

Freshwing

*Your guide to surviving
and thriving in
Sheffield!*



Welcome to Sheffield Medical School

First of all, congratulations! You've worked so hard to get here and you've really earned it. Welcome to Sheffield, we're all looking forward to meeting you and seeing you grow into amazing doctors!

Starting university is such an exciting time, but can also be quite daunting as everything is completely new. We are here to support you however we can, so we've put together this guide to try and make the transition as easy as possible. It will give you an insight into the medical school and the city to ensure you thrive (and not just survive)

- Abi (deputy welfare representative)



Sheffield Med Soc



@sheffieldmedsoc



@sheffieldmedsoc



<https://sheffmedsoc.com/>

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Welcome letter from our president

Dear Freshers 2022,
Welcome to Sheffield! Firstly, CONGRATULATIONS on getting into medical school, you have chosen wisely and will be joining one of the best Universities! You have worked so hard these past few years to get here, and you should all be so proud, you smashed it!!!

I am Grace, Sheffield Medical Society's president for 2022/23. MedSoc are the society that represents the medical school's student body of over 1,500 students, all the way from admissions to final year and our alumni! We have over 50 sub-societies, ranging from Sheffield Academic Medicine Society to Medics Hockey!

MedSoc is so excited to welcome you in September for fresher's week and we will be with you all the way, whether that be last-minute revision sessions, charity football tournaments, or graduation ball. We are here to celebrate with you at the end of the exams and pick you up if you are struggling.

See you in a few weeks & if you need anything from us, don't hesitate to send a message!

Grace Scaplehorn

President of Sheffield MedSoc 2022-2023

What is Medsoc?

Medosc is Sheffield's biggest society!

Subsocieties

There are over 40 subsocieties and sports teams, so there really is something for everyone!

Events

There are several events organized throughout the year including the Annual Ball and fancy dress social

Raising Concerns

We act to represent the student body, and raise any concerns or ideas from students to the Medical School faculty and university

Support

We work to support students in any way possible to ensure they enjoy their time studying medicine at Sheffield

Meet the committee



Grace Scaplehorn
President



Sophie Allan
Vice President



Stan McKenzie
Secretary



Preethi Muthukumar
Treasurer



Maciej Gajda
Academic Rep



Mai Morita
Welfare Rep



Jon Sheridan
Social Sec

Meet the committee



Millie Spencer
Deputy Treasurer



Beth Richards
Deputy Academic Rep



Abi Roy
Deputy Welfare Rep



Shilvie Gorai
Deputy Social Sec



Hayley Ng
Deputy Social Sec



Jack Bardwell
FY1 Rep



Owen Martin
PA Rep

Meet the committee



Sid Komperla
Societies Sec



Evie Phillips
Sports Sec



Dina Hamed
Admissions Rep



Omar Al-Rubaie
Technology Officer



Celia Millar
Charities and Events



Arpa Jahan
Publicity Officer



Joy Bamidele
Publicity Officer

Meet the committee



Adaline Omare-Amin
Intercalation and Electives



Natasha Gage
Postgrad Rep



Khyati Mundrey
International Rep



Saima Ahmed
Inclusions Officer



Sam Harper
Phase 1 Rep



Molly Handy
Phase 2a/2b Rep



Josh Palmer
Phase 3a Rep



Lucy Price
Phase 3b/4 Rep

Phase 1 Rep

Hi I'm Sam, your phase 1 representative. It's my job to voice your concerns and questions to the faculty. If you have any questions about your first year studying medicine or uni life in Sheffield feel free to contact me. I look forward to meeting you all soon!



Sam Harper
Phase 1 Rep
(sdharper1@sheffield.ac.uk)

PostGrad Rep

Hi my name's Natasha and I'm the current post graduate and mature student rep. I started on the GEM course in 2021 and I know it can be challenging starting as a mature student so I'm always around and happy to help or answer any questions you might have whether you're on the undergraduate or graduate course. Equally if you have any ideas or comments on what we can do to help support post grads and mature students then I'd love to hear it! I look forward to meeting you all throughout the year!



