hull Marrow

**Teddy Bear Hospital** is a student-led volunteering project that works with children aged 3 - 8 in local nurseries and primary schools to enable children to feel more comfortable around healthcare professionals. The children participate in a number of ‘stations’ which address health education themes such as hand washing, healthy bones and organs. In addition, the children bring in their teddies to have a health check which includes listening to their heart beat. All volunteers are required to do a training session prior to volunteering and hold a DBS certificate. If interested, email Teddy Bear Hospital (teddybearhospital@yusu.org) who will add you to their mailing list where opportunities and information sessions are advertised. There is also a Facebook page to join where the sign up sheets are posted each week (Teddy Bear Hospital - YORK)

Rebecca Williams, President of HYMS Teddy Bear Hospital
The HYMS Pre-Hospital Care Programme

The HYMS Pre-hospital care programme (PCP) combines the opportunity to develop pre-hospital care skills through training members to be Community First Responders (CFRs), and offering monthly academic forums to widen your knowledge on a variety of topics.

The aims of HYMS CFRs is to respond to life-threatening emergencies within the community alongside the Yorkshire Ambulance Service, such as cardiac arrests. CFRs provide immediate life-saving treatment to patients until the ambulance and paramedics arrive on scene. Qualified CFRs will gain numerous skills including use of an AED, Oxygen therapy and several other emergency life support skills. The society even won an award last year for its involvement in the community!

Monthly academic forums are led by registered health care professionals, and are aimed at pre-hospital care providers and practitioners of all levels. Topics include catastrophic haemorrhage, C-spine management, cranial trauma and mountain rescue.

Through HYMS PCP you will gain a wealth of knowledge beyond the usual curriculum at Medical School. Becoming a member of HYMS PCP is an incredibly rewarding and diversifying experience which is something we are very proud of - this is an opportunity not to be missed!

Charlotte Clarke, HYMS PCP Programme lead

Médecins Sans Frontières (Doctors without Borders) is an international humanitarian organization that offers medical support in some of the most deprived areas of the world including war zones and countries effected by endemic disease and natural disasters. The society offers an insight into the type of work carried out by volunteers through information sessions and guest speakers and there will also be fundraisers running in the form of socials and bake sales throughout the year. If you think you may like to get involved in any of this or want to know more then don’t hesitate to come and speak to us at our stand in Fresher’s week!

Harry Atkins, President of Hull FoMSF

While HYMS boasts an impressive range of medically themed societies, don’t forget you are also students of Hull and York universities, and as such are able to join any of the multitude of societies they offer. From Scuba diving to Game of Thrones, there’s bound to be something to please everyone! Check Hull University fresher’s information for details of their clubs and societies fair!
HYMS SPORTS

The HYMS Sports Association offers you the opportunity to participate in a number of sports within an ever growing and improving organisation.

FOOTBALL

HYMS football brings together players from all year groups, freshers to doctors, and we welcome players of all abilities. So if you’re interested in getting involved come along! We train on the university 3G pitches (Tuesdays 9-10 pm and Friday 7-8pm) and play in the local Hull Sunday league. We run regular socials, compete against the dirty Yorky scum in our annual varsity match and take 2 teams to NAMS (an annual tournament of football teams from medical schools across the country). If you want to know more don’t hesitate to contact someone on our committee!

Michael Burton, President of HYMS Football

RUGBY

Hyms rugby has recently come back and is still building up to full strength. Last year we trained once a week down at the Marist rugby club and followed sessions with a pint. All abilities are excepted even if you’ve never played before. This year we’re looking to keep building and further establish HYMS rugby for future years of medics.

Will Linkogel, President of HYMS Rugby
Everyone is welcome at HYMS netball, whether you’ve never played netball before or are an ex-professional for the National team! We’re a great group of netballers who don’t take ourselves too seriously and are always up for a bit of fun (laughing is mandatory at training). We hold training once a week and have 2 teams which play in local leagues. If you’re not too keen on the netball aspect, but a bit more keen on the social side of things, then being a social member might be the one for you (we have a few legendary social members already!) We can’t wait to meet everyone at training, and introduce you to the HYMS netball way of life!

Netball love x

Charlotte Clarke and Megan Freemantle, Presidents of HYMS Netball.

Every year during the winter term, the HYMS Snowsports committee organise a skiing and snowboarding holiday to one of the many popular destinations in Europe. Students (and guests) from all year groups are invited for a weeks holiday in the mountains. The trip includes 6 days on the slopes, massive nightlife events, and the chance to make your lifelong skiing and snowboarding pals. Last year we visited Val Thorens, the highest altitude resort in Europe and in the 3 Valleys - the largest ski area in the world with over 600km of runs. Find us at your Freshers fair, or on Facebook (@HYMSsnowsports) and Instagram (@hymssnowsports)!

Nathan Willis President of HYMS Snowsports
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Nathan Willis
President of HYMS Snowsports

Welcoming ALL HYMS students of any or no hockey ability to be part of one of the most active societies HYMS has to offer. Training in Hull (Sunday evenings) - gives you the chance to meet some great people (ranging from your peers, senior years and even some qualified doctors!) with whom you go on to have memorable socials with. Chances to compete in regular matches and even a national medics hockey tournament. Equipment provided, just bring yourself. Look forward to seeing you. Meanwhile find us on Facebook, Instagram or @ HYMSHockey!

