

LMISS FRESHERS' GUIDE

2011



EDITORIAL.

by His/Her Magnificence,
Tom Morris, Editor

Hello and congratulations to you. Getting into medical school is an impressive achievement, and brings with it many epic times. Liverpool is an awesome place to live and study, and our medical students' society (the LMSS) is very old indeed (and definitely worth joining when you arrive if you are to take full advantage of getting to know other people studying medicine). It's a long old slog, and from second year you will start to have to juggle your schedules in order to keep up with hobbies etc., but it is POSSIBLE. The LMSS has many sub-societies which are (hopefully) all represented within this lovely little handbook.

I am the new editor of *not only* this feat of modern literature, but also our termly magazine '*Sphincter*', which is full of interesting articles, step-by-step coursework advice, as well as witty banter. We always welcome new writers, and this year I am introducing a fully-expensed meal out for people who contribute major articles to *Sphincter*: The Editor's Dinner. If you want to enter the competition to represent the freshers at the table, please write no more than one A4 side (size 12 Times New Roman) on the following topic: "My bizarre first week in medicine"



Remember to keep it clean, but innuendo never goes amiss. Articles should be sent to me (publications@lmssonline.co.uk) by WEDS 12TH OCTOBER at the very latest.

Anyway, on a final note: make sure you go on Bus Tour, choose your mentors carefully, and don't drive during freshers' week (unless you're teetotal). Welcome to the beginning of a very exciting life.

Tom Morris x

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Welcome

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Meet our President, Secretary, and Treasurer, as well as a message for the postgraduate entrants

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What's in store for you at med school? Is it really all just work?? Find out from those who know!

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Enjoy football? Mad about badminton?? Check out what the LMSS has in store...

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Not only does Liverpool boast some of the cheapest pints around, but with LMSS dinners and all those balls, who could possibly want for more?

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All the extracurricular groups associated with the LMSS, a vital part of your revision!

El Presidente

Hello! Congratulations and welcome to the best 5 years of your life. Do you want to know what the best thing about Liverpool Medical School is? Well... It's the Liverpool Medical Students' Society. My name is Ifan Morgan, but most people know me as "Jethro". This forthcoming year I have the honour and pleasure of being the LMSS President.

The LMSS is the oldest and best medical students' society around, and it's a one-stop-shop for all your social, sporting, artistic and academic needs. What this means is that hopefully there's something to suit all of you. We have an absolutely packed calendar of activities and events, ranging from balls to musicals ensuring that you get to know all the other freshers as well as people from other years.



As President, I pledge to do the utmost to offer you every opportunity to make the most of your time at medical school. We also strive to offer you a support framework by working with faculty, the BMA, welfare rep and year reps, ensuring that you are backed through the best and worst times of the year ahead. I can't wait to get to know all of you in

September.

