



A FRESHER'S GUIDE TO MEDICAL SCHOOL

LUSUMA

Leicester University Students' Union
Medical Association



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INTRODUCTION

Hi all,

Mahoosive congratulations for getting accepted at LMS (Leicester Medical School). It promises to be an exciting 5-6 years ahead and LUSUMA is eager to be a part of this too!

This marks a new chapter in your lives; whether you're a graduate student, foundation year, transfer student or complete newbie to University life. LUSUMA has an exciting set of events lined up to help you mingle with your cohort, and this guide just scratches the surface on what is to come. It must not be forgotten that with everything new, it's normal to have apprehensions with what lies ahead. You'll find yourself mingling at scale, lots of new faces, lots of things to be said and to do all at once. However,

LUSUMA is here to support what can be an incredibly enjoyable but sometimes overwhelming journey so don't hesitate to reach out to any member of committee on this exhilarating rollercoaster they call Medical School. We're so excited to meet you come September so be sure to wave us down if you see us!

LUSUMA love,

Suvarna xoxo

President of LUSUMA

Starting medical school is a lot to process. This handbook has been thoughtfully compiled by LUSUMA - Leicester's medical student organisation — to provide you with an overview of everything you need to know to make the most of starting with us. It will be a great resource both before and after the start of the semester.

Many generations of Leicester Medics have gotten a version of the handbook to assist them become oriented, although it's basically a pretty long welcome letter. The real fun will begin once you become involved in the work and pleasure of medical school life. We look forward to welcoming you to Leicester and seeing you begin your one-of-a-kind medical school adventure.

Jasmine Hulme Kenny

Secretary

On behalf of your LUSUMA Committee

A MESSAGE FROM THE HEAD OF SCHOOL

Dear Medical Students,

Welcome to Leicester Medical School, and to LUSUMA.

This is a transformative moment in your lives, and you will remember it always. There will be many more such moments still to come during your studies for the MB ChB, but your time with us will fly by, and before you know it you will be taking finals and graduating as a doctor.

Being a medical student, like being a doctor, is a privilege – and with such privilege comes great responsibility. As part of your education throughout our course we will explain to you exactly what your responsibilities are and we will expect you, with our guidance and support, to live up to all of them.



You have much to learn but, just as this year's graduating students can confirm, you will manage to do that over the next few years, even though you may have moments when you think you can't. What is more, you will do so with your fellow students by your side and you will form new friendships that will last you a lifetime. You are all in it together and you will draw great strength from that.

Leicester Medical School has a strong school community and, with that in mind, I must emphasise to you that LUSUMA is without doubt one of the most vibrant medical student societies in the country. Their committee works tirelessly to provide you and your colleagues with a fantastic array of events, societies and support – you will have a great time, and I would strongly encourage you to participate with LUSUMA, or other medical school/university clubs and societies, as having a good work/life balance is crucial to your health, your enjoyment and your success during your time with us.

Sending you my very best wishes as you embark on your medical school career at one of the best medical schools in the country.

Professor Simon Gay

Head of Medical School and Professor of Medical Education (Primary Care)

MESSAGES FOR FOUNDATION YEAR STUDENTS

Message from the Head of FY Medicine

Dear Foundation Year Medical Student,

Welcome as you start on our journey to becoming Doctors of the future. I want to congratulate you on starting at Medical School – and you should be proud of what you have achieved to get here. I would encourage you to make the most of all the opportunities available to you from Day 1 all the way through to Finals. The time will fly but you will meet many amazing students, academics, clinicians, healthcare staff and most importantly patients who will teach you lots on your way to becoming empathetic and knowledgeable doctors. I hope that this Year 0 of your course will help lay the foundations and skills necessary for you to go on and flourish in your studies.

LUSUMA is without doubt one of the most vibrant medical student societies in the country and I can remember it fondly from my time as a Medical Student at Leicester. The committee provides you and your colleagues with a fantastic array of events, societies and support. It is crucially important to ensure you have a good work/life balance and LUSUMA can help you achieve that. They are always looking for students to help so it may be something you can volunteer for in your time at Leicester Medical School.

Very best of luck as you start with us,

Dr Sam Adcock

Lead for FY Medicine, Senior Academic GP and Admission Tutor



LUSUMA Membership for Foundation Year Students

LUSUMA membership is free for the duration of your foundation year, and will automatically be added to your Student's Union account, so there is nothing extra you need to do. After the foundation year you will need to purchase a membership if you wish to remain a member – more on this in the next section.

Foundation Year Buddies

We have set up a FY Buddies system which means that you will be paired with a buddy in first year of the medicine course, who has just graduated from their foundation year. The idea is that you have someone to talk to for support and advise about the year. We will put you in touch with your buddy closer to the start of term.

A Message from Last Years Foundation Rep

Hey guys, Raafiah here! Firstly, congratulations on getting into medical school - it's a big achievement, so well done! Undertaking the foundation year is an amazing way to begin your medical school journey. The foundation year provides a great introduction to university life without all of the pressures of first year medicine. It will help boost your confidence, build new skills, and prime you for a smooth progression into year one of medical school. The foundation year also provides an excellent environment in which to learn and make mistakes as everyone (from the staff to the students) is super supportive.

My Top Tips for The Foundation Year

- Use this time to find your feet and adjust to living alone. Get comfortable with the city, visit exciting places, and learn how to manage your finances. This will help you build a solid foundation for you to kickstart your medical school journey.
- Trial different revision techniques and see which one's work for you. As a foundation year student, you will have many opportunities to learn new methods of revision. Finding which method works best for you will give you a head start next year!
- Take advantage of all of the opportunities presented to you. For example, making the most of all of the early clinical experience you will receive this year.
- Don't be afraid to ask questions – it is very likely that whatever you're thinking, someone else will be thinking it too.
- And finally, HAVE FUN! Enjoy freshers week, join as many societies as you can, and get to know the people in your cohort. The best thing about the foundation year for me is how close the entire cohort is, and how everyone is so supportive of one another.

So... don't be nervous and make the most of this year! 😊

MESSAGES FROM THE PASTORAL TEAM

Student Support

Welcome to Leicester Medical School!

My name is Dr Sophie Parkinson and I am the Director of Student Support for the Medical School. This means that I oversee all the Pastoral, Academic and Professionalism support available for you.

I was also a medical student at Leicester far more years ago than I care to mention! I clearly remember the combination of excitement and trepidation that you are likely to be feeling now. Don't worry though, Leicester Medical School, the University and the City are a great place to be and I hope you settle in very quickly and love it as much as I did.

When life is going well everything can seem easy and straightforward and we feel like we can cope with anything. However, sometimes life throws us challenges such as health problems, family concerns, exam difficulties and we can need a bit of help. That's when we would encourage you to reach out to us for support and help in navigating through the difficulty. All support is confidential and non-judgmental and no problem is too big or too small. It can definitely help to share. You will not be alone in seeking support – we see about 1/3 of the students each year.



I am looking forward to meeting you in Induction week and will tell you a bit more about all the services then.

Best wishes until then,

Dr Sophie Parkinson
Director of student support

Pastoral Support: psu@le.ac.uk

Academic Support: acad-suppunit@le.ac.uk

Professionalism Support: prof-supp@le.ac.uk

Health and Conduct

In this section, the School Health and Conduct Committee would like to explain its role, structure, and place in the life of the school. Right from the start of the course there are personal and professional expectations of students studying medicine with which you should familiarise yourself.

The School Health and Conduct Committee (HCC) sits within the Medical School regulations and works to support students on matters where health, conduct/behaviour and/or disciplinary factors impact on a student's engagement with their studies and practice.

This committee works to ensure medical students are fit to practice and that the professional obligations of the Medical School and its students, as set out by the General Medical Council Document Promoting Excellence, are met. More details on the expectations and requirements as set out by the GMC can be found in the document entitled: [Achieving good medical practice: guidance for medical students](#).

The regulations of the HCC apply to Leicester Medical School students on the following courses:

- A199 MB ChB with Foundation Year medical students
- A100 MB ChB medical students
- Medical students who have stepped out of the MB ChB course to undertake an intercalated degree either at the University of Leicester or any other educational institution in the UK or elsewhere
- Medical students who are currently in suspense of their studies at Leicester School of Medicine

The HCC is made up of a panel of experienced clinicians and service users, the latter are often referred to as lay members of the Committee. The Chair of the Committee will be a senior member of the Medical School, appointed by the Head of School. Heads of Year, Members of the Pastoral Support Unit, Professionalism Support Unit, Academic Support Unit, and Fitness to Practice Committee will not be members of the HCC. The Secretary and Deputy Secretary for HCC come from the Professional Services team within the Medical School and provide administrative support with case files and the work of the Committee.

More details on the role of HCC as well as the regulations of the Committee can be found on your Blackboard pages under the 'Regulations and Documentation – Fitness to Practice' section.

A MESSAGE FROM THE STUDENTS' UNION

Welcome to one of the largest and most diverse organisations on campus. Every student enrolled at the University of Leicester immediately becomes a member of the Union, which means we presently have over 18,000 wonderful members! We collaborate closely with the University, yet we are a proudly autonomous and registered charity. Our primary goals are to represent you while also providing you with the opportunity and assistance you need to thrive in Leicester. Visit leicesterunion.com to learn more about what we do.



Here's an overview of just some of the things you can benefit from as one of our members:

Opportunities

Societies are an excellent way to make new friends and meet individuals with whom you share interests. At Leicester, we have over 200 Student Groups, Sports Clubs, and Societies that collaborate with us to ensure that their members have a positive University experience. Whatever your hobbies or interests are, rest assured that we have something for you! Look for the Activities Fair as part of our Freshers' Week agenda to meet the committee members and learn about events, fundraising activities, and other exciting activities. Find a society or learn more about our Volunteering opportunities at leicesterunion.com/opportunity.

Support

While most people enjoy their time at university, things do not always go as planned. If you need to talk to someone about your mental health, homesickness, money, academics, or housing, or if you need some more general assistance, our Advice Service can help. It is free and confidential. We provide regular support clinics and may refer you to a variety of local and national resources. Visit leicesterunion.com/advice to learn more about how our Advice Service may assist you.

Peer Mentoring

The Peer Mentoring scheme is designed to assist incoming students in adjusting to life at the University of Leicester and beyond. You'll be matched with a second, third, or postgraduate

student who will mentor you both virtually and in person. Check out our Peer Mentor matching system at leicesterunion.com/peermentoring for a list of characteristics to be matched on.

Representation

Academic representation is all about providing you a voice so that you can positively change your university experience. We are able to guarantee that student perspectives are heard by working closely with all academic departments at the University of Leicester and with the help of our Course and Department Representatives.

Along with the work we perform to represent you, we have our Student Council, 15 Networks, and full and part-time elected Executive Officers, all of whom strive to ensure that we are implementing and fighting for the things that are important to you. More information is available at leicesterunion.com/voice.

From all of us at your Students' Union, we hope you enjoy your time in Leicester.

AN INTRODUCTION TO LUSUMA

LUSUMA is the biggest Student Group at the University of Leicester, with over 1,000 active members and many more alumni. LUSUMA stands for 'Leicester University Students' Union Medical Association' which is a bit of a mouthful, hence we abbreviate it. The group was set up and is still run by medical students from Leicester. Our aim is to work with the student body and the medical school to make sure that you have the best, well-rounded time here, providing welfare and academic support whenever you need it, as well as maintaining a healthy social calendar!

Below are all of our social media platforms — we recommend following or joining them to stay up to date with what's going on. The 2022 Facebook intake page is just for your year group and will be used to keep you up to date throughout your time at Leicester.

This part of the guide will introduce you to the committee, talk you through our plans to welcome you to Leicester, and give you an insight into how we can help with all facets of student life.

Facebook: ['The Official LUSUMA Group'](#)

Instagram: [@leicestermed](#)



Your committee

The LUSUMA committee will greet you when you arrive (look for the blue stripey shirts) and will accompany you during INTROweek. In this part, we introduce ourselves and offer some advice on how to get started at Leicester.



Suvarna Netke President

From: *sigh* Wolverhampton

Favourite place in Leicester: Bunk (home of cocktails/mocktails, curly fries + straight up vibe\$)

Fond med school memory: Halfway ball 2022

Top tip for freshers: ~~Live. Laugh. Love.~~ Trust the process. Med Skool is a slow burner; you'll find yourself changing and growing as you ascend the years, but know that this is normal and part of the journey.