Natasha Gage
Postgrad Rep
(ngage1@sheffield.ac.uk)

MedSoc Subsocieties

Sports

Badminton
Cricket
Football (men's and women's)
Hockey
Netball
Rugby
Squash
Running

Music and Drama

Choir
Orchestra
Medic's revue
(comedy!)

Health

NutriTank
Healthy Planet UK
Sexpression
Sports and Exercise
Medicine

Other

North Wing
Teddy bear hospital
Friends of MSF
Marrow- Anthony
Nolan
Wilderness medicine
StreetDoctors

Representative

African Caribbean
Medical Society
(ACMS)
BAME medics
Christian Medics'
Fellowship (CMF)
Medics LGBT+ and
Allies

Specialities

Acute Care and Trauma
(ACTSoc)
Anaesthetics and Critical
Care (SACCS)
Cardiology Society
DermSoc
ENT & OMFS
GPSoc
Geriatrics & Palliative Care
Medical ethics
NeuroSoc
ObGSoc (Obs & Gynae)
OncoSoc (oncology)
Orthoplastics
Ophthalmology
PaedSoc (paediatrics)
PathSoc (pathology)
PsychSoc (psychiatry)
Radiology
SidSoc (infectious diseases)
Surgical



Sid Komperla

Societies Sec
(smkkomperla1@sheffield.
ac.uk)



Evie Phillips

Sports Sec
(ephillips5@sheffield.ac.u
k)

Academic Help

Hi everyone!

We're Beth and Mac and we are very excited to be your academic reps this year!

Our role is to make your time at medical school less stressful and make the transition from school to university more seamless. We will provide you with LOADS of opportunities to practice before your exams, with multiple written mocks as well as mock OSCEs. So far, these mocks have helped us raise over £1000 for St Luke's Hospice this year!

We are also the people to contact if you have academic concerns or would like academic support.

If you wanted to get your textbooks for a bargain, check out the Facebook page we collaborated on with Peer Teaching Society- there's many medics in older years selling them for cheap. The link can be found here:

<https://www.facebook.com/groups/427496935933985/>

We look forward to meeting you soon



Maciej Gajda

Academic Rep
(mjgajda1@sheffield.ac.uk)



Beth Richards

Deputy Academic Rep
(bmrichards1@sheffield.ac.uk)

International Students

Hi everyone and welcome to the University of Sheffield!

I'm Khyati, your international representative on MedSoc and I'm looking forward to meeting you all. It's not easy being so far away from home and as your international rep I'll be here to help make that transition a little easier.

The first event we have planned is the International Meet and Greet on the 28th September where you will have the opportunity to meet other international students from your cohort as well as from the years above. This will be a chance for you to ask questions, get advice and enjoy some snacks and drinks!

Later in the year we will have the International Food Fair, a great opportunity for you to make food that reminds you of home as well as try food from different places.

If you have any questions or concerns, don't hesitate to get in touch!



Khyati Mundrey

International Rep

(kmundreysrivastav1@sheffield.ac.uk)

International Meet and Greet

Where: Med School Cafe

When: 28th September, 4pm

Welfare

Hi, we're Mai and Abi, and we're here to help with any welfare issues you may have! Starting medical school can be very challenging, so we're always here for a chat, advice, or just a cup of tea. We also have an Instagram page where we post updates and advice (and weekly pet pictures!)- follow us on @sheffieldmedsocwelfare. Feel free to contact us by email, Facebook messenger or on our Instagram.



