



UNIVERSITY OF
BIRMINGHAM

COLLEGE OF
MEDICAL AND
DENTAL SCIENCES

MED SOC

YOUR
MEDICAL
SOCIETY

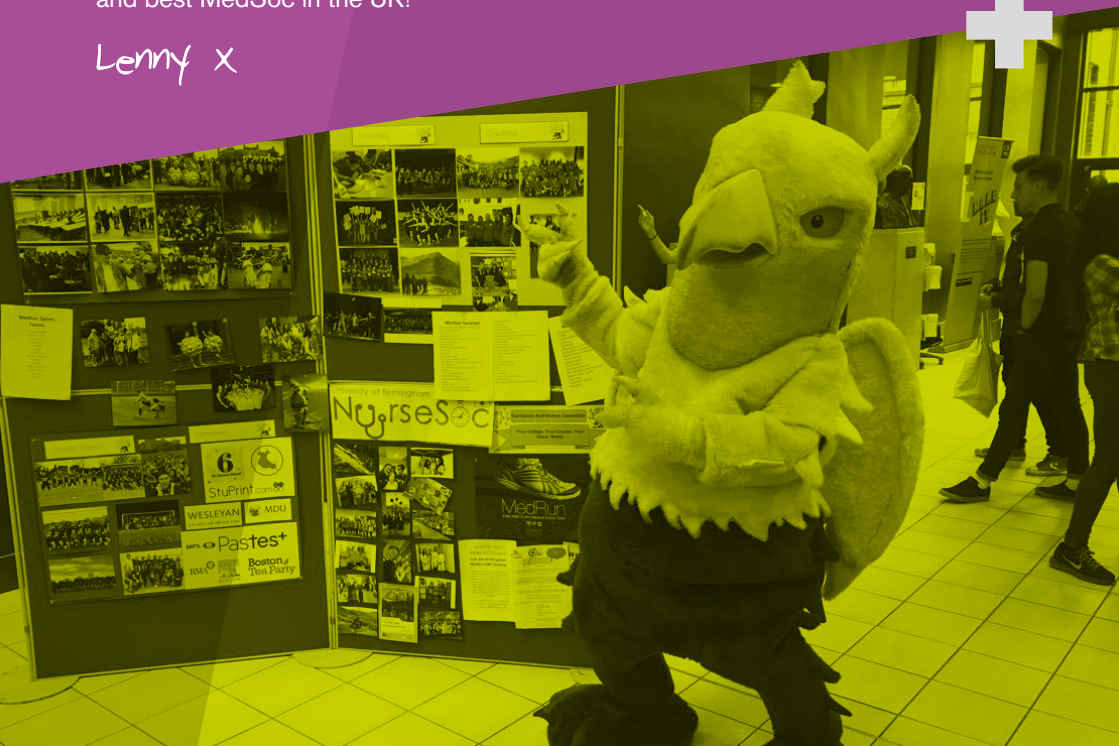
RUN BY STUDENTS, FOR STUDENTS

WELCOME FROM LENNY THE GRIFFIN

Hi there! I'm Lenny the Griffin, your friendly neighbourhood MedSoc Mascot. If you're lucky, you'll see me at medical school open days or at high profile MedSoc events, so do please come and say hello! I'm the 8ft tall yellow and blue griffin wearing the white t-shirt, so you can't miss me!

Joining this glorious MedSoc here at Birmingham really will be the best decision you ever make – but don't take my word for it – check out the rest of this brochure and find out why we're the biggest and best MedSoc in the UK!

Lenny x



MEDSOC **YOUR** **MEDSOC**



BIRMINGHAM MEDSOC IS AN AWARD WINNING STUDENT-RUN SOCIETY

Birmingham MedSoc is an award winning student-run society for all students studying in the University's College of Medical and Dental Sciences. We offer our 2,500+ members over 70 societies, sports teams and charities so there really is something for everyone.

We hope MedSoc will become an important part of your life at university. We give you the chance to meet and become friends with students studying across a range of healthcare related subjects, including Medicine, Nursing, Physician Associates, Dentistry, Pharmacy, Physiotherapy, Public Health and Biomedical Science. Anyone at the College of Medical and Dental Sciences is welcome and we actively encourage you to join!