Suvarna will be your President this year. As part of this she will oversee the successful delivery of LUSUMA events, including the much-loved INTRO and OUTROweek, and much more! She'll also be there to lend an ear should you need one and can be reached via email at: president@lusuma.com



Jemima Ball
Vice president of sports and societies

From: A field in the middle of Northamptonshire

Favourite place in Leicester: Wagamamas - you'll see me there three times a week

Fond med school memory:
Recording the Pub Golf promo video last year, ensuring every challenge was completed!

Top tip for freshers: Make the most of the opportunities from Day 1! This includes INTROweek (yes, go to every event), meeting new people and reaching out to other years. Take part in sports and societies - it is a great way to meet people!



Jemima is this year's Vice President of Sports and Societies so will oversee LUSUMA's excellent sports teams, exciting sub-societies and memorable events! Jemima will be at hand to answer any questions people have; from starting a new society to ordering new team kit. As one of the Social Secs last year, Jemima is bound to be at every INTROweek event until the very end, no matter how much caffeine it'll take to get her there. If you have any questions, feel free to drop an email to vpss@lusuma.com

Sam Kebbe
Vice President of Academic Welfare and Sponsorships

From: somehow made it out of Lebanon alive

Favourite place in Leicester: Pret a manger - love making the most out of my coffee subscription

Fond med school memory: tbh every night out with my friends + trips to Paris during the sem

Top tip for freshers: Attend all/most INTROweek events and talk to as many people as you can to meet a good bunch of friends + HAVE FUN, you don't need to be on top of things from day 1!



Sam is this year's Vice President of Academics, Welfare, and Sponsorships. As the title suggests, he'll be overseeing communication and contracts with sponsors to help fund events, and support the welfare and academic secs in their roles. Get in touch via his DMs or vpaws@lusuma.com with any questions, concerns, or if you fancy a friendly chat.

Kiana Haji Sabagh
Treasurer

From: Brighton

Favourite place in Leicester: Group study rooms in the library (honestly have the stupidest conversations there but i love it)

Fond med school memory: Introweek!!! Especially PJPC cause the whole med school gets involved

Top tip for freshers: Everyone is in the same boat as you and is probably just as scared and excited as you are! Make lots of friends and say yes to any opportunity that arises!! Have fun because first year will be one of your best years of uni.



Kiana is the boss when it comes to handling money and budgeting for the year. She will work behind the scenes to ensure you get the most out of your LUSUMA membership, and that the price of ball tickets will be as low as possible. She will also be approving the reimbursement requests so drop her a message if you are struggling with the form! Her email is treasurer@lusuma.com

Jasmine Hulme Kenny
Secretary

From: Mannyyyy

Favourite place in Leicester: Vicky park as soon as the sun comes out, love a good sunbathe in the park (and trying not to get burnt - even in England)

Fond med school memory: Medics night out at 2Funky on my birthday!!

Top tip for freshers: Enjoy yourselves! Moving away from home is daunting at first but just try and get stuck in. You'll make loads of friends and memories so don't worry, and remember everyone is in the same boat as you.



As this year's secretary, Jasmine will be working hard behind the scenes to keep the cogs in the machine which is LUSUMA running smoothly. She'll be in charge of zoom and room bookings, memberships and bossing about her sub-committee (sorry Amir and Zahid). Her resolution as she enters her final year is to, yet again, attend every INTROweek event until the end of the night - for which we'll be keeping her accountable. If you're ever in need of a chat or have any questions don't be afraid to drop her an email at secretary@lusuma.com

Harriet Scott-Murfitt
Academic Officer

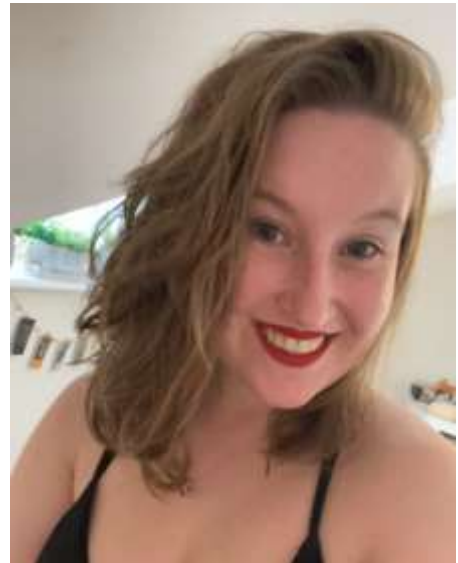
From: Norfolk

Favourite place in Leicester: Dover Castle iykyk

Fond med school memory:
Winning varsity last year

Top tip for freshers: Join at least one society, they're a great way to make friends and carry on your hobbies/sports

Harriet's job is to make sure you can access all of the great resources LUSUMA have to offer, including flashcard decks, mind maps and anatomy articles. She'll also be organising revision lectures throughout the year so keep an eye out. Any questions drop her an email at academic@lusuma.com



Amy Healey
Welfare Officer

From: Leicester (2 years till I escape ;))

Favourite place in Leicester: Highcross Pho

Fond med school memory: Anytime spent in Vicky park in summer

Top tip for freshers: Try to balance work with having fun as much as you can- lean towards more fun and less work in your first Semester as this is the most chill it'll ever be hehe

Amy is your welfare officer this year. Her job is to answer your questions and concerns, plan welfare events (free coffee and cake!!) and be LUSUMA's agony aunt. If you need anything you can also drop her an email at welfare@lusuma.com



Aboli Joshi
Diversity & Inclusion Officer

From: Aylesbury (iykyk)

Favourite place in Leicester: New walk- probably one of the best places to go on a nice little stroll, especially in the sun:)

Fond med school memory: snowball fight in Vicky park in the middle of march

Top tip for freshers: attend as many INTROweek events as you can, it's a great way to make new friends and RELAX- freshers isn't code for lectures so there's no need to stress about the academic side of things just yet:)

Aboli is taking on the role of diversity and inclusion officer this year- only the second one so far in the history of LUSUMA! Her role is to ensure the medical school is a safe and comfortable environment for everyone, irrespective of gender, race, sexual orientation, interests etc. Any concerns can be sent to her via a DM her or you can drop her an email at diversityandinclusion@lusuma.com



Tiffany Powell
Graduate and Mature Students' Representative

From: Jamaica

Favourite place in Leicester: Mosh nightclub (trust that the vibes are immaculate)

Fond med school memory: Halloween weekend for sure. Made some great memories and questionable choices.

Top tip for freshers: Attend ALL the INTROweek events and try to meet as many people as you can. Trust me, I know it may seem exhausting but it's definitely worth it! It's a great time to make friends and step out of your comfort zone :)

Tiffany is your Grad Rep and her main role is to host events where graduate and mature students can get to know each other and have a fun time. She is your voice on the committee to navigate any personal or academic concerns. Feel free to contact her at gradrep@lusuma.com



Jasmin Bullock
Alumni and Electives Officer

From: Nottingham

Favourite place in Leicester: Cozy club

Fond med school memory: During an out-block placement, my friends surprised me on my birthday by decorating the kitchen, baking a cake and making me breakfast before going in to placement

Top tip for freshers: Don't be afraid to step out of your comfort zone and take every opportunity to try new things and talk to as many people as possible. Remember you've earned your place in med school, don't forget to enjoy it :)



As your electives and alumni officer, Jasmin will organise an electives fair to help fourth and final years plan their electives and try to help with any questions or concerns you might have regarding electives throughout the year. Jasmin will also work to build and expand our current alumni network. She is friendly, approachable and happy to answer any questions you might have. Feel free to say Hi when you see her at LUSUMA events or get in touch with her via email at aerep@lusuma.com

Anshul Ramavath
Sports Secretary

From: The Wirral

Favourite place in Leicester: The O2 in the SU

Fond med school memory: Getting a Mr whippy from an ice cream van in Vicky park in the winter

Top tip for freshers: Try to keep your other hobbies up as well.

As the sports secretary, Anshul will keep contact with all the medic teams captains and try to make the experiences better. He will also plan a few sporting ventures, such as varsity against Nottingham as well as sports night(the best night of INTROweek). Contact him via email on sportssec@lusuma.com



Zuzanna Milewska
Social Secretary

From: Poland/Wales

Favourite place in Leicester: Victoria park

Fond med school memory: getting ice cream/ playing football/having picnics in Victoria park after uni

Top tip for freshers: Always make sure you carry on with your hobbies and personal life, don't let medical school crush your other dreams

Zuzanna is one of the new Social Secs. Along with her best friend Maya, she will be in charge of making INTRO and OUTRO weeks even more memorable and fun for all of the Leicester Medics. Anything you want to suggest then please email at: socialsec@lusuma.com



Maya Korpál
Social Secretary

From: Loughborough (yes the place with sports uni)

Favourite place in Leicester: The Verandah on Queens Road, can never go wrong with a local café

Fond med school memory: Moving in with all my favourite people in third year to start our placements!

Top tip for freshers: Talk to as many people as you can (particularly the older years!). We have lived what you will be living so we have an abundance of advice that will benefit you.

Maya is one of the new social secs on the committee. She has teamed up with her bestie to make sure that this year, LUSUMA holds the best social events! Maya will be jointly responsible for some of the greatest nights of your life. Anything you want to suggest then please email at: socialsec@lusuma.com



Guru Kamath
Ball Secretary

From: London, Canada

Favourite place in Leicester: The Old Horse

Fond med school memory: INTROweek 2021

Top tip for freshers:

Make the most of the opportunities available, don't be afraid to step outside your comfort zone, meet as many people as you can and don't hesitate to reach out if you're struggling.

Guru is one of the ball secretaries for this year, along with Alice. Together they organise all of the exciting formals for everyone from Freshers to Final Years. These are great opportunities to meet people and are some of the most memorable events of med school. If you have any questions or suggestions, please feel free to email us:

balls@lusuma.com



Alice Travers
Ball Secretary

From: South East London

Favourite place in Leicester: Got to be Walkabout all the vibes and always a good time

Fond med school memory: Having the best Belbin group. We started the trend of making TikTok's. Our best being when we all dressed in matching outfits all week!

Top tip for freshers: Get involved in as many societies and sports as possible. I found it was definitely the best way to make friends, especially from other years.

Alice is one half of the two ball secretaries for this year. Together with Guru, she will organise the summer ball, freshers formal, Halfway soirée, Winter ball and Graduate ball. All will be events not to forget, so make sure you buy your tickets early!

Any questions feel free to contact the ball secretaries via email : balls@lusuma.com



Zahid Nisrin
Media Officer

From: London

Favourite place in Leicester: Anywhere where I can get coffee, I really like coffee!

Fond med school memory: Medics Revue. You guys should come to our shows!

Top tip for freshers: There's so much you'll need to learn, but trust me, you'll become alright at managing the workload :)

As your media officer, Zahid will be responsible for updating you about everything LUSUMA! His role includes advertising events, capturing your best (and worst) pictures during socials and being the person to answer all your DMs on our social media platforms. You can also contact him via email on mediaofficer@lusuma.com



Amir Saadatnia
Webmaster

From: Tehran, Iran

Favourite place in Leicester: Grimsby Fisheries. Love that grease.

Fond med school memory: Halloween night at Walkabout!

Top tip for freshers: Try to attend all the INTROweek events! They are fantastic opportunities for socialising with your peers and making new connections. Don't be afraid to approach others and strike up a conversation; everyone is eager to make new friends, just like you.

As the Webmaster of LUSUMA, his primary responsibility is to maintain and update the LUSUMA website and app. This includes ensuring that the website and app are functional and user-friendly, as well as overseeing any necessary updates or changes. Additionally, he is responsible for approving LUSUMA membership requests, especially during INTROweek. If you have any questions or concerns, please do not hesitate to contact him at webmaster@lusuma.com.



Mel Sarker
Charity Officer

From: London

Favourite place in Leicester: Anywhere with a football pitch

Fond med school memory: winning Varsity against Nottingham 2022

Top tip for freshers: Try to say yes and get involved

Mel will lead all the charity events across the year with the help of other committee members. This includes events such as the much beloved staff vs students Christmas quiz. Mel is friendly, approachable and a good listener so feel free to get in touch on any platform; involvement in volunteering opportunities or just life in general at charity@lusuma.com



INTROweek

The iconic INTROweek welcomes you to the Leicester Medics Community. You arrive a week before the rest of the university's first-year students. The day is spent attending critical medical school introductory lectures before hurrying home to change and eat in time for the evening's LUSUMA event. All year groups enthusiastically attend sports night and PJ Pub Crawl, and they'll all be happy to see you!

