CONTENTS

WELCOME MESSAGE

YORK MEDSOC COMMITTEE

SOCIETIES AT HYMS

TYPICAL FIRST YEAR TIMETABLE

FRESHERS TIMETABLE

PLACES TO EAT AND DRINK

IMPORTANT CONTACTS

WHAT TO DO NEXT
Welcome to HYMS and most importantly welcome to York!

Congratulations on earning yourself an extremely sought-after place at a brilliant medical school - HYMS!

This booklet highlights the many opportunities available to you as freshers - such as the societies and all the exciting events of your Fresher’s Week. Whether you’re a school leaver, gap year student or a graduate, life as a medical student will be new to you all. So, myself, the rest of MedSoc including our Fresher’s Committee will all be here to help you settle in. Please don’t hesitate to ask any of us questions.

Throughout the year MedSoc hosts a variety of socials including a Fresher’s Week for incoming medics! The Medic Fresher’s week will be after your York University/College Fresher’s week, so you have the opportunity to integrate both with your college and course mates. There are a variety of activities planned and we hope you’re able to attend most of them. The timetable for the Medic Fresher’s week is available in this booklet.

Please add yourselves to the Facebook event “HYMS Fresher’s Week 2019” as this is where most details about fresher’s week will be posted. Also, add yourself to the Facebook page “York Medics 2019/20” which is the platform MedSoc will use to advertise future events.

Finally, we hope you have a great week and all of us in MedSoc and the Fresher’s Committee are really excited to meet you!!!

Tito Olaniyan - Social Media & Publicity Officer
Hi! This is Chandini, your Secretary for this year. Being in third year, you may not always see me on campus, but whether you need MedSoc to provide you with anything, need guidance or help, I’ll make sure your needs are listened to and acted upon.

I hope you enjoy your first year here at HYMS!

CHANDINI PARSAN CHAND
Secretary

Hi! This is Vigneshwar, your President for this year! Being in third year, you may not always see me on campus, but whether you need MedSoc to provide you with anything, need guidance or help, I’ll make sure your needs are listened to and acted upon.

I am the president of the York MedSoc, a society set up under the university student union, to support medical students through the 5 years of medical school, pastorally and academically. We hold many socials and educational events, and we also have many societies under us ranging from sports to sub-specialties and if you don’t find something that suits your interest, you can always set up a society yourself! We hope you enjoy the freshers week that we have planned for you!

VIGNESHWAR RAJ VEERAPPAN
President

Hello guys, I am Jasmine Tang, the MedSoc treasurer for the upcoming year. My role is mainly budgeting and making everything as cost effective as possible! I don’t bite so ask me anything and I’ll try to help you guys!

JASMINE TANG
Treasurer
Hi, I’m the Phase 2 rep, which means I’ll be representing and organising events for third and fourth year students. Make sure to keep an eye out for any older students, they’re an invaluable source of information!

HASHIM GULZAR
Phase II Rep

Hi Freshers, we are Cuan and Josh, your Social Secretaries for this year. We’ve teamed up to provide the highest quality socials, some of which will include our infamous Nectar of the Gods (Medic Punch; its deceptively potent Ladies and Gents!). Other socials will have a non-drinking theme, so don’t feel like we’ve forgotten about you if you are tee-total! Regardless, we both look forward to meeting you all during Freshers Week!
Cuan and Josh

Hi everyone, we are Tito and Nadia, your social medial and publicity reps. Congratulations on securing a place at HYMS! Throughout the year we will be helping document your story at HYMS so in the meantime make sure you follow us on Instagram (@yorkmedsoc) and on Facebook 😊 See you soon!

TITO & NADIA
Social Media & Publicity Officers
Hello, my name is Alice, I'm from York originally and I'll be your Welfare Officer for this academic year. I'm a third year based in Scunthorpe and Hull and before coming to HYMS I studied BioMed in Newcastle. I'm really looking forward to meeting you all and signposting welfare info and events for you throughout the year.

ALICE NORMAN
Welfare Officer

I'm Joe Lee and I'm a Year 3 Student. I am your LGBTQ+ Representative for MedSoc. I am here to increase awareness of the LGBTQ+ community and I am here to listen to anybody who is in need of help. I can also signpost different places that can help if you are having any difficulties during your time at HYMS.