At MedSoc we take our responsibilities seriously to provide you with a huge range of well-run societies, social events, sponsorship deals and academic support. We're also renowned for our ability to show you a good time.

The MedSocball (MedBall), held at the ICC arena is the annual highlight along with a jam-packed events calendar throughout the year. Whether you enjoy a comedy club, night in the pub, a camping trip or a weekend away in Europe – you will not be disappointed!

You can also take part in revision sessions through MedSoc and attend career sessions as part of the various medical speciality societies, so not only can you rely on us for entertainment but also to support you in your studies and career planning. And all this for just £9 a year!

MedSoc has a comprehensive website with lots more information about all of our societies and support available, as well as information about how MedSoc is run and a very handy events calendar. Make sure you go and take a look: www.uobmedsoc.com





MEDSoc

SPORTS TEAMS



GETTING INVOLVED WITH THE SPORTS THAT YOU LOVE IS EASY WITH MEDSoc.

MedSoc sports teams are flexible enough to fit around your busy study timetable and cater for all abilities. Whether you are keen to keep up with an existing passion or find a new one, you will be very welcome whatever level you are at.

To add a bit of a competitive flavour, some teams compete in the National Association of Medical Schools (NAMS) tournaments against MedSoc teams from other universities. In addition to the competitive activity, MedSoc sports organise many memorable nights out with your team mates.

The current MedSoc sports teams include:

- Badminton
- Basketball
- Cricket, Men's
- Football, Men's
- Football, Women's
- Hockey (Mixed)
- Lacrosse
- Netball
- Rugby, Men's
- Rugby, Women's
- Running
- Squash
- Swimming
- Tennis



WWW.UOBMEDSoc.COM/SPORTS



MEDSoc

CHARITIES

GET INVOLVED AND MAKE A CHANGE

Getting involved in MedSoc charities is fun and rewarding and gives you the opportunity to do things that you may not otherwise do.

You can work with some of MedSoc's established charities or take part in one-off campaigns. Charity work can include teaching sex education in schools, improving sight in the developing world, educating people about Aids, providing clean drinking water, using teddy bears to help children feel comfortable in hospitals, working with refugees and more.

And if you have a particular cause that is close to your heart, MedSoc can help you set up your own charity group.

Here are just a few of the charities MedSoc is involved with. The full list can be found on the website:

- Ammalife – working to save mothers' lives in some of the poorest countries in the world.
- Asthma Innovation Research – focusing on increasing asthma awareness in young people by visiting local schools.



- Birmingham Widening Access to Medical Sciences – dedicated to encouraging students from all walks of life to study medical sciences.
- CitizenAID – guiding the public to react safely, pass effective messages to the emergency services, and give life-saving first aid.
- Friends of Birmingham Children's Hospital – helping young patients feel as comfortable as possible during their stay at the hospital.
- Global Brigades – providing student volunteers to countries including Ghana, Nicaragua and Honduras to set up medical outreach clinics.
- Médecins Sans Frontières – an international, medical humanitarian organisation that delivers emergency aid to people affected by armed conflict, epidemics, natural disasters and exclusion from healthcare.
- MedMinds – raising awareness of and reducing the stigma surrounding mental illness in both medical students and young people.
- Sexpression – teaching sex education in schools.
- Teddy Bear Hospital – helping children overcome their fear of hospitals and doctors.



WWW.UOBMEDSOC.COM/CHARITIES



MEDSOC

EVENTS

PROVIDING THE FUN ALL YEAR ROUND!

MedSoc organise a range of events all aimed at you having fun! Whether it's a weekend trip away, night out, go karting, ice skating, comedy club or camping there will always be something you can join in with.

With a handy events calendar on our website you'll be able to check what's going on so if you need to know when your next choir practice is, or if you are simply looking for something to do, you can see it all in one easy place.



Welcome Week

Before you start your term, you will receive your MedSoc Fresher's Guide to all that is going on during your first week so you can get very excited about starting university life and plan what you want to join in with. Events include a spectacular night out with over 1600 members of MedSoc from all courses and years, a riverboat cruise, your year photo and the Freshers' Fair just to name a few.



WWW.UOBMEDSOC.COM



MedBall

MedBall heralds the arrival of spring and is the highlight of the year. This fantastic event is held at the International Convention Centre in the centre of Birmingham, where over 1,500 guests of staff and students from all courses of the Medical School enjoy an evening of excellent dining, live music, entertainment and much more.