Mai Morita
Welfare Rep



Abi Roy
Deputy Welfare Rep

Where to go for help

Medsoc

Welfare: Mai (mmorita1@sheffield.ac.uk), Abi (aroy4@sheffield.ac.uk)

Academic: Mac (mjgajda1@sheffield.ac.uk), Beth (bmrichards1@sheffield.ac.uk)

Inclusions: Saima (sahmed18@sheffield.ac.uk)

Phase 1 rep: Sam (sdharper1@sheffield.ac.uk)

Medical School

Medical student affairs are super helpful and will be able to point you in the right direction for any issues you may have (medical_student_affairs@sheffield.ac.uk)

Health

University Health Service (GP)- 0114 222 2100 or visit their website

University of Sheffield central welfare and guidance- 0114 222 4321, support@sheffield.ac.uk

IAPT (Improving Access to Psychological Therapies)- offers a range of talking therapies, you or your GP can refer you <https://www.nhs.uk/service-search/mental-health/find-a-psychological-therapies-service/>

Samaritans- 116 123

What I wish I knew before starting Phase 1....

You don't need to work 24/7 to survive in medicine, in fact, quite the opposite- do not burn yourselves out. As cliché as it sounds medicine is a marathon, not a sprint

Just because it's med school doesn't mean you can't socialise/party/have a 'normal' student experience. At the end of the day it's a degree like any other and you deserve time off/away from medicine!

The H1 is a shuttle bus that goes between the Royal Hallamshire and the Northern General every half an hour- it's free for NHS staff and medical students (just show your Ucard)

Nobody knows what they're doing- it's not just you!

Don't let your rank define you

Don't compare yourselves to others, only you know your strengths and weaknesses and where you need to focus your energy

It's impossible to learn everything for exams

Fresher's Fever Social!

Where: Meet at the Edge at 7:30pm, then head to Mr Wilson's (West Street) then Code

When: Thursday 22nd September

Theme: dress as something beginning with the first letter of your name!

Guide to Sheffield

Outdoors

The peaks! (Stanage Edge and Ladybower Reservoir are my personal favourite places- and you can easily get there on the bus)

Bolehills or Sheffield Ampitheatre (pretty sunsets)

Mayfield Alpaca Farm

Dam Flask Reservoir

Endcliffe Park

Crookes Valley Park

Rivelin Valley (super pretty and great for a swim when it's hot)

Botanicaal Gardens

West Street

West Street Live (cheap!)

Tiger Works

Vodka Revs (good cocktails)

Bierkeller (beer, cocktails and bad singing)

Bloo 88 (good pizza)

Molly Malones

Shopping

Thrift and vintage shopping- Cow, Vulgar, Preloved Kilo and many more!

Meadowhall

Division Street (lots of independent shops and cafes)

The Moor

Food

Proove (amazing pizza)

Cutlery Works

Kommune

Nottingham House

(affectionally called Notty House, great pies)

Marmadukes

Ecclesall Road has loads of amazing restrants

(especially if your parents are paying...)

The Students Union

Tuesday- Tuesday Club

Wednesday- ROAR!

Thursday- Soul Jam

Saturday- Pop Tarts

Cafés

Cawa

Steam Yeard

The Lost Jockey

Nam Song

Freshers Timetable

	What?	Where?	When?
Monday	Intro lectures	1-4	Blackboard
Tuesday	Intro lectures	10-12, 1-1:50	Lecture theatre 1
	Freshers week group activity (groups 1-18)	2:35-4:35	Medical School
Wednesday	Intro lectures	9:30- 10:30	Lecture Theatre 1
	Freshers week group activity (groups 19-36)	11-1	Medical School
	Medsoc welcome talk	1-3	Lecture Theatre 1
	Medsoc Freshers Fayre	3-5	Medical School
Thursday	Intro lectures	9:30-11	Lecture Theatre 1
	Medsoc's guide to Phase 1	2:30-3:30	Lecture Theatre 1
Friday	Intro lectures	10-10:30	Lecture Theatre 1
	Medsoc Buddy Breakfast	10:30-12	Medical School
	Intro lectures	12-1:10	Lecture theatre 1