JOE LEE
LGBTQ+ Rep

Hiya! I’m Saba and I’m the BAME (Black, Asian and Minority Ethnic) rep. I’ll be the first person in the history of Med soc to be taking on this position so I have a couple of ideas that everyone can get involved with no matter your background and support for BAME students if they need it. Really looking forward to seeing you all and enjoy your time off while you have it!! X

SABA SIDDIQUI
BAME rep
Class of 2024, congratulations! Getting to medical school is an achievement you should be proud of. I will be medsoc's international student rep for the next year. As a guy who's moved between schools and countries, I understand how adapting to different places usually includes a transition that can be quite difficult. My role is to help you integrate into the city in a way that assists you in making the best of your time here. Whether it's introducing you to people of various cultures, or giving you some insight into what I have learned as a foreign student here, please do not hesitate to reach out to me! I hope you all enjoy your time here and I am looking forward to helping you do so.

Hey! My name is Rahul and I'll be the sponsorship Officer for medsoc this year. I'll be in charge of securing sponsorship from external sources to help fund medsoc and all HYMS societies under us.
YORK MEDICS FOOTBALL CLUB

YMFC is not only a football team, it is so much more. It is two football teams. We are a club made up of medical students from all years of the York side of HYMS, as well as some of our F1 and F2s returning to stay involved. We train twice a week on a Wednesday and Friday evening, with our first team playing in the York Sunday morning league and the seconds playing in the York University college league. On top of this we boast a significant number of socials, for the social members among you, often coinciding with the netballers socials. On top of this we have our yearly weekend at NAMS where we take on teams from medical schools around the country and have a bi-yearly varsity with Hull. So whatever your ability, come down to a training session for a kick about and see what YMFC is all about.

Fb: York medics FC
Twitter: @yorkmedicsFC Instagram: yorkmedicsfc

YORK MEDICS NETBALL CLUB

Congratulations on getting your spot at HYMS, now you lucky lot have the pleasure of joining us at YMNC!
Here at York, we have 2 netball teams in the York district and college netball leagues, playing once a week. We also train weekly, host regular socials and get involved in a number of events such as Sheffest (where we play other medical schools, in Sheffield), Varsity (healthy Hull-York rivalry) and plenty more!

YMNC is a great opportunity to socialise with medics of all years - whether you play netball or not!

Check us out on:
Facebook - 'York Medics Netball Club'
Instagram - 'yorkmedicsnetballclub'
Twitter - @MedicsClub or @YorkMedicsSports
Please don’t hesitate to contact us, we look forward to welcoming you to the YMNC family!
SOCIETIES

CARDIOLOGY SOCIETY

HYMS Cardiology Society is a society for everyone. If you are interested in a career in Cardiology or Cardiothoracic Surgery, this is the society to join!

HYMS Cardiology Society hosts a variety of events throughout the year for those interested in the speciality or those who want to do well in exams. We hold a guest lecture series, hands on practical sessions and we even have research/teaching opportunities for our members!

HYMS MEDICAL EDUCATION STUDENT SOCIETY

The HYMS Medical Education Student Society has been involved in running revision sessions run by students in older year for students in years 1-3. This year we extended the sessions to cover students in year 4 as well and rather than just have the sessions run in either York or Hull, they were video-linked across all peripheral sites (Scarborough, Grimsby and Scunthorpe). 5th years also benefitted from a Situational Judgement Test revision session run by a recently qualified junior doctor. All of these sessions have been very well received and I’m sure the tradition will carry forward through to next year’s committee and continue to improve

GASTROSOC

The HYMS Gastroenterology Society (GastroSoc) is a new society introduced and ratified in the 2018 / 2019 academic year. It has Prof. Martin Veysey, a consultant gastroenterologist and MBBS programme director as the honorary clinical lead. This year a lot of time was spent in the admin side of things to get the society up and running. Despite this, a key Q&A session with Prof. Veysey was set up and a couple of revision sessions run in hope of being most beneficial to students with their upcoming examinations. Future committees will most definitely put in the effort to get this society more active.
STUDENTS FOR GLOBAL HEALTH

HYMS SfGH (Students for Global Health) Exchanges runs bilateral clinical exchanges for third- and fourth-year students to a variety of countries around the world. Working with the International Federation of Medical Students’ Associations (IFMSA), we send medics on a month-long placement to almost any country (and specialty) of their choosing, hoping to provide a cheap and equitable exchange programme while ensuring an enriching experience for the students.