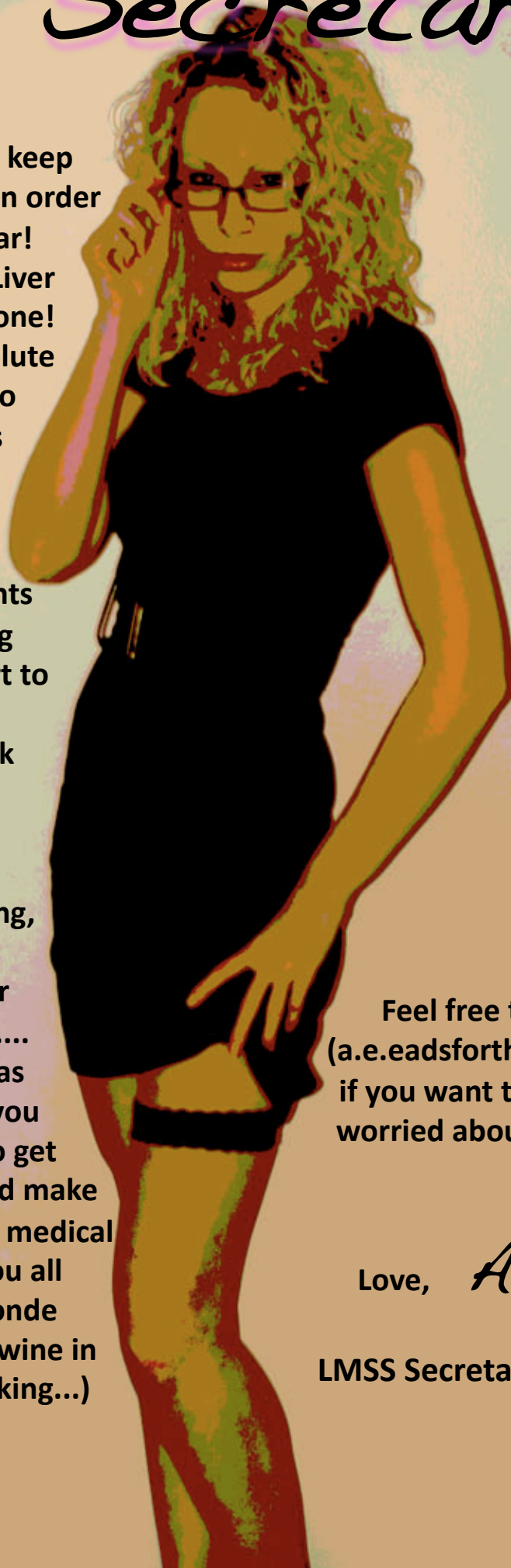
Next year is going to be amazing, look forward to a little work and loads of play.

Jethro

My job is to be here for you, so if there's anything you want to know or ask just e-mail me. (Send me anything: I love getting e-mails.)

Miss Secretary!

Future doctors....listen up!
I'm Alice, the LMSS Secretary, keep
-ing everything & everybody in order
over the coming academic year!
So I heard you got a place at Liver-
-pool Medical School? Well done!
I know YOU are in for an absolute
treat because the LMSS will do
everything in its power to ens-
-ure all of your academic and
social needs are beyond fulfil-
-led during your time here.
We are a society that just wants
everybody to have an amazing
time, whilst giving full support to
students no matter what the
situation. It is rare that a week
goes by when the LMSS does
not hold some form of event,
be it an infamous *Ordinary
Meeting* on a Thursday evening,
an amazing ball or dinner, an
outing somewhere new or per-
-haps an inspirational lecture....
so get involved!! The LMSS has
SO much to offer, make sure you
get your membership ASAP to get
discount on all our events and make
the most of your time here at medical
school! Can't wait to meet you all
in fresher's week! (I'm the blonde
one, probably with a glass of wine in
my hand, that never stops talking...)



Feel free to email me
(a.e.eadsforth@liv.ac.uk)
if you want to ask or are
worried about anything!

Love, *Alice* x

LMSS Secretary 2011/12



Our Almighty Treasurer



Dear Freshers '11,
Well done for getting here (although technically you're probably still at home, so well done for receiving a freshers' pack). Luckily there is something you can do now from the comfort of your armchair: buy your LMSS membership to become part of our exclusive club. Every year the LMSS guides hundreds of medical freshers through an exciting, daunting, and ridiculously enjoyable first year of university.

I am the LMSS Treasurer, and it is my job to ensure you get the most out of your membership. With discounts on every ticket you need to buy, as well as off medical books, free practice questions, and loads of drinks out in Liverpool. You definitely will see the value! As you'll see, we are a massive society that has everything from a welfare consort, organised ski trips, musicals, academic teaching, charity events, "SMOKER" (???), socials (none more hyped than *Bus Tour*, where you'll meet people in your year all in the luxury of 3 double-decker private hire buses).

I can't wait to meet you all. Please come and introduce yourselves, we promise you'll have an unforgettable year, where the LMSS is *your* society, steering you smoothly through exams, social life, and the scary first year of life on your own.