MedBar

MedBar is not an actual place but more of a weekly experience held in a local pub. It takes place every other Friday night and is a chance to unwind after all your hard work. It gives everyone the chance to meet up, have some fun and sometimes dress up in silly outfits.



MEDSOC SOCIETIES

PURSUE YOUR INTERESTS OR FIND YOUR HIDDEN TALENT

Have you got a hidden talent? By joining one of the MedSoc societies you are guaranteed to have a good time whilst trying to find out. If you find you don't have any great talent, hidden or otherwise you can still have fun and take part! With theatre, dance, singing and comedy all covered there are plenty of ways to express yourself.

Our societies also give you the opportunity to delve a little deeper into your particular area of interest, whether it be religious or specialist medical societies. If you can't find a society that suits your interests then you can always start up a new one.

Here is just a taster of some of the many societies available to you.



Performance Societies

- ARTE – the MedSoc theatre company, organising musicals and plays throughout the year
- Comedy Revue – the funny lot of MedSoc, organising hilarious sketch shows every year
- MedSoc Dance Society
- Tutti – the MedSoc Music-Making Society

Specialist Medical Societies

- Birmingham Internal Medicine Society (BIMS)
– Covering all non-surgical and non-GP specialities
- Healthbridge – a student-led healthcare magazine
- GP Society





Religious

- Christian Medical Fellowship – A society for Christian medical students
- IMED – Islamic Medical Ethics Society – A society for Islamic students at the medical school
- JMed – A society for Jewish medical students

And some more...

- LGBTQ Society
- MedYoga
- Biomedical Science Society
- NurseSoc
- International Student Society



International Society

Starting university can be daunting, and it is particularly difficult for international students, whom are often thousands of miles away from home, however there is lots of support for international students within the University and through MedSoc. Our International Society is likely to become your second family.

As a member of the International Society you will be able to meet international students across all years who can offer invaluable advice on living away from home and coping with the demands of your course.

We run several socials during the year and some charitable events, helping to bring students together.



FARAH

ABDELHAMEED



SHARES SOME OF HER EXPERIENCES AS AN INTERNATIONAL STUDENT:

How were your first few weeks at Birmingham?

They were an emotional rollercoaster to say the least, I was excited to begin a new chapter in my life and embark on a brand-new journey, but also scared of being so independent and far from home. However, meeting people on my course and other international students helped me feel that I'm welcomed here and I'm never alone, and soon I would find a second home here at Birmingham.

How has MedSoc supported you as an international student?

Medsoc provides such a great community for people with similar interests to meet, and I have met most of my friends through the International Society. It's also a great way to get involved with extra-curricular activities by having so many societies to accommodate all interests. MedSoc isn't only a way to easily make friends but also supports students academically with revision sessions and resources. It also hosts a number of talks by world-renowned guest speakers.

What do you like most about the city?

The diversity of its population and culture, and the variety of activities and places you can visit.

If you could sum up your time at the university to date in three words, what would they be?

Exciting, challenging and memorable.

What advice would you give to your first year self?

Be strong when things get tough, you are not in this alone. And have a bit more fun, university is not just about the degree but making memories too!



HOW CAN I GET INVOLVED?



Become a member

Joining MedSoc is easy. You can register in minutes by visiting www.uobmedsoc.com or you can sign up during freshers week. For a small yearly fee it's an absolute bargain.

Running MedSoc

MedSoc is a democratic society with annual elections for the 21 committee posts. If you want to get a head start in your career, then being a MedSoc committee member is an excellent place to begin. It will give you the opportunity to work with staff and other professionals, work in a team, brush up your negotiation skills, organise and manage your time as well as taking part in design, website management, publications and events organisation.

You will get a real sense of accomplishment from being an integral part of MedSoc and will have a good time whilst doing it.

Where does my membership fee go?

Almost every penny of MedSoc membership fees goes straight back into our members' pockets. Your money is used to subsidise events and most importantly, we support our sports, societies and charities through grants. We gave out more than £20,000 last year, allowing them to buy kit, purchase new equipment or host a local academic conference.

Student Feedback

Each programme has its own way of engaging with students about course or welfare issues. Ranging from personal and year tutors to staff-student committees, these are valuable channels for you to voice your opinions and concerns.





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