YORK SURGICAL SOCIETY

The York Surgical Society is dedicated to inspiring and promoting a career in surgery. We are affiliated with the Royal College of Surgery England and are one of the largest societies in the medical school. We host various practical workshops and lectures each year to give students an insight into the life of a surgeon. We also provide surgical mentor scheme, which allows students to observe operations across all surgical specialities. Each year we organize a national undergraduate surgical conference and invite world-class surgeons to be our speakers. Our goal is to provide resources to those who are interested in surgery and facilitate with the undergraduate surgical curriculum.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9AM - 10AM</td>
<td>CLINICAL SKILLS</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
</tr>
<tr>
<td>10AM - 11AM</td>
<td>PBL</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
</tr>
<tr>
<td>11AM - 12PM</td>
<td>RESOURCE SESSION</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
</tr>
<tr>
<td>12PM - 1PM</td>
<td>SCHOLARSHIP</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
</tr>
<tr>
<td>1PM - 2PM</td>
<td>CLINICAL PLACEMENT</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
</tr>
<tr>
<td>2PM - 3PM</td>
<td>PBI</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
<td>LECTURE</td>
</tr>
<tr>
<td>3PM - 4PM</td>
<td>BIOPRACTICAL</td>
<td>PROGRAMME</td>
<td>PROGRAMME</td>
<td>PROGRAMME</td>
<td>PROGRAMME</td>
</tr>
<tr>
<td>4PM - 5PM</td>
<td>SCHOLARSHIP</td>
<td>SPECIAL INTEREST PROGRAMME</td>
<td>SPECIAL INTEREST PROGRAMME</td>
<td>SPECIAL INTEREST PROGRAMME</td>
<td>SPECIAL INTEREST PROGRAMME</td>
</tr>
<tr>
<td>5PM - 6PM</td>
<td>SCHOLARSHIP</td>
<td>ANATOMY SESSION</td>
<td>ANATOMY SESSION</td>
<td>ANATOMY SESSION</td>
<td>ANATOMY SESSION</td>
</tr>
</tbody>
</table>

This is based on last year’s timetable and may be subject to change, but contact hours will remain the same.

CLINICAL SKILLS: Develop Examination and Consultation skills with the help of Simulated Patients as well as practicing on each other.

PBL: Problem Based Learning: Where you are presented with a patient’s case and have to work in your group to come up with learning outcomes.

LECTURE: A mix of Applied Life Sciences (ALS) and Health A Reasomming (CRS) and Health A Sciences (ALSc). Clinical Skills & LECTURE: A mix of Applied Life

Resource Session: Learn Anatomy using Cadavers, X-rays and Prosections.

This is based on last year’s timetable and may be subject to change, but contact hours will remain the same.
<table>
<thead>
<tr>
<th>Day</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun 6th Oct</td>
<td></td>
<td>T-SHIRT SOCIAL</td>
</tr>
<tr>
<td>Mon 7th Oct</td>
<td></td>
<td>QUIZ NIGHT</td>
</tr>
<tr>
<td>Tues 8th Oct</td>
<td></td>
<td>MEET THE PARENTS</td>
</tr>
<tr>
<td>Wed 9th Oct</td>
<td></td>
<td>GRADUATE SOCIAL</td>
</tr>
<tr>
<td>Thurs 10th Oct</td>
<td></td>
<td>PBL LASER TAG/ BOWLING</td>
</tr>
<tr>
<td>Friday 11th Oct</td>
<td></td>
<td>PUB GOLF</td>
</tr>
<tr>
<td>Sat 12th Oct</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun 13th Oct</td>
<td></td>
<td>TOUGH MEDIC</td>
</tr>
</tbody>
</table>
PLACES TO EAT & DRINK

ON CAMPUS

Courtyard - Fab food for a fab price! A very popular place on campus, especially during live music nights and when the football is on. Located in Derwent College, courtyard is situated in the centre of campus.