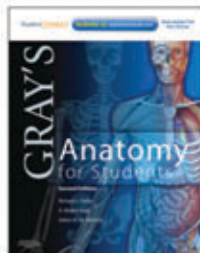
Stefano

LMSS Treasurer 2011/12

Welcome to Medical School!

Elsevier has all the titles you need for success...

Gray's Anatomy for Students, 2nd Edition



Drake, et. al

"To learn anatomy there is no better tool out there than Grays Anatomy for Students. It's greatest strength... is the quality of the illustrations. It is truly unmatched..." Saad, University of Nottingham

9780443069529 | Apr-09

Davidson's Principles and Practice of Medicine, 21st Edition

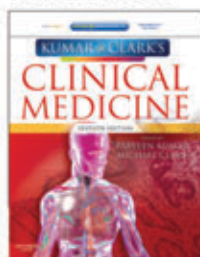


Colledge, et. al

"A truly wonderful companion...I would recommend all first year medical students to invest in this book as they will find it useful throughout their entire time at medical school." Tim, Brighton and Sussex Medical School

9780702030857 | Mar-10

Kumar and Clark's Clinical Medicine, 7th Edition



Kumar and Clark

"K&C's Clinical Medicine is one of the rare indispensable medical textbooks, essential for all medical students...a great reference text and suitable to learn at any time of the academic year." Joseph, Imperial College

9780702029936 / Jun-09

Medical Sciences



Colledge, et. al

"This book is one of the first of its kind, integrating all the basic sciences into one book very successfully. I would recommend this book to all medical students."

Aniek, Maastricht University

9780702026799 | Jul-09

Kumar & Clark's Medical Management and Therapeutics



Kumar and Clark

From the editors of the award-winning Kumar & Clark's Clinical Medicine comes the perfect ward companion.

"An excellent text for both medical students and junior doctors alike."

Lucy, FY1

9780702027659 / Jul-11

Rang & Dale's Pharmacology, 7th Edition



Colledge, et. al

"Awesome for medical students of any year. For pre-clinical years, this book is a great supplement text for lecture notes."

Bernard, St. George's London

9780702034718 | May-11

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GRADS

W E L C O M E

"The Good, the Grad and the Ugly"

So you enjoyed finals so much that you thought you'd come back and do some more? Well congratulations on the best decision you've ever made.

Mature Students? We're adults now.....right? Well maybe; but only if you don't count making sound effects when discussing ovulation. Certainly we seem to be ageing, if the ever-increasing number of grey hairs, dodgy eyes and knackered limbs is anything to go by. All being from different backgrounds, we bring different contributions to PBL and to the social life of the group. For example, amongst the twenty-seven of us you'll find a salsa instructor, a taekwondo black belt, a waistcoat-wearing insomniac and twenty-six others. But you'll also have a lot in common. You all want to be doctors, you've all been through finals before, and you probably all remember the days when Dangermouse was on the TV. It all makes for a tight-knit group, which is nice (most of the time).

PBL: A place of amusing conversations and confusing abbreviations..... Quite simply, PBL is split into S & F, PPD, IGS and PP. S&F is for CVS, CNS, GI, GU and MSK. PPD is where you learn about the BMA, GMC, HPC and PCT and the roles of RGNs, HCAs and OTs. IGS is mostly things like TTM and LHBS, whereas SMRs and RCTs are more a matter for PP. You'll also have CCP, CPCs and UCCT. And ALWAYS remember ABC. Got it? Good!

Stetho-scope for improvement As grads you'll have two full afternoons of Clinical Skills per week compared to just two hours a week for the youngsters on the 5 year course. It is here that you will learn the basic examinations you'll need when you're in hospital. For many of you it will consist of spending half the time with your shirt off being groped by people you barely know and the other half reciting obscene mnemonics. It's a lot like a rugby initiation ritual without the alcohol (unless you start drinking the hand gel that is.....).

Learn from our mistakes; "I'd like to touch you now" is NOT a suitable opening gambit when you are about to examine someone, "bimanual examination" does NOT mean both hands in at once, and it is polite to ask someone's name before grabbing his testicles!!!!!!