INTROweek passes, which cover attendance and transportation to all events, are purchased in addition to your lifetime LUSUMA membership. More about this in the next section.

Sunday 17th Sept - **Meet and Greet**

Detach yourself from your family, settle into your new rooms, get some unpacking done, or ready to trip over your boxes for the rest of the week. Meet us in Oadby or on campus to pick up your INTROweek pass once you've purchased one. In the evening, take a bus organised by us to a bar in town to meet your fellow medical freshmen and the LUSUMA Committee (make sure to ask all the committee members the story behind their nicknames). Your INTROweek has started!



Monday 18th Sept - **Meet the Parents**



During the day, the Medic's freshers fair will be held, allowing you to meet all of our wonderful sports teams and sub societies. In the evening, you will meet your medic mother and father. They will adopt you and take you under their wings. You will spend the evening doing activities and getting to know your medic family. If you decide to continue on, try to avoid your dad dancing in the club.

Tuesday 19th Sept - **PJ Pub or Grub Crawl**

Put on your pyjamas and join the rest of the medical students (and doctors) for INTROWeek's greatest night. The older generations will be dressed in various costumes and accompany you around this massive pub crawl that culminates in a club. Alternatively, test your taste buds and stomach in the grub crawl that runs alongside and join us at the same club at the end!





Wednesday 20th Sept –**Bowling**

Continue the excitement after PJPC and get ready to let off some steam by bowling. Afterwards, (if you still have the stamina) enjoy your first LetsDisko in the notorious O2 academy underneath our Student Union building.

#Thursday 21st Sept - **Sports Night**

Another massive social – put on your sports gear (required) and join the medics' sports teams at their tables for a warm welcome. This is your chance to meet the club's members and learn about their social activities. It may get rather lively, but this is part of the night so don't be alarmed! This is open to all sports fanatics or those willing to get stuck into something new at uni. We'll have soft drinks and more flowing on the night!



Friday 22nd Sept – **Freshers formal**



Prepare to put on your fancy dress or suit and conclude the week in style with this exquisite event. You will be able to reflect on the week with lots of stories to tell and a group of companions to embark on the adventure that is medicine at Leicester.

Here's to a fantastic year!

LUSUMA Academic

Hiya Harrie here your academic officer. Big congratulations for getting into medical school, you've already worked so hard to be here and I'm sure you're excited to start this new chapter. Our job is to make sure you have a smooth transition into Leicester Med School whether your straight from A levels, another degree or had some time out of studying. Pretty much everyone finds medicine difficult at first, and as LUSUMA we have plenty of resources to help you along the way including flashcard decks, revision lectures, and access to LUSUMA library and notes. We also have partnerships with external websites such as TeachMeAnatomy and SimpleMed, so you can use their pages for free! I promise you when you start to learn about the musculoskeletal system TeachMe Anatomy will become your lifeline.

My role is to keep adding to, and make sure that you can access, the ever-growing list of resources above, as well as to raise improvement points on your behalf to senior medical school staff. My email is always open to anybody who's feeling overwhelmed with work or if you just need some tips and tricks from somebody who's tried a ridiculous amount of revision strategies.

Can't wait to meet you all at INTROweek

My Top 5 Study Tips (tried and tested)

- Try to revise and study in groups, there's a lot to learn in medicine and it's unlikely you'll understand everything first time. So having a friend explain it to you is less boring (and usually quicker) than trying to find an answer in the textbook. Also, I find that revising in a group will actually motivate me to do some work.
- Flashcards will be your best friend! A lot of people find active recall the best way to revise as you have to really think about the material, and you're not just passively re-reading the same text over and over.
- All of the CTFs in groupwork are so helpful, so if you're ever unsure about a topic ask them! They've all been med students once and no question is too silly.
- There are some great YouTube channels that cover medical topics, my favourites for revision are Osmosis; Khan Academy; and ICU Advantage.
- Make sure you plan breaks into your study timetable. Medicine is a marathon, not a sprint and you don't want to be burnt out by Christmas. You will still have time to do the sports/ hobbies you already love and will probably pick up a few more on the way. So, make sure you're giving yourself enough rest and enjoy your time at Leicester.

Harriet Scott-Murfitt
LUSUMA Academic Officer
academicrep@lusuma.com

Welfare

Hi everyone, my name is Amy and I am LUSUMA's welfare officer this year. This is my second year on committee, and I can't wait to meet you all in September :))

My role is to look after all things welfare, here are some things we have planned for you to look forward to-

- Regular Coffee and Cake mornings where you can stop by for a chat to talk about any worries, ask and questions, and talk to committee :)
- Sober socials such as painting sessions, LGBT+ socials and lots of fun activities to get to know each other when you start.
- Lots of support when exams start, with exam de stress socials!
- Our LUSUMA 'Agony Aunt'- please message her any worries and concerns you may have that you don't feel comfortable asking directly and she will get back to you!



Here are some tips to look after yourself in Fresher's week:

- Enjoy going out and meeting people but make sure to look after yourself too. Try to eat three meals even if you wake up at 12- you have to fuel yourself for the night out to come ;)
- Don't worry about taking a night in to rewind and rest, resting is just as important as taking advantage of all the fun going on in INTROweek
- Lots of people find Intro Week quite overwhelming- if you need a chat at any point please feel free to message me or ask the agony aunt and I will do my best to help out :))

That's all from me for now, I hope you enjoy the rest of your summer and can't wait to meet you all in September!!

Amy Healey
LUSUMA Welfare Office
welfare@lusuma.com

LUSUMA Socials

Hey guys, Zuzi and Maya here! We are the fourth year medical students who will be planning all the social events for your first year as a Leicester Medics. There will be many opportunities for you to meet lots of different people from all walks of life and plenty of time for you to get to know them (your future friends)! Take as many opportunities as you can to get involved, even if things are a little out of your comfort zone; we have something for everyone and we are always more than happy for you to contact us with ideas if you feel you want to see something more.

What you can look forward to:

- **INTROweek** (one of the most fun weeks of the year for all years)
 - o **Meet the freshers**- where you can meet your peers and the LUSUMA committee!
 - o **Meet the parents**- every year you get 2/3 medic parents who will guide you through medical school and help with any questions you may have- during this event, we will have fun games to let you get to know each other and break the ice!
 - o **PJ Pub Crawl**- first of many pub crawls where all freshers dress up in their funkiest PJs and the older years come along as well (biggest night of the year)
 - o + many more events organised by the rest of our lovely LUSUMA committee
- **Pub Golf**- get your golfer gear ready and pot some holes along our famous bar crawl
- **Medics Varsity (LEICS VS NOTTS)**
- **OUTROweek**
 - o **Wimbledon Bar Crawl** – be greeted with strawberries and cream before an unpredictable night ending in the one and only O2 Academy

We strongly advise everyone to take part in at least a couple of the socials. Medical school is made of memories and these nights are the times to make them! As well as some great stories, these events provide you time to relax, recuperate and reset so you are able to perform to your full potential when it really counts. Don't forget: work hard, play harder!

Zuzanna Milewska and Maya Korpala
LUSUMA Social Secretaries
socialsec@lusuma.com



LUSUMA Balls

Hi all!

Alice and Guru here to tell you all about the balls LUSUMA hold throughout your years at medical school. These events are often the highlight of the year for many medical students as are a great opportunity to put on some fancy clothes and socialise. There will be immaculate vibes at all of the balls with: great food; your finest suits and dresses; amazing music and beautiful venues (great for taking insta worthy photos). Also, many people in all years attend these events so it is a great way to meet and socialise with other years.

There will be three balls that you will have the opportunity to attend in your first year of medical school. These include: the freshers formal, winter ball and summer ball. Starting off medical school with a bang is the freshers formal, which will be at the end of your first week of medical school. This ball is your first chance to dress up all fancy with your fellow medical freshers. With a great venue, food and a trip to the O2 to finish off what will be a memorable night.



The next ball you will have the opportunity to attend is the winter ball. This is the biggest ball of the year! With all years attending, you better whip out your smartest suits and bow ties or stunning ball gowns. You will be served a delicious three course meal, while the university band plays some wonderful music. Then you will hit the dance floor when our amazing DJ starts playing! Also, there is a stunning upstairs area perfect for taking photos to remember the night by.

Thirdly, the last ball of the year is the summer ball. This ball has more chill vibes with a smart casual attire, but still a wonderful night. You will again be offered a mouth watering three course meal, then take to the dance floor to dance the night away. This will be a great opportunity to celebrate making it through your first year of medical school!

As well as all of this there are even more balls to attend throughout medical school. These being the halfway soiree (to celebrate reaching the middle of your medical school journey) and the Grad ball (to celebrate the end of medical school and actually being a doctor). That's all we have to tell you about balls, but if you have any questions feel free to get in touch or head over to the LUSUMA website to see some pics and even more info.

Alice Travers and Guru
LUSUMA ball secretaries
balls@lusuma.com

Grads & Mature Students

Hi! I'm Tiffany and I am your Graduate and Mature Students' Representative. I am an international graduate that came to the UK to complete another degree in medicine and it has been an amazing journey. It is a wonderful experience to finally pursue medicine and I'm sure many of you have worked so hard to reach this point. So I want to say a big congratulations and welcome to medical school! I'm sure you may have some concerns about finding your place here at Leicester, especially at an older age, but do not worry! There are tons of opportunities to make friends and find a community where you not only fit in but thrive.

My job as your grad rep is to create some of these opportunities to meet friends and help with any of your academic or social concerns. I hope to make this transition into university life as easy and fun as possible. Feel free to reach out at gradrep@lusuma.com. See you soon!

Tiffany Powell

LUSUMA Graduate and Mature Students' Representative

gradrep@lusuma.com

International students

Hi! Congratulations to all the international students that are now part of the Leicester Medical Family. We are so excited for you to become a part of the community here and know that you may be feeling overwhelmed with adjusting to a new life here in the UK. But the LUSUMA committee is here to make that transition a little bit easier. Some key advice we would recommend is:

1. Get to know your personal tutor! They have a wealth of information that can help you with adjusting to the academic part of life.
2. If you are interested in working part-time be sure to apply for your National Insurance Number on the following website <https://www.gov.uk/apply-national-insurance-number/how-to-apply>
3. It is important to become a part of the community here and build a good support network so be sure to attend the INTROweek events as well as join any student societies you are interested in.
4. Check out our international welcome booklet for more info!

If you have any questions do not hesitate to reach out to our graduate and mature student rep, Tiffany, who is also an international student at gradrep@lusuma.com

Diversity and inclusion

Hi guys Aboli here, your new diversity and inclusion officer. You'll be seeing a lot of me during INTROweek, especially during the PJ grub crawl, a sober version of the PJ pub crawl designed for all the foodies and non-drinkers out there!

My role mostly consists of promoting diversity and inclusion in the medical school and ensuring that there are sober socials available for those who might not be quite as into drinking as others are.

If at any point during your first exciting year here at Leicester you see anything that concerns you regarding the inclusivity and diversity of the medical school, I am always here to listen and you can email me with any concerns at diversityandinclusion@lusuma.com



Remember that this is only the start of med school- you've got 5 years ahead of you so make sure to fully immerse yourself in INTROweek and try to go to as many activities as you can. Trust me, It's a great way to meet tons of new people and form long-lasting friendships:)

Aboli Joshi
LUSUMA Diversity & Inclusion Officer
diversityandinclusion@lusuma.com

Joining LUSUMA

Lifetime LUSUMA membership is purchased as a one-off, usually before the start of term, it includes your INTROweek pass.

Pricing:

- Early bird - £110
- Standard release (from September) - £125

The committee are all volunteers, so all revenue from membership fees goes into letting LUSUMA serve its members, such as funding our sports clubs and societies and subsidising INTROweek and balls.

STARTING AT LEICESTER MEDICAL SCHOOL

Phew, good job on getting through our introduction to LUSUMA. Grab yourself a cuppa and reposition for comfort before embarking on the next part of the guide. Here, we discuss some of the practicalities of starting at Leicester.