V Bar & D Bar - Vanbrugh and Derwent Bars are popular places to visit/meet before a night out. V bar is known for its cozy Jazz nights, and D bar hosts some of the best on campus events.

The Glasshouse - During the day it is a relaxed place to grab a bite to eat, during the evening it becomes a great place to have a drink. Located in the centre of Langwith College,

Alcuin Café – A cozy bistro located near the HYMS building, this is a great place to come for a mouth-watering meal or just a quiet coffee in the comfy lounges.

OFF CAMPUS DRINKS

Lowther - Located near the river in the centre of town and its “trebles for singles” all night, every night makes Lowther is the perfect place to kick start the evening. Often packed full of medics, especially on a Tuesday.

Stone Roses - Similar to Lowther, some say better music. Located just a street along from Lowther makes it another great place to start the night, however it tends to be less popular. Look out for the blue stuff.

Kuda – Kuda Tuesdays are legendary in the MedSoc community. Everyone always has a great night as it is often packed full of familiar faces. Kuda never disappoints, making Tuesday one of the best nights of the week.

Fibbers - An excellent club located across the river and a short walk away from Salvation. Fibbers has 2 rooms, both with different types of music, good entry deals before midnight and all round a great night out.
PLACES TO EAT & DRINK

OFF CAMPUS RESTAURANTS

Rev’s – 2 for 1 drinks with the Rev card but also good affordable food. There’s an outdoor space by the river which is great during the summer.

Betty’s - You can’t come to York and not go to Betty’s! Famous for its afternoon tea, Betty’s café on Stonegate has a cute shop selling loose-leaf tea and gift cakes on antique dressers on the ground floor and a cozy tea room up the winding stairs. Perfect for a round of classic English sandwiches.

Las Iguanas – 2 for 1 cocktails and great Brazilian food! The venue features a bustling bar bursting with Happy Hour cocktails served all day every day, salsa beats & an irresistible bolt of Latin American energy for a true taste of faraway shores.

The Ivy - Relaxed yet sophisticated all-day dining in the historic city of York. A gorgeous Instagramable venue serving classic British food. A great brunch/ lunch location.

Cosy Club - Housed in York’s very first electric cinema, The Cosy Club serves up a sense of being somewhere special with a hint of nostalgia. From a lazy breakfast to family lunch or a night, the cosy club offers great quality food and drink at an affordable price.
HYMS Services
Student Support:
Hull York Medical School has its own Student Support Office. The team is there to help if you have any confidential non-academic queries or concerns.
student.support@hyms.ac.uk

HYMS Office:
The HYMS office is normally open from 09:00 to 17:00 Monday to Thursday, and from 09:00 to 16:30 on Friday. The office teams will do their best to help you with any questions or problems and can also put you in touch with other members of staff.
The telephone numbers to contact staff are: 01904 321695
Student Liaison Officer
If you have a particular issue regarding or whilst on clinical placement there are Student Liaison Officers available on all hospital sites.
Paul Gibson: paul.gibson-simpson@york.nhs.uk or 01904 72647

University of York Student support services:
Emotional and psychological support: The Open-Door Team
http://www.york.ac.uk/students/health/help/
Disability Services:
http://www.york.ac.uk/students/support/disability/
The Equal Opportunities Office:
http://www.york.ac.uk/admin/eo/
The International Office:
http://www.york.ac.uk/study/international/
Harassment Support Network:
http://www.york.ac.uk/admin/eo/Harassment/HarassmentGuide.htm
WHAT TO DO NEXT?

JOIN MEDSOC

Why?

• Tickets to MedSoc events are significantly cheaper as a member so you make your money back extremely quickly.
• The money you pay for membership is used to run the society’s successful events on a regular basis including the fancy Winter and Summer balls.
• Members receive exclusive year-round discounts in places that are popular with medics

The price for membership is as follows:
5 Year Membership - £25

How to become a member?
Buy it online from:
https://www.yusu.org/opportunities/societies/medsoc

Add yourself to the Facebook page “York Medics 2019/20”

FOLLOW US ON INSTAGRAM @yorkmedsoc