Nigel Koleth and Samraj Singh Bhullar, Presidents of HYMS Hockey
Tesco Express
Close, convenient and not so costly.
Pop in for just about anything.

Pizza by Papa
The best takeaway in Hull! Perfect for those necessary cheesy chips or a garlic bread (or two!) after a night out. If you like Piper, then Pizza by Papa!!

El Chupitos and Roots
If you’re feeling exotic then spice things up at Mexican El Chupitos, or take a trip to the Caribbean at Roots. Doubling up as a cocktail bar, Roots is great for those special occasions.

The Piper
Piper Mondays are a staple part of the HYMS way of life. The drinks are cheap and the atmosphere is flowing!

Post Office
An essential for sending packages home to family... or returning those clothes that you bought online with your student loan and are now regretting it...

Newland Ave is one of the best streets in Hull, located just a couple of minutes walk from campus and accommodation. It’s packed with restaurants, bars, coffee shops, clubs, hairdressers... if you can think of it, then it’s on Newland.
The Gardener’s Arms
“Go to Gardeners, have a pint, and wait for all this to blow over” – 1st year medic after exams.

Mondays and Wednesdays do student prices, but we’ll see you in there every other day of the week.

Lidl
The place to go for a cheap supermarket shop for all your weekly essentials.

Planet Coffee
Get your caffeine hit before (or after) a long day at HYMS. Paninis, pastries and coffee are all on offer here!

Level Bar & Grill
Restaurant serving incredible food & cocktails at a super cheap price!

Café Gelato
The best gelato in Hull. Hands down.

Tofts
The location of many HYMS socials! A place you won’t want to miss out on..
Often dubbed the North’s answer to Las Vegas, Hull and its surrounding area is packed full of things to see and do throughout the year. Here are just a few of our favourites...

**The Deep**

Probably Hull’s most prized possession. “Oh I know Hull, The Deep is sick!”. Your eyes can’t help but gaze at it’s architectural elegance. Most Hullies never venture in for fear of the unknown, but those who have always return enlightened.

**City Centre Shopping**

From high street brands to unique boutiques you’re sure to find all you’ll need in the city centre. Just a short taxi ride away, St Stephens and Princess Quay are two major shopping centres with restaurants, cinemas, bowling and even laser shooting!

**Old Town**

Located just a brief jaunt from the town centre, the cobbled streets of Hull’s old town have a lot to offer. The traditional pub grub and old architecture provide some history for those seeking to lap up the culture.

**East Park**

If you fancy escaping the campus and city centre, East park is ideal. Complete boating park, petting zoo and endless winding paths it’s an oasis perfect for relieving the stresses of work.
IT’S NEVER DULL IN HULL!

At night Hull comes alive! There are restaurants, pubs, sports bars, clubs...many just a five minute walk from campus! Whatever you’re into, you’ll have plenty to choose from!

On Campus

The Hull University Union offers a host of great facilities. With three bars and a club, you’re really spoilt for choice!

**Asylum** is the award-winning student nightclub, open on Wednesday and Fridays. It’s on your doorstep, so you can dance the night away and then *literally* roll back to your home! (Method still yet to be tested...) Pop into the SANC if you fancy a drink, a game of pool, and to relax with some friends. There’s also the Johnny Mac which is available to book out for society socials.

Pubs

If you’re thirsty for a drink but not one for loud music and flashing lights then the pubs of the old town are the place to be. Make a stop in pretty much any of them and you will not be disappointed. **Ye Olde White Harte** and **Lion and Key** are a couple of favourites.

If you don’t feel up to venturing into town the **Haworth Arms**, **The Old Grey Mare** and **Gardener’s Arms** are a stone’s throw away from campus and offer cheap drinks and live sports.

Clubs

There’s quite a few good clubs in Hull, but all have their own student nights, so rather than tell you about them, we’ll tell you the best time to go so you can see them for yourselves!

**The Piper**

**The Piper** – Mondays

**Asylum** – Wednesdays

**[Welly]** – Thursdays

**ATIK** – Saturdays
University essentials

Having moved out and inevitably forgotten something, we feel we’re more than qualified to offer a little advice on a few essentials you shouldn’t forget when coming to Hull.

☐ HYMS registration forms
☐ Photo ID
☐ Phone, laptop, camera, chargers
☐ Plug socket extension
☐ Paper, folders, stationary
☐ Bottle opener and tin opener
☐ Laundry powder, drying rack
☐ Toilet roll!
☐ Towels, toiletries and a first aid kit
☐ Fancy dress
☐ Sports kit
☐ Smart clothes and shoes
☐ Frying pan, saucepan and kitchen utensils
☐ Salt, pepper, ketchup
☐ Tea bags and coffee
☐ Mugs, plates, cutlery
☐ Bedding, duvet
☐ Warm coats...welcome to the North!

Don’t waste your money on kettles, toasters and washing up liquid...lots of houses end up with six each. It’s easy to buy them when you’re here if you need one as a house.

NO NEED to buy a stethoscope or lots of textbooks. At the cross-campus fair you can order a discounted personalised stethoscope!