Learning at Medical School

Starting medical school can be intimidating for various reasons: everyone knows there will be a lot to study, there isn't a tidy, clear exam board syllabus to follow, and there isn't someone pressuring you to work hard throughout the year. Furthermore, most of you will be mixing university work with adjusting to a new city and social group, and some of you will be finding out how to cook, clean, and wake up on time without the help of your parents!

The first semester is intended to help everyone get their bearings and provide a foundation of biomedical science knowledge. Different people will come into this with varying degrees of relevant experience, but regardless of where you're starting from, I recommend utilising it to begin identifying a learning method that works for you. Experiment with your note-taking methods (mind maps, flash cards, etc.) and resources. There are many ways to absorb and organise the various sorts of knowledge you must become familiar. You just need to find the one that works best for you!

People have been studying medicine for a pretty long time. This is good because it means there are loads of resources to help you along the way. These range from Leicester-specific to international, and you will probably find it best to use a combination of them all. They include:

- **Lecturers** – Although you don't have as much personal contact with lecturers as you do with school teachers, they remain your first port of call for your learning. The lectures in years 1 and 2 contain the majority of content for your summer exams and are uploaded to Blackboard after they've been delivered so that you can rewatch them at home. In addition, you can ask lecturers and the Clinical Teaching Fellows questions during group work, or online via Blackboard (you'll be shown how to do this when you start).
- **Other students** – Older students are the best Leicester-specific resources at your disposal. It's normal at Leicester for older students to help those in the year below, whether through the medic parents system or through medics sports clubs and societies. Ask them how they studied, how they made notes and how they revised for the summer exams. There's also your friends and colleagues in the same year group as you. Leicester's emphasis on groupwork in Phase 1 helps you learn from and with each other which can be useful to fill the gaps in each other's understanding.
- **Revision societies** – we have lots of LUSUMA sub-societies who offer revision sessions and lectures. You don't need to attend them all, but they're helpful for highlighting key information. Keep an eye on our Facebook pages for their announcements.
- **Websites and Textbooks** – There are hundreds of thousands of websites and textbooks out there made specifically to help students learn medicine. What's more, the vast majority can be accessed for free, either directly through the magic of the internet, or

via the University Library. There's really no need to spend money on textbooks (especially for Phase 1), although some people choose to because they like having a personal copy. We have compiled a **database of handy resources** for each year group which can be found on the LUSUMA website under "Academic" > "Useful Documents".

iPads

During INTROweek, all students receive an iPad, much to the chagrin of medical students at other universities. It's a fantastic resource, so take care of it and try not to crush it! Before each session, lectures are published on Blackboard, so you may download and annotate them on your iPad. Each module's workbook may also be accessed and downloaded, ready for your groupwork sessions. The greatest part is that every lecture is recorded and uploaded to Blackboard via Panopto so you can replay everything you missed, as when you fall asleep during a Thursday morning lecture that began five and a half hours after you finished dancing the night away at LetsDisko.



Here are a few more tips to get you started:

- Backup your iPad to Dropbox or Google Drive because you'll hate yourself if you lose all your work.
- Hop onto Amazon and buy yourself a sturdy case and a stylus to make sure you're making the most out of your iPad. You may prefer a case with a keyboard to make typing that little bit speedier. The Apple Pencil is also the best stylus for an iPad, although it is quite expensive compared to other options.
- Consider getting your iPad insured or checking whether it is covered by your/your family's existing plan.
- Get the Notability app. I cannot suggest it highly enough; it is the most popular application for downloading and annotating lectures and workbooks. You can organise yourself by creating folders and sections (you'll thank yourself later).
- Brainscape is a popular app if you like flashcards. You can make your own if you like; alternatively, LUSUMA have created their very own set for you. Anki is another popular flashcard program amongst medics. It takes longer to get used to but has way more functionality. There are plenty of YouTube videos to get you started. Of course, there's nothing wrong with good-old-fashioned paper cards.
- Download the TeachMeAnatomy app and access your free LUSUMA Premium membership. This app will become your best friend during Semester 2 when you need to learn the musculoskeletal system.
- Download Microsoft Office from the App Store, then log in with your University of Leicester IT account details.

- Keep your charger with you at all times; there's nothing worse than your iPad running out of battery mid-lecture! And there are sockets in the main GDC lecture theatre.
- If you're struggling with anything to do with your iPad and adapting from paper notes, your medic parents, LUSUMA, and older years will be more than happy to help. We've all been there before and have struggled like you may. The university also has a team dedicated to showing you how to best use the iPads – they'll come and give you some introductory lectures to help you hit the ground running.

Getting to University

Most first year students opt to live in Oadby Student Village. Most people choose to do the commute in one of three different ways:

Cycling – 15-20 minutes – there's a cycle path the whole way into campus and you'll beat the bus by about half an hour. They give out free D-locks at Uni and you can register for underground bike storage under the library or bike shed at halls to keep it safe!



Walking – 30-40 minutes (depending on how fast you walk) and is a great choice when the weather is good. Great to wake you up before those early 9am lectures, but not the nicest way to start the day when it's pelting it down.

Bus – the university provides a shuttle bus service which runs every 10 minutes. In the previous years, students had to pay to use this service but this year the university has made it **free** for everyone staying at Oadby.

If you're living in city living (such as Nixon or Opal Court) then you're much luckier with only a short walk onto campus.

Sports Teams & Societies

Medicine is demanding, yet you must engage in extracurricular activities throughout medical school. In reality, participating in organisations and societies that you like is entirely complimentary to academic work — it helps you de-stress, meet new friends, and maintain a work-life balance. We are fortunate to have access to both LUSUMA and Leicester University societies and sports teams.

During INTROweek, we hold our LUSUMA Freshers' Fair to provide students the opportunity to become involved with all LUSUMA has to offer, from revising societies to sports clubs to performing groups. All of the captains and presidents, as well as the members, will be there to talk with you and urge you to participate. You may ask them anything! The main benefit of medic's clubs is that they bring you together older years who you can turn to for support and assistance (and maybe a free drink during INTROweek), and the friends you establish in medic's clubs will last with you throughout your time at medical school.

The Students' Union Freshers' Fair is a popular event on main campus. During the fair, you may join any society that interests you, and you'll receive emails about their meetings and training sessions. There is no need to attend any of these sessions, so I encourage signing up for as many as you can (it's a wonderful way to acquire freebies!). I would strongly advise you to participate in the main university clubs and societies during Phase 1 – it adds a lot to the university experience to be part of a big club of people from different courses, all united by a shared interest, and it's important to get out of the medical school bubble every now and then.

A Day in The Life of a First Year Medical Student

(Sample schedule only - specifics will vary)

7:15am Your alarm goes off.

7:17am, It goes off again.

7:30am After browsing Instagram/TikTok/Football Manager (circle as appropriate) you roll out of bed and into the shower.

7:45am You stumble to the kitchen and grab a quick slice of toast to-go.

8:00am Time to double-check your bag – fingers crossed your iPad is charged today. You set off for the bus.

8:15am Bus is late.

8:30am Bus finally arrives.

8:50am Walk into the George Davies Centre. Slide into your favourite row alongside your mates.

9:00am You forget to sign in and have to do a walk of shame to scan your card at the beeper thing at the front of the theatre.

9:15am How are you already tired? You're glad you bought a flask of coffee and drink it slowly over the next hour.

9:30am Stare off into space for 30 seconds, realise you've missed seven slides.

10:00am First lecture ends. Quick debrief with your friends about last night's antics before the start of lecture number two. You're a bit more awake and the lecture is actually really interesting.

11:00am Second lecture finishes and you run to the café: need to get food because you're in the dissection room next. You grab a cup of The Atrium Cafe's famous tomato soup– hits the spot.

11:30am You walk across to the dissection room in the Maurice Shock Building and brace yourself for the smell – why does the scent of formaldehyde make you feel so hungry?

12:00pm You and your group are discussing weekend plans over a spot of dissection. You're thinking a picnic in Victoria Park while the weather is still nice. Clinical Teaching Fellow helps you refocus by asking you which nerve you just cut through. You did not realise it was a nerve.

1:00pm Uni finishes and you begin the trek back to halls; you do the 40-minute walk for a bit of fresh air, but it tires you out. Afternoon nap anyone?

2:00pm Grab another coffee and write up today's lectures. It always makes more sense the second time.

3:30pm Afternoon trip to Oadby ASDA to stock up on some snacks.

5:00pm A quick microwave meal for dinner, there was no time to meal prep this week. Or last week. Maybe next week will be different (lol.)

5:30pm Grab the bus to Regent Hall for training – which sport are you trialling this week?

6:00pm You meet the older years outside the gym hall and chat about their placement. You're happy to be in lectures now but can't wait to get stuck in soon (once you know a little more, of course).

7:30pm You say goodbye to your new teammates and make plans to catch up this weekend for Brunch after training. You're thinking probably Halcyon down Queens Road.

8:00pm You arrive back to halls.

8:15pm You jump in the shower and grab more food – mum's not around to tell you to stop snacking.

9:00pm Music starts in the flat above. Pretty sure that's 90's RnB you can hear.

9:15pm Your flat mates are discussing what to wear. Hawaiian shirts never go out of fashion, right?

9:45pm You pick your poison and head upstairs to join the party. It's a lot of new faces but you're introducing yourself to everyone.

11:00pm People are barely fitting through the door.

11:45pm Everyone is heading to the famous Party Bus outside John Foster Hall (JoFo).

12:00am You contemplate between joining your flat in the O2 Academy for The Midlands Biggest Night Out or the comfort of your bed after a long day.

What will you decide?

Five Years in the Life of a Leicester Medical Student

The next five years of your life will be a wonderful and chaotic combination of lectures, placements, meeting friends, evenings out, comfortable nights in, new experiences, and figuring out what you want to do with the rest of your life. "The days are long, but the years are brief," as the saying goes. Each of the years is detailed below.

First Year

Whether you're fresh out of high school, returning from a gap year, just graduated from another degree, or returning to education after a few years away, medical school is unlike anything you've ever done before. But don't worry, the anxiety will go and the enthusiasm will grow as you settle in.

For the remainder of your first year, you will spend the most of your time at university in the mornings, which will typically consist of two lectures followed by group work. You'll see these folks every day, and they'll become some of your best friends for the next two years and beyond.

Only having lectures and groupworks in the mornings frees up your afternoons; while this is an excellent chance to make notes for that morning's lectures, it's also crucial to strike a work-life balance and experience what Leicester looks like outside of the library. Go for a walk in Bradgate Park, try some of the fantastic local eateries, or prepare for a night out (as a LUSUMA member, you can obtain cheap tickets to Wednesday nights out at the O2 Academy).

Second Year

You're undoubtedly feeling more settled in Leicester and in Medical School life now that you've completed first year. You are now senior Phase 1 students, and you may share your experience with the new students, including your own children!

This year's study will be more clinically focused, with a fair dose of scientific research thrown in for good measure. You also have another chance to prepare for your placement years after second year, with half-day clinical placements every now and again. This is an excellent opportunity to put into practise all you've learned about history and examinations during the previous two years. Second year's contents are a little heavier than the first, but it's still crucial

to maintain that work-life balance and remember to take use of your inexpensive O2 tickets, especially since most days you won't have to be at uni until 2pm!

Third Year

This is the year when you will begin your clinical rotations and gain the medical experience that you had hoped for. In third year, you will undertake three placements ("junior rotations") in several hospitals in the East Midlands. All of your knowledge from the last two years will come in handy when you get to run your own (supervised) GP clinics, scrub in to assist in surgeries, become an active member of the ward team, and participate in research and audits if you're interested. Third year is a significant departure from lecture-based learning and is much more self-directed; nevertheless, this is where peer-learning comes into play, and you may debate cases you've seen and things you've learned with your friends.

The end of third year exam is pretty daunting (how can your brain possibly retain so much information?) but by this point you'll have a pretty solid group of friends within the course to help you through your revision and to practice examinations on, and it's a lot more manageable than it seems when you read about it as a first year.

Fourth Year

You're pretty used to placement and are happy to volunteer to help on the wards without feeling nervous. Welcome to Senior Rotation. Your placements will be a bit more specialised and you get to see some weird and wonderful things across Obstetrics and Gynaecology, Paediatrics, Psychiatry, Older Persons & Integrated Care, Cancer Care, and Neurology & Special Senses. This is also when you start planning for things like your elective in final year and start panic-bulking your CV with any audits, research, or teaching experience you can get involved in. LUSUMA sub-societies offer so many opportunities to help out with this, so don't feel like it's too late to get involved!

Fifth Year

The end (AKA the new beginning) is in sight. Most of your learning this year is based on your assistantships, where you shadow/assist an FY1 doctor to learn what your job will actually be like next year. The FY1 doctor who you shadow may well be a freshly graduated friend of yours! This is a good opportunity to get familiar with how paperwork and computer systems work and get confident in the FY1's role as part of the ward team. As well as revising all of your knowledge in the build-up to finals, you get to decide where you want to work for your first two years as a doctor and apply for your jobs via the national application system, FPAS.

But as well as all this stress and planning for the future, you can also look forward to your elective where you get to experience six weeks of healthcare in any setting you want. This can be an opportunity to experience a specialty you're interested within the UK, getting to see how healthcare works in other countries, or joining a small practice in the Caribbean (obviously for the learning experience and not for the holiday that goes along with it...).

You also get the big final celebration of the graduation ball, where you get to celebrate the success and trials of the last five years, with some life-long friends you've made along the way, before starting the next big chapter of your lives.

Intercalation Year

Some students decide to take a year out of medicine (usually after second, third, or fourth year) to pursue other interests, such as research, medical education, psychology, or the humanities. You can complete this intercalated degree at Leicester or at another university, and it can be a great opportunity to develop experience in an area that you have a particular interest in or can just be a nice change of pace for a year. Whatever your reasons, it can provide a brilliant opportunity and benefit to reap for many years to come.

Podcasts

As you've probably gathered by now, medical school is a unique and multi-faceted environment in which to learn and grow. If you're at a loose end over your long summer holiday and want to start getting a taste of (mainly) the academic side of the journey to becoming a doctor, have a casual listen to the podcasts below.

Inside medic

Inside Medic is a LUSUMA made podcast dedicated to having informal, unscripted conversations with students about the reality of studying a medical degree in the UK. From finding the 'balance' between work and play to adapting to the hustle and bustle of University life as a medic, we hope to create more of an open culture in prioritising and discussing our mental well-being.

We know that medicine is no easy feat, and at times can get challenging, particularly as a Fresher when you're balancing the course alongside making friends and settling in. Regardless of which pathway you've entered this Medical degree, this podcast serves as a tool to reassure you that if you're struggling with similar things, you can overcome them and still have an equally wholesome University experience. Likewise it's also something you can just stick on in the background whilst cleaning your room, exercising, or on a car/bus journey to pass the time, as it gives you a reflective flavour to Medic life.



This podcast is available to view for free on Spotify by typing 'LUSUMA' into the search bar and clicking on the first open. Go check it out, we hope you enjoy it!

The HippoCampus Podcast

The HippoCampus Podcast is a student-staff collaboration launched in 2020. The hosts include Dr Lisa Quinn (Phase 1 Lecturer and Academic Support Tutor) and five Phase 2 Leicester medical students- Sophie Wheeler, Elliot Hair, Gaya Ramanithy, Nikita Choudhary and Kishan Lakhani.



In each episode they discuss themes relating to studying and learning at medical school. They aim to encourage an openness to sharing difficulties we experience while studying and give relatable insights and strategies to help navigate those challenges. They also focus on raising awareness of evidence-informed, optimal approaches to learning, with guests such as educational neuroscientists and cognitive psychologists joining the conversation to share their expertise.

Episodes so far have covered a breadth of topics from: getting the most out of lectures and group work; learning anatomy; the importance of sleep; to the neuroscience behind optimal learning techniques! We also have several 'Exam-special' episodes discussing top tips for medical school exams.

Follow them on **Instagram** @thehippocampuspodcast or **Twitter** @hippocampus_pod for notifications of episode releases and short audio clips.

They are also always open to episode suggestions, so please DM via social media, or **email** at thehippocampuspodcast@gmail.com

The Sharp Scratch

The Sharp Scratch is a student-run podcast released by The British Medical Journal (The BMJ) which claims to “discuss all the things you need to know to be a good doctor, but that medical school doesn’t teach you”.

It sometimes has that slightly cringey vibe that happens when people are trying to act like mates when they really only know each other in a professional context, but it does provide an insightful look at the culture that surrounds medical school and medicine as a whole. If you just want a laugh, start with the Sharp Scratch episode from 29 Aug 2019 — “The dating life of new doctors”!



Website: <https://www.bmj.com/sharpscratch>

LEICESTER: A WHISTLE STOP TOUR

Leicester is a diverse, multi-faceted city that has a great balance between built-up areas and green space. The university is connected directly to the city centre by New Walk, a gorgeous Georgian promenade which is also home to Leicester Museum. Victoria Park is directly adjacent to the university and itself is bordered by the Clarendon Park area to the South and Evington/Highfields to the East – neighbourhoods to which most people move after first year once they've left Oadby. Below we've given a quick overview of these areas.

@coolasleicester on Instagram is great for keeping up to date with the latest openings and offers, while www.storyofleicester.info is better for those less interested in new things and more into local history!

Oadby

If you're living in The Village in Oadby here are a few places you'll end up spending a lot of time.

- **The Roger Bettles Sports Centre** is often as much of a social hang-out as it is a gym
- **The Hub** in the centre of the student village is a great place to socialise in the evenings. They offer activities for students including wine and cheese nights, cocktail-making classes, and pizza evenings (many are free). They have a bar and movie rooms which you can use too.
- **The Botanical Gardens** are located next to Beaumont Hall and are very pretty and good for a stroll with friends or family. Take a picnic in summer.
- **Wetherspoons** down the high street is a short walk from halls. With a name like "Lord Keeper of the Great Seal" you know you're in for a good night, although it's usually full of locals. A great place to stop off when you need a break from studying and staring at your bedroom walls.
- **ASDA** is where you'll do most of your food shops in first year (and where you'll probably take your parents for that first food haul). It's a 15-minute walk from most places in Oadby – Digby Halls are closest, and John Foster is furthest away.
- **Cow and Plough**. This is slightly further out of Oadby, but it is the nicest pub lunch ever!



Queens Road

Queens Road is located the other side of Victoria Park and is the main street in Clarendon Park (an area where you may end up living in second year). It's studded with cool independent bars and cafes which always make for a nice evening out as well as the standard student utilities.

- **Bar Dos Hermanos** is a tapas bar with a great selection of drinks to wash down your food.

- **The Tiny Bakery** does top notch bakes as well as coffee and fresh OJ.
- **Port&Nata** is Portuguese food place that's good for a bougie lunch or Sunday morning snack.
- **Halcyon Kitchen** offers a selection of wood-fired pizzas and has a 15% student discount.
- **Northern Cobbler** is a local café which sells incredible hot chocolates and crepes. They also sell beautiful footwear and accessories – a weird combination or perfect harmony?
- **Sainsbury's** for all those last-minute food essentials.



The City Centre

The city centre is bustling with stuff to do for students and by the time you've checked out a few of them, a bunch of new places will have opened up. Places to start include:

- **Food** – There's something for everyone from **Oggi** for a fancy dinner to **ChaiWala** for cheap and cheerful Indian fast food. **Crafty Burger** is a classic located in **St Martins Square**, which is undeniably the city's hub for good food. If pizza's your thing, check out **Peter Pizzeria** for the good stuff. The list goes on!
- **Drinks** – **The Loaded Dog** is the site of many a first drink in Leicester and **The Corn Exchange** a classic final venue on pub crawls before hitting the clubs. **33 Cank Street**, **The Bottle Garden**, and **Veeno** are solid picks for fancy cocktails and wine, while **Firebug**, **BrewDog** and **Turtle Bay** are perfect for casual drinks. **The Old Horse** and **The Marquis Wellington** are safe bets for a cheeky craft beer or G&T in the beer garden, especially come Summer!
- **Coffee** – Leicester's coffee scene was recently featured in the newsletter of the speciality coffee association. **6Degrees** is right by the uni. **Bru** and **&Kith** are open late and do banging desserts, while **200 Degrees**, **Esquires**, and **St Martin's Coffee Shop** are all great to bash out some work in.
- **Nights Out** – Our student's union building has an **O2 Academy** which along with **De Montfort Hall** and **The Curve Theatre** are places to watch for shows and concerts. Rockstar Promotions run the famous **LETSDISKO** on Wednesday nights in the O2 – this is the standard destination for sports socials. **Mosh** is a big city centre stalwarts with a variety of music. **Fat Cat Cafe Bar** are the go to for RnB/Hip-hop on Thursdays.
- **Playtime** – **Showcase de Lux** and **Odeon** are both popular cinemas. You can play crazy golf at **Caddyshackers** or **Lane7**, which also has bowling alley and an arcade. Escape rooms like **Clue HQ** and **Escapologic** are great for study group bonding. **Boost** trampoline park is very fun but I recommend going on an empty stomach!



Other Places to Check Out

- **Belgrave Road** is also known as the Golden Mile because it's glittering with Indian jewellery and clothes shops. In between you'll find the fantastic South Asian food places that Leicester is famous for. The best time to visit is on Diwali, the Hindu festival of light, in November. **Evington Road** is closer to campus and great for Pakistani food and desserts.
- **Bradgate Park** is beautiful on a sunny day with a picnic. It's a huge and stunning park outside of Leicester City with deer and a tearoom.
- **The National Space Centre** is a good stop with family and friends who come to visit.
- **West Midlands Safari Park** is admittedly a trek at an hour and a half drive away but it's such a fun day out if you're a fan of animals.
- **Alton Towers** is only an hour away and they do discounted tickets if you keep an eye out. Take a picnic on a sunny day and hit up some of the rides!
- **Nottingham** and **Birmingham** are short train journey's away and make for good day trips/big nights out when you fancy a change of scenery.



There's so much more we'd like to include but we'll leave that for you to discover yourself

PACKING CHECKLIST

It's not long now! Hopefully you're already excited to start the next chapter of your life. I know we're all really looking forward to meeting all of you.

Here's a checklist of things you might want to bring. You don't need it all but, it's just ideas and things you might forget.

Bedroom

- Underwear
- T-shirts
- Jeans
- Coat
- Hat/scarf/gloves (other seasons exist- it's not summer forever!)
- 'Going out' clothes – including something smart for the INTROweek formal!
- Appropriate placement clothes – this is usually smart blouses and trousers for girls and shirt and trousers for boys
- Shoes – mostly comfortable trainers as this is what you will live in and go out in
- Pyjamas (including some for the PJ pub crawl), slippers and dressing gown
- Fancy dress for Freshers' Fortnight, and your best pub golf outfits and sportswear for sports night of INTROweek. Old school uniform could come in handy here.
- Duvet and pillows
- Bedding
- Cushions and a blanket
- Coat hangers
- Doorstop – it's always good to keep your door open on the first day
- Photos to make your room a little more homely (there's normally a poster sale on campus as well)
- Drawing pins to put your photos up on your notice board
- Fairy lights to set the atmosphere if that's your thing
- Notebook and pens
- Chargers
- Laptop (if you have one – it's really not necessary on top of your iPad)
- Speaker – really handy if you have one, whether it's for chilling in your room or turning up the vibe at pre-drinks
- Extension lead – you never know where the sockets are going to be and how many there are
- Mirror
- Desk lamp
- Washing tablets
- Washing basket (to carry your washing to and from the laundrette)
- A day bag to take with you to uni
- Under-bed storage boxes – you never know how much storage there is going to be
- A small bin for your bedroom
- Hobby items (Paint brushes? PSP? Musical instrument?)

Bathroom

- Toothbrush & toothpaste
- Shaving stuff
- Shower things
- Bathmat
- Towels (two sets, just in case)
- Hand soap and dispenser
- Paracetamol / Lemsip – for the inevitable freshers' flu
- Plasters – for when you get blisters from your new trainers or cut yourself when you try cooking for the first time

Kitchen

- Saucepans and a frying Pan
- Colander
- Cutlery – knives, forks, spoons, teaspoons, sharp knife
- Crockery (you want more than one of each because you'll be too lazy to wash up)
- Mugs and glasses (a nice big mug that reminds you of home is a must-have)
- Utensils – spoon, spatula, bottle opener, tin opener (a good one, they break way too easily)
- Lunchbox and Tupperware pots so that you can save money by batch cooking and freezing

Wait until you get to uni before buying a toaster or a kettle because you only need one for your flat so you may be able to buy one between you and save money.

Don't forget!

- Two forms of ID
- Documents sent to you by the medical school
- LUSUMA membership bought online

We strongly advise against buying textbooks before you start. If you would like a textbook for extra reading, the lecturer will post a link to the library website where they usually have an online copy, or you can borrow a physical copy from the library.

Most importantly, don't worry if you forget anything! Supermarkets exist all over the country and Amazon do next day delivery, so you won't be without for long.

LUSUMA SPORTS AND SOCIETIES

The remainder of this guide consists of posters created by LUSUMA's outstanding sports and societies to give you a taste of what they're all about. Have a look around but remember that you'll get to meet them all fully at our Freshers Fair!

LUSUMA Love

Xoxo

Societies

- Medical speciality societies
 - Anaesthetics and critical care society
 - CardioSoc
 - DermSoc
 - Female empowerment in medicine
 - Gastrointestinal society
 - Haematology, Oncology & Palliative care
 - Infection and immunology society
 - Leicester University sports and exercise medicine society
 - NeuroSoc
 - PaedSoc
 - Pathology society
 - PsychSoc
 - RadSoc
 - Renal and endocrine society
 - Rheumatology society
 - Respiratory society
- Medical revision societies
 - Leicester insight
 - LMSRS
- Awareness/ volunteering societies
 - Teddy bear hospital
- Research societies
 - Leicester University medical research society
- Extracurricular societies
 - Leicester medics hiking society
 - Leicester wilderness and emergency medicine society
 - LGBT+ in medicine
 - Literary society
 - MedEd society
 - Medical ethics student society
 - Medics' revue
 - Medico-Political society
 - Nutritank
 - Street doctors
 - Sustainable medicine

Sports

- Badminton
- Basketball
- Cricket
- Men's football
- Women's football
- Hockey
- Netball
- Men's rugby
- Women's rugby
- Ski
- Squash
- Tennis
- Triathlon
- Volleyball

Societies and Sports posters

ANAESTHETICS & CRITICAL CARE SOCIETY



**CONSIDERING A CAREER IN
ANAESTHETICS OR CRITICAL CARE?
COME VISIT US AT THE FRESHERS
FAIR 2023!**



CAREER TALKS
TALKS FROM DOCTORS AT VARIOUS STAGES OF THEIR
TRAINING TO GIVE YOU A FULL INSIGHT INTO THE
SPECIALITY!

**REVISION SESSIONS THROUGHOUT THE
YEAR**
ORGANISED BY DOCTORS AND STUDENTS



OSCE PRACTICE SESSIONS

ACUTE SIMS PRACTICE SESSIONS



**FEEL FREE TO MESSAGE US WITH
ANY QUESTIONS ! :)**



LACCS



LEICANAESTHETICS

LUSUMA Cardiosoc



Welcome Freshers!

Revision lectures!



Whether you are Phase 1 or Year 5, we will have lectures that allow you to brush up on your skills!

Career events



We run career events from with physicians from all areas of cardiology giving their insights into the specialty.

Research and Simulations



Get involved with research and simst

Who are we?

We are students throughout a range of years who are all interested in Cardiology.

We offer many events and here to support you through any queries you have regarding the specialty of Cardiology!

Social Media

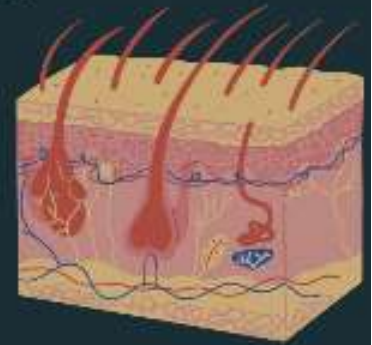


LUSUMA Cardiosoc



@LUSUMACardiosoc

DERMATOLOGY SOCIETY



Welcome Freshers!

Here are 5 reasons why you should join derm soc



2. Meet new people

We're going to be running some fab new events this year which is a great opportunity to get involved and meet people of different year groups who all have a common interest in Dermatology!

4. Leadership opportunities

Joining our events means you will have a better understanding of how our society works. This makes it easier when applying for committee roles next year which looks great on your CV!



1. Learn about skin!

Coming to our events and following our social media will help you learn Dermatology! You don't cover much derm in 1st year, so joining our society can give you an insight into the conditions and speciality a bit earlier.

3. Learn tips for yourselves

As well as helping our patients, learning skin tips is very useful to know for our own wellbeing! Who doesn't love a bit of skincare :)



5. Have fun!

We're always excited to welcome new faces to our society and events. Come visit us at freshers fair or even pop us a message via our social media pages



Contact us!



@leicesterdermatology



@leicesterdermatology



SOCIALS AND MIXERS

LECTURES AND TALKS

FEMALE EMPOWERMENT IN MEDICINE

F.E.M.

CAREER INSIGHTS


LEARN FROM PROFESSIONALS

F.E.M. SOCIETY

WHAT ARE OUR AIMS?
To empower women and educate others about the past, present and future of women in medicine

NETWORKING OPPORTUNITIES
Ever wanted to ask a female consultant what it's like to work as a woman in medicine? Join our talks with people at the top of their field to find out and kickstart your career

CELEBRATING DIVERSITY
Everyone is welcome at F.E.M. Soc! Our focus is on educating and inspiring the next generation of doctors, regardless of your background!

 **LEICESTER_FEMSOC**

2022 FRESHERS FAIR- LEICESTER MEDICAL SCHOOL

GASTROINTESTINAL SOCIETY



WHO ARE WE?



Cute Burger

- WE FOCUS ON LEARNING ABOUT THE DIGESTIVE TRACT
- HOW IT OPERATES , AND WHAT HAPPENS WHEN THERE IS PATHOLOGY!
- WE HELP AND MAKE SURE GI TOPICS ARE LINKED WITH OTHER MODULES
- MAKING THE TRANSITION BETWEEN MODULES EASIER AND ADDING CLINICAL INSIGHT TO WHAT WE LEARN



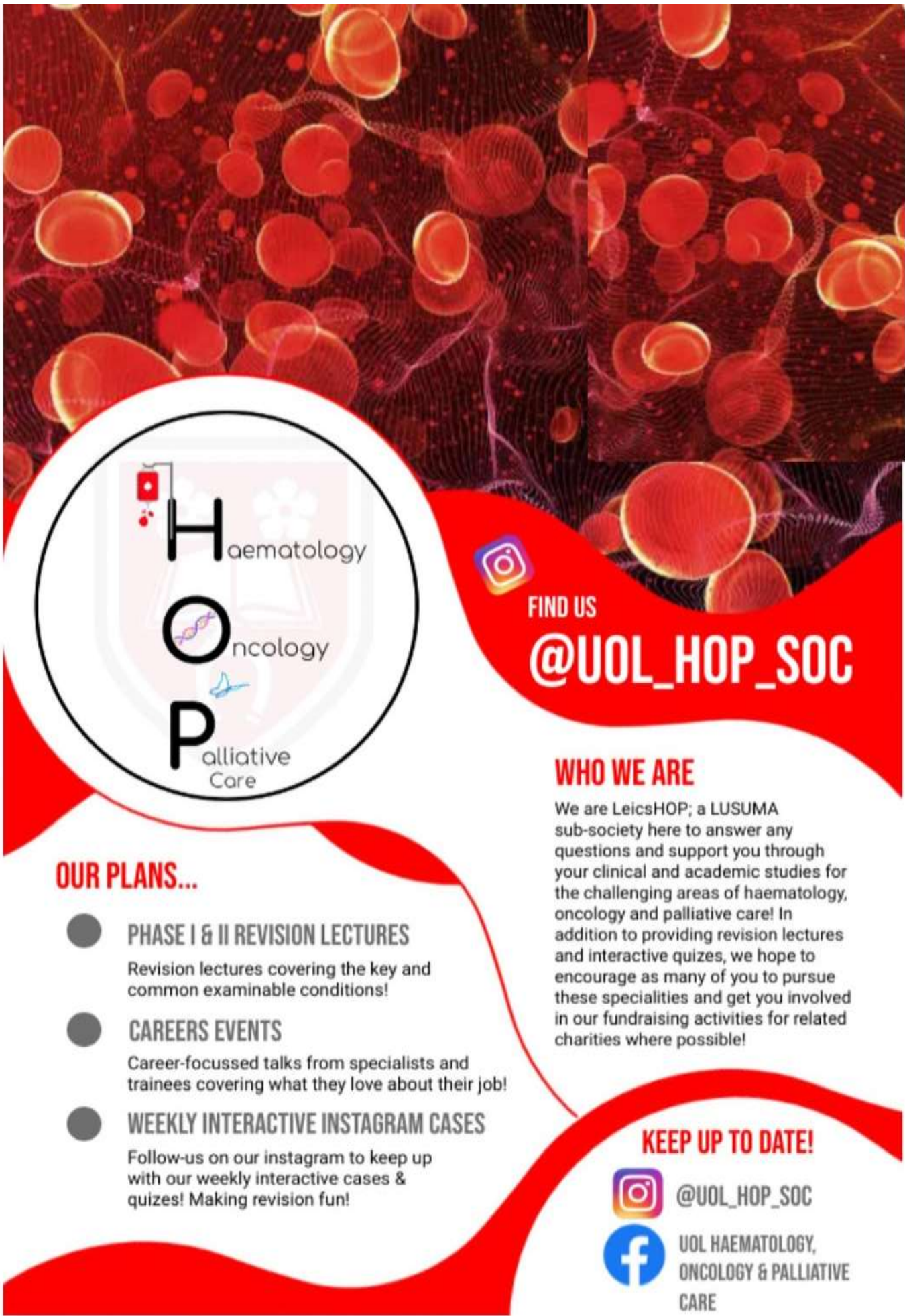
JOIN us!

- WE AIM TO PROVIDE ANATOMY, PHYSIOLOGY AND PATHOLOGY SESSIONS ALL YEAR ROUND

Contact us!

Instagram: @lusumagisoc





FIND US

@UOL_HOP_SOC

OUR PLANS...

- **PHASE I & II REVISION LECTURES**
Revision lectures covering the key and common examinable conditions!
- **CAREERS EVENTS**
Career-focussed talks from specialists and trainees covering what they love about their job!
- **WEEKLY INTERACTIVE INSTAGRAM CASES**
Follow-us on our instagram to keep up with our weekly interactive cases & quizzes! Making revision fun!

WHO WE ARE

We are LeicsHOP; a LUSUMA sub-society here to answer any questions and support you through your clinical and academic studies for the challenging areas of haematology, oncology and palliative care! In addition to providing revision lectures and interactive quizzes, we hope to encourage as many of you to pursue these specialities and get you involved in our fundraising activities for related charities where possible!

KEEP UP TO DATE!



@UOL_HOP_SOC



**UOL HAEMATOLOGY,
ONCOLOGY & PALLIATIVE
CARE**

UNIVERSITY OF LEICESTER INFECTION & IMMUNOLOGY SOCIETY

Over the last two years, our society has been one of the most active within the medical school! We hope to bring together students keen on understanding Infectious Diseases and Immunology! We have something for all med students - from first years to fifth years - all are welcome!



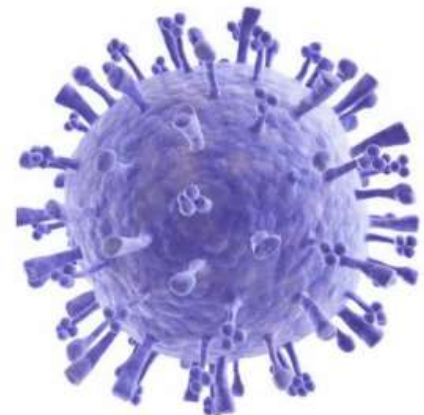
What we do:

● REVISION LECTURES

● MOCK PAPERS

● CAREER TALKS BY CLINICIANS

● COFFEE/DRINKS SOCIALS



UoL
Infection & Immunology
Society

Want to get involved?

Send us a message on our social media platforms!

We post weekly updates, and monthly trivia for all students!



@uolinfecsoc



University of Leicester Infection
and Immunology Society



uolinfectionsociety@gmail.com



Aims

- 🎯 To promote physical activity within the medical school and for patients.
- 🎯 To promote the speciality of Sports and Exercise Medicine (SEM).
- 🎯 To increase the amount of Sports Medicine taught in the medical school.
- 🎯 To increase the amount of Social Prescribing teaching at the medical school.

2023/24 Plans

- 📌 Series of lectures delivered by SEM healthcare professionals – online & in-person
- 📌 Combined lectures with other SEM societies around the country & USEMS
- 📌 Intercalation talk by students who have done an intercalation in SEM from different universities
- 📌 MSK, HEP & MEH Revision sessions for Phase1
- 📌 Establish good relationships with SEM healthcare professionals to allow shadowing experiences for those interested in a SEM career.
- 📌 Promotion of SEM conferences.
- 📌 Increase awareness of SEM topics on social media including: sport injury summaries, benefits of exercise & book recommendations
- 📌 'Wellness Week'
 - Free exercise classes
 - Physical exercise challenges & competitions
 - Charity events

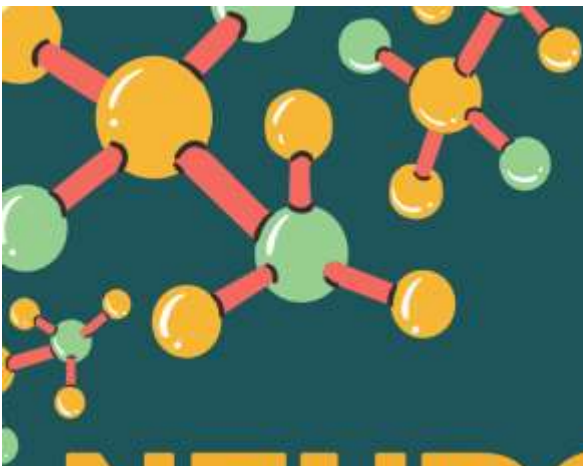
2022/23 Achievements

- 🏆 Intercalation in SEM – Dr Harrison Smalley, Rayan De & Tom Orpwood
- 🏆 Social prescribing – Kareema McCarthay
- 🏆 SEM as a career: Training, development & practice – Professor Patrick Wheeler
- 🏆 Exercise? Cardiovascular disease? How exactly are they related? – Dr Jono Goldney, Dr Susil Pallikadavath

If your interested follow us on



@leicestersportsmedicine



NEUROSOC

NEUROLOGY AND NEUROSURGICAL SOCIETY

**FOLLOW US TO KEEP UP-TO-DATE
WITH OUR EVENTS**

REVISION SESSIONS

VIRTUAL LEARNING

CHARITY FUNDRAISING

**TALKS FROM STUDENTS
AND PROFESSIONALS**



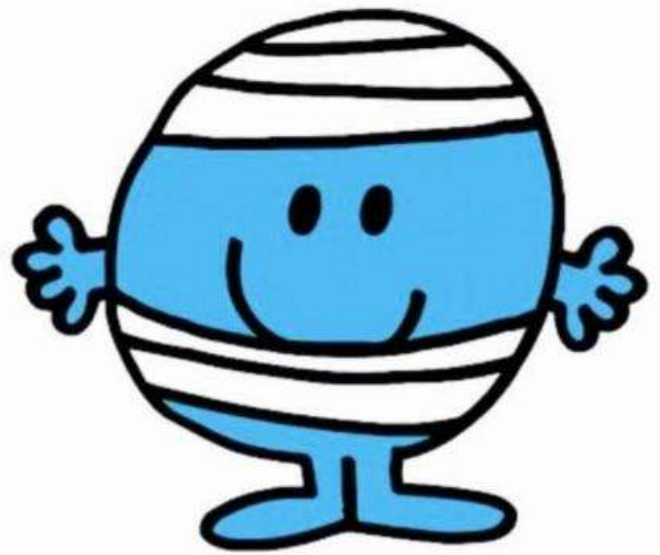
@NEUROSOC_LE



"UNIVERSITY OF LEICESTER NEUROSOC"



WWW.LUSUMA.COM/NEUROSOC.HTML



UoL PaedSoc

UOL PAEDIATRICS SOCIETY

OUR EVENTS

- WHY PAEDS IS FOR YOU!
- TEACHING & REVISION
- SOCIALS & FUNDRAISERS
- THE PLAY PROJECT- **NEW FOR 2022/23**
- AND MORE!

FOLLOW US!

OUR SOCIALS

FB: LEICESTER PAEDIATRIC SOCIETY

IG: UOLPAEDSOC

OR FIND US ON THE LUSUMA SITE!

PATHOLOGY SOCIETY

Follow us!



University of
Leicester
Pathology
Society



Leicpathsoc

Join Pathology Society
2022/23 to learn about all
things Pathology.
Whether that's the latest
developments in
Pathology or revision, we
have regular events for
everyone!





LEICESTER UNIVERSITY PSYCHIATRY SOCIETY

Our society is a friendly interactive society that aims to promote psychiatry as a career. We also try to raise awareness of mental health issues with engagement with local and national campaigns. We also try to challenge the stigmas associated with mental health by arranging debates and discussions regarding current issues in the mass media.

OUR KEY EVENTS :

- **An insight into Psychiatry-** This is an event brought to you by PsychSoc where we invite a number of Psychiatrists in different areas of psychiatry to share their experience and present case studies from their specific area. This is a great event which will allow you to improve your professional network and will allow you to seek advice and possible opportunities from the ones who know best.
- **Movies for the mind-** We also host movie nights where we encourage you to come along and meet new medics, watch a mental health themed movie followed by an interactive debate and discussion. (Snacks will be provided!)
- **Meet the professionals-** We try to offer as many opportunities as we can to help build up your professional network. We invite doctors in to talk, we work with the Royal College of Psychiatrists to provide you with best opportunities to build your portfolio.

For more information, contact us at leicesterpsychsoc@googlemail.com

Radiology Society

Explore radiology and its potential as a specialty! Follow us on instagram for updates on our events about radiological investigations, revision sessions, and the impact of artificial intelligence.

Join us at the Freshers Fair to meet our committee and learn more.

Unleash your curiosity with the Radiology Society!

radsoc

Leicester Medical School



Instagram: @leicradsoc

RENAL & ENDOCRINE SOCIETY



About us!

We are a community med students with special interest in all things Kidneys and Endocrine related! Whether you want to learn about anatomy and physiology, test your knowledge for exams or keen to explore pursuing Nephrology and Endocrinology careers, we are here to support you and answer all your queries!



Look out for weekly SBAs on Insta!

JOIN US FOR:

- **Revision sessions**
- **Mock SBA and SAQ questions**
- **Meet and greets**
- **And so much more!!**

FIND US ON:



@uolrenalendosoc



@Renal & Endocrine Society UOL

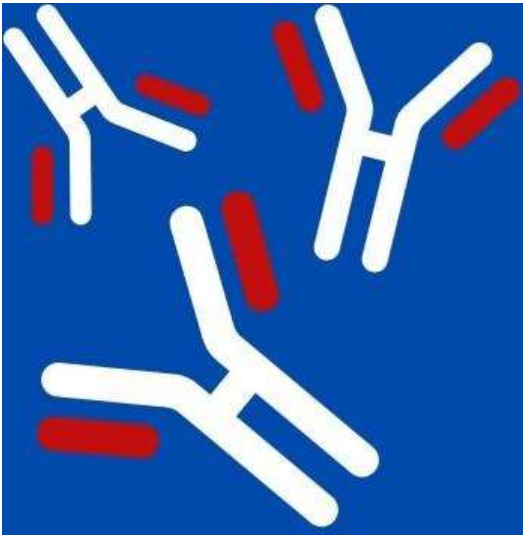


renalsocleicester@gmail.com

Join our mailing list !!



<https://linktr.ee/uolrenalendosoc>

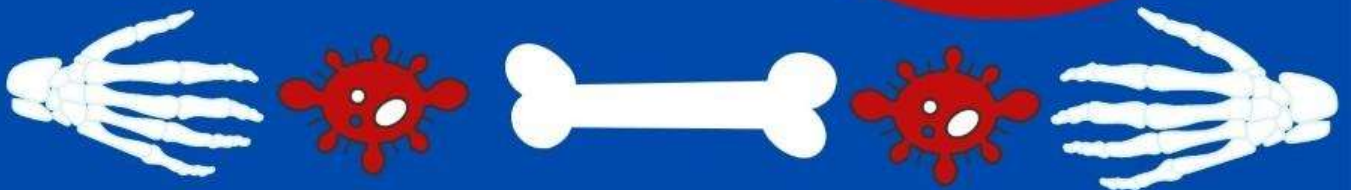


UOL

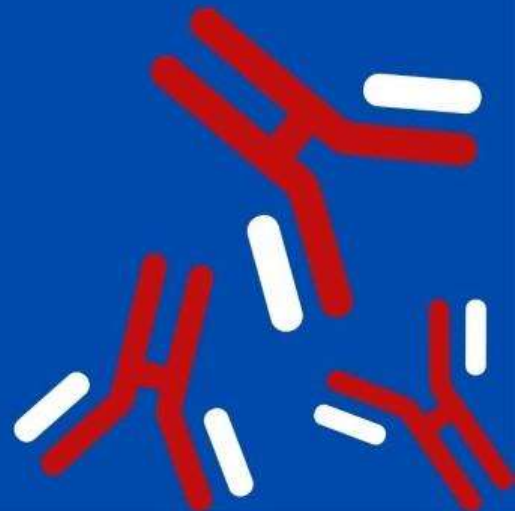
Rheum Soc

Follow us to know more:
Revision sessions
Career talks
Research Opportunities
Networking Events
Rare Diseases Week

A growing and
learning community
for everyone with
an interest in
rheumatology!



IG: @uolrheumsoc
FB: University of Leicester
Rheumatology Society
Email:
uolrheumsoc@gmail.com





RESPIRATORY SOCIETY

Who are we?

We are a group of students from different year groups who all share an interest in Respiratory medicine!



What do we do?

Revision sessions
OSCE practice
ABG + CXR teaching
Career talks
Respiratory mock exams
And so much more!



Did you know that if you opened and spread the surface of the lungs, it would cover an entire tennis court!



@UoLRespSoc



@uolrespsoc



University of Leicester Respiratory Society





ABOUT US

Leicester Insight is the most established peer-led teaching initiative at Leicester Medical School, providing academic support to students in a multitude of interactive formats, including lectures, group work tutorials, practical demonstrations and mock OSCEs

EVENTS FOR FIRST YEARS

How To Revise

This is a fantastic event at the start of First Year that will provide you with ideas on how to structure your learning throughout medical school!

ESA1 Insight

Going into your first exam can be scary but this event will guide you through case-based lectures on topics covered in the first semester as well as provide valuable advice on exam technique!

Anatomy Express

This event is towards the end of your First Year and is a fantastic revision session covering many topics within anatomy!



HOW TO REVISE

By Leicester Insight



ESA1 INSIGHT

By Leicester Insight



ANATOMY EXPRESS

By Leicester Insight

How To Get Involved

Sign up to our mailing list by logging in to the SU Website
Follow us on Facebook for updates on all our events
Take a look at our website to see what else we do and access our resources



www.leicesterinsight.co.uk



Leicester Insight

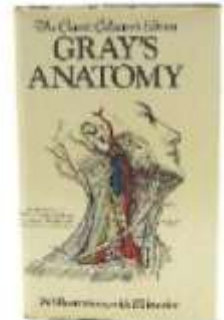


@leicinsight



LMSRS

Leicester Medical School
Revision Society



Why you should join:

- Meet new people in your year plus get to know the second years!
- Practice exam style questions on a regular basis!
- Gain valuable knowledge regarding exams from older years!

Where and when?

- The revision sessions run in the GDC with dates and times yet to be released!

What previous students have said:

- "By far the best revision society who provide ESA like exam questions" 5/5
- "The revision sessions definitely helped me consolidate my knowledge as there is a lot to learn in first year!" 5/5

For any questions, please contact lmsrsofficial@gmail.com



Leicester Teddy Bear Hospital

Welcome to Teddy Bear Hospital!

- We are a charity who runs fun education and health sessions in schools and groups (for children aged 3-11) throughout throughout Leicester to reduce children's fear of hospitals and provide some basic health education.



How it Works:

- Attend training sessions
- Sign up for volunteering sessions
- Run interactive stations – topics include healthy eating, first aid, mental health, brushing teeth etc.

Plans for the year:

- Training sessions
- Volunteering sessions
- Socials



Our aims of TBH:

- Alleviate fear of doctors/hospitals
- Improve general knowledge of the human body
- Teach some first aid skills
- Have fun!



Follow us on
Insta @tbh_leicester
Facebook Teddy Bear Hospital Leicester

LUMRS

Leicester University Medical Research Society

Leicester University Medical Research Society (LUMRS) is the society for you if you are interested in medical research!

We offer a huge range of opportunities for medical students to get involved in research projects, to keep up-to-date with the latest medical news and to guide you if you choose to pursue the Academic Foundation Programme (AFP) after medical school.

All our events are completely free, student-run and are generously catered with refreshments. If you're interested in getting involved in the society you can email us at lumrsofficial@gmail.com or come and say hello at the Fresher's Fair!

OUR HIGHLIGHTS

LINK Initiative - you work towards completion of a research project, and potentially a publication, alongside your studies with one of our clinical supervisors. We offer workshops to teach you the skills you need and a mini-conference at the end of the year to give you presentation experience.

SPARKS - we run regular SPARKS talks where leading clinicians discuss the latest developments in their work. The SPARKS bulletin is an online magazine which explores medical research happening in Leicester and throughout the UK.

AFP Mentorship - we organise AFP workshops and a mock-AFP interview to boost your awareness and confidence in applying to the competitive programme.

Our work reaches a climax at the annual **INSPIRE National Medical Research Conference (NMRC)**. Last year's event was held in Leicester and attracted over 250 medical students from 16 UK and international medical schools, and was the most successful NMRC yet.

Hiking society

Join us on hikes across the UK, starting with Peak district!



We're open to all - whether you're a seasoned hiker or complete beginner we'd love to have you! Take a break from lectures and meet medics from across all years whilst enjoying the scenery. We're organising two hikes per term, our first hike is in the Peak District - see our instagram for details.

Apply to be our Phase 1 rep & join our 23/24 committee!



@leicestermedicshiking



Leicester Medics Hiking Society



Leicester Wilderness and Emergency Medicine Society

Interested in Emergency Medicine?

We're Leicester's wilderness and emergency medicine society, a friendly bunch of outdoorsy people who run sessions on practical aspects of **pre-hospital, wilderness and emergency medicine** for everyone from years one to five.

We run the ever-popular **Intro to Emergency Medicine** course, plus regular events and trips like our **Wilderness Medicine Weekend, Refugee Camp Simulation** game and **camping/hiking trips** all over the UK!

 /leicester.wems
 @leicester.wems
 @LeicesterWEMS
 @lwems

w: lwems.co.uk
e: hello@lwems.co.uk



LGBT+

IN MEDICINE



We aim to create a community of LGBT+ medics and educate students and staff on LGBT+ issues in healthcare

Our events include:

Educational workshops and lectures

Socials

Fundraisers

Collaborating with staff to improve the LGBT+ curriculum



@LIG.LGBT.IN.MED



Medics'
LITERARY
SOCIETY



Book Club
Murder Mystery Evenings
Script Writing Group
Revision Events
Make Friends from all Year Groups

 @leic.medlitoc

Follow us for event details



Medical Education Society

Who are we?

MedEd is a society designed to help students learn about medical education and get involved in teaching!

Our events:

LETSTeach program

A course run by senior academics that helps develop your skills as a medical educator and grow your confidence in teaching!



Peer Teaching series

A safe space in which you can deliver a teaching session on a medical topic of your choice to your peers.



Talks/workshops about MedEd

A great opportunity to hear from members of the MedEd world.



Follow us on social media for updates!



We would love to have you join our society!



@mededleics



Medical Education Leicester



mededleics@gmail.com





MEDICAL ETHICS STUDENT SOCIETY

LECTURES

- Inspirational speakers on ethics
- Educational seminars on important topics outside the medical curriculum e.g. trans healthcare

REVISION

- Key topics for revision by experts in their field
- Annual SJT practice

SOCIAL

- Ethical movie nights
- Friendly ethical debates
- Roundtable discussions
- Quizzes

WHERE TO FIND US

INSTAGRAM @uol_mess
FACEBOOK MESS: Medical Ethics
Student Society (University of Leicester)
LINKTREE @uol_mess

**Scan the QR
code to find
out more**



The comedy sketch show society



A SKETCH COMEDY THING NOT A REVISION SOCIETY
we are a comedy society who put on an annual show - all proceeds go to charity!



If you have an interest in comedy, acting, script writing, stage work, singing, costume design, or just want to have a laugh - come join us!



 @MedicComedy

 @LeicesterMedicsRevue

WE ARE NOT A REVISION SOCIETY!!!

Leicester Medico-Political Society

LMPS work to bring debates, external speakers and revision lectures on the NHS, Politics and how our Health Service is governed.

Come join us and get educated:

Instagram: @MedicalPolitics

Facebook: www.facebook.com/groups/LeicsMedPolitics

Email: leicestermedicopolitical@outlook.com



Want to get involved in debates about medical affairs?



Interested in medical politics?

Want to learn more about the politics involved in the NHS?





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join us today!

@LEICESTERNUTRITANKSOCIETY_



PROMOTING THE NEED FOR GREATER
NUTRITION AND LIFESTYLE MEDICINE
EDUCATION WITHIN HEALTHCARE TRAINING



FRESHERS FAIR

NUTRITION 4 YOUNGSTERS



MEET AND GREET

CHARITY BAKE SALE



**WELLNESS WEEK, SPEAKER
TALKS, AND MUCH MORE...**



LEICESTER MEDICAL SCHOOL'S

SUSTAINABLE MEDICINE SOCIETY

A society that **promotes, educates and improves sustainability** in healthcare.

- WHAT WE DO -

GUEST SPEAKERS

Hear from a whole host of experts from different areas of healthcare discussing the effects of medicine on sustainability

RESEARCH

Exciting opportunities to learn about auditing sustainability within healthcare

PHRC

Get involved with the Planetary Health Report Card, an international project that evaluates and ranks medical schools' efforts at promoting sustainability.

SOCIALS

Join our Charity events, debates and Netflix parties! - find us on instagram [@sustainable.med](https://www.instagram.com/sustainable.med)



Join StreetDoctors Leicester!

Are you a healthcare student passionate about teaching life-saving skills to young people?

Come and visit us at freshers fair for more info– or feel free to message us with any questions!

 ok67@student.le.ac.uk

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



 **STREETDOCTORS**



L M B C

**LEICESTER MEDICS
BADMINTON CLUB**

SESSIONS TWICE WEEKLY

**SOCIALS THROUGHOUT THE YEAR!!!
OPPORTUNITY TO PLAY IN TOURNAMENTS**

f LEICESTER MEDICS BADMINTON i LMBADMINTON_CLUB AND VARSITY


BASKET BALL LEICESTER MEDICS

Our Basketball Club is open to all skill levels including beginners and veterans alike. We have the best socials and games throughout the year!

Regent College
Next to GDC

Open to All: 2 - 3:30 pm

Every Saturday

 leicestermedicsbasketball

 Leicester Medics Basketball





LEICESTER MEDICS CRICKET CLUB



Get in touch with us:
Instagram @ Leicestermedicscricket
Facebook @ Leicester Medics Cricket Club

OPEN TO ANYONE AND EVERYONE

Leicester Medics Football Club

(LMFC)



Training Every Friday at 18:30-20:00

(near Oadby student accommodation, car lifts available for City Living students)



For inquiries please add/ follow us via our socials below. Our club is so fun and we're a great bunch of lads with amazing social events too. Everyone is very easy-going. Perfect way of making new friends.



Leicester Medics
Football Club
(LMFC)



@Leicsmedfc



LEICESTER MEDICS WOMEN'S FOOTBALL CLUB (LMWFC)

Matches



Come and join us!

We are a very friendly club! Some of us have played football for a while, some of us have just started playing so if you're new to football, or a pro, give it a go! We welcome everyone and all abilities. No specific shoes/ equipment needed, just turn up!



Winter ball



End of the year celebrations



Christmas meal



Join our facebook page 'Leicester Medics Womens Football Club' or find us on instagram @lmwfc for updates!

Made with PosterMyWall.com

**Training: Friday evenings
7-8pm at the Oadby
Astroturfs!**



LEICESTER MEDICS HOCKEY CLUB

- ★ All abilities welcome!
- ★ Weekly training
- ★ Weekly local league matches
- ★ Competitive NAMS matches
- ★ Annual Varsity vs Notts
- ★ Revision group sessions
- ★ Regular socials
- ★ Opportunity to go on tour!



Join LMHC!



@leicmedhockey



Leicester Medics
Hockey Club

Leicester Medics Netball



At LMNC we welcome all students of all abilities. Whether you want to play for fun or challenge yourself in competitive matches against other medical schools in NAMS or other departments in the Campus league... the LMNC family is waiting for YOU.



Training

We currently have two training sessions a week. Feel free to come as often as you like. Dates and location TBC for 2023/2024.

Competitive matches

We currently play in the:

- Campus League
- NAMS
- Varsity

Fun tournaments


- Sheffest
- Charity netball tournament

Socials

- Sports night
- Baby social
- Christmas meal
- Post-charity netball
- Post-varsity
- Tour
- ... and many more

Welfare

- Support and advice from older years
- Revisions sessions

 @leicmedicsnetball

 Leicester Medics Netball Club 2023/2024



LEICESTER MEDICS RUGBY CLUB



Fancy playing Rugby with a group of friendly, welcoming Lads?

Join LMRFC!

- All abilities welcome!
- Weekly training
- Regular Matches
- Wednesday Socials
- Annual Varsity Match
- NAMS Cup Tournament
- Exam Revision groups
- Play around your studies

Give us a TRY!

 @LMRFCOfficial

 @LMRFC



LEICESTER MEDICS
WOMENS RUGBY
FOOTBALL CLUB

LMWRFC

What can I expect?

- Weekly training sessions
- Matches
- Touch rugby events
- Revision Support
- Regular socials

**Suitable for all levels -
especially beginners!**

**'I had always wanted to join a
sports society but didn't know
where to start. I am so glad I joined
LMWRFC - they are so supportive
of beginners and I have such a
laugh every time'**

New starter in 2022



INSTA: @LEICMEDICSWOMENSRUGBY

FACEBOOK: LEICESTER MEDICS WOMEN'S RUGBY 22/23

MEDICS SKI WEEK 2023

WHO

Every year from 1st to 6th

Over 500 medical students from other med schools

WHY

Best week of your life for skiing, apres, fun, and memories

you do NOT have to be a skier, in fact last year half of the group had never skied before

FOLLOW US ON INSTAGRAM

@leicestermedski

WHERE

The location has yet to be released, last year we went to Avoriaz



@LEICESTERMEDSKI

15th to 23rd December

In the Christmas holidays with no post Christmas exams!!



MEDICS SQUASH



Whether you've been playing for years or don't even know what squash is, everyone is welcome!

Training time and location TBC

@LEIMEDICSQUASH

FB:LEICESTER MEDICS SQUASH



LEICESTER MEDICS TENNIS CLUB



**WEEKLY TRAINING.
TOURNAMENTS.
SOCIALS.
ALL ABILITIES
WELCOME.**



TRAINING

Wednesday:

Victoria Park Tennis Courts

5pm-7pm

Sunday

Oadby Tennis Courts

1pm-3pm



**FOLLOW US ON INSTA @LUSUMATENNIS & ON FACEBOOK:
LEICESTER MEDICS TENNIS CLUB**

Leicester Medics Tri Sports



What is triathlon?

Triathlon is the combination of three sports: Swimming, Cycling and Running!

What we offer as a club:

- Weekly Running and Cycling training and bi-weekly Swim training
- Social park runs
- All abilities welcome



When is training?

Training times can change from week to week so join our WhatsApp for all updates on times and locations.



@lmtri.sports

Follow for updates on training and local running and cycling routes



LEICESTER MEDICS VOLLEYBALL

**Open to all medics
Register with LUSUMA**

 lmvc22@hotmail.com

 [lmvolleyball_club](#)

 [Leicester Medics Volleyball Club](#)

Location & time TBC