A HARC Sense of Humour So with your head still spinning from trying to tell your QOFs from your QALYs, and your arm is still numb because some idiot tightened the blood pressure cuff too much, what you really need on a Friday is a few hours in quiet company.

Welcome to the Human Anatomy Resources Centre!

The inhabitants of HARC have kindly donated their bodies to improve our minds, and we are very fortunate that they have. It is in HARC that you will learn the difference between a sulcus and a sinus and how to tell the peroneal nerve from the perineal body. It is all overseen by Dr Rhian Lynch, who teaches with a sense of humour that can probably only be acquired from spending your days dissecting dead bodies. She is a fantastic educator and has shown a lot of empathy for the plight of graduates by arranging sessions where we would have otherwise missed out. Make use of HARC and appreciate the teaching you get there!

Doctor in the Scouse Just three months after returning to the safety of the academic bubble, you're thrown back out into the real world, in a real hospital, with real doctors and real Liverpoolian patients. You'll feel grossly underprepared and probably a bit apprehensive but you soon realise that it's not like you're not being asked to do the surgery yourself and you'll soon find getting past the receptionists and into certain clinics is possibly the most challenging part of the whole experience.

Hospital is where you really start to learn and you should make the most of the intense graduate placements when staff members have more time for you because the hospital isn't flooded with second year undergraduates. You'll hear the odd horror story about certain consultants who hate students, but for the most part they are happy to help if you show an interest, and in many cases they seem to especially like graduates.

Remember to log your cases onto Spider as you go along. It may be a pain in the arse at the end of a long day, but it's a veritable barium enema trying to log them all come the end of the year.

And you get to do all this in the quaint little sea-side town of Liverpool, on England's sunshine coast. OK, maybe that's a bit of a generous description. Like anywhere, Liverpool has its good and bad points but most would say the good outweighs the bad. So even if you're not one of the many who fall madly in love with the city, you should certainly be able to form a perfectly workable marriage of convenience.

Dave Eardley

DR P DANGERFIELD

the all-reigning

King

of First Year



Welcome to the medical course in Liverpool. The first year is exciting and dynamic for you all, with new concepts to acquire related to medicine and being a doctor. Today's new doctor needs a solid knowledge base as well as skills to undertake a wide range of clinical activities. To start you on the path to being a great doctor, Year 1 introduces you to concepts of communication skills such as talking to patients and colleagues, and clinical skills such as taking blood pressure, examining patients and so on. As well, you will meet a small number of your fellow students in a PBL group

under a staff member who acts as a facilitator. PBL can be very challenging at first but everyone really gets into the swing of things very quickly and you will learn a lot! Do use the opportunity to draw diagrams and talk about your learning over this period. Liverpool is a great environment to study in and we are as a school very proud of the great achievements of our graduates. You are at the start of a great career and your reward is success in a satisfying life ahead, achieving what you wanted by your successful application in joining us here.

Dr Peter Dangerfield, Year 1 Director

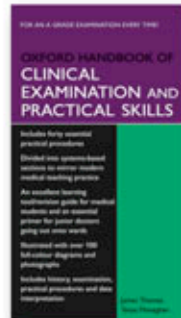
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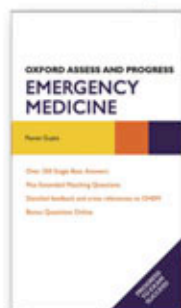
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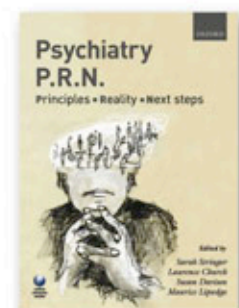
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a message from

Vicky Bond

Clinical Skills' very own Mother Theresa

Welcome to Liverpool University's Clinical Skills Resource Centre: the best bit of the course (although admittedly I am biased). I like to think of our centre as the sand pit you had at nursery, attending is a reward for all your hard work during the week. The best bit is, not only is it fun (and you always get to have a go), but you learn all the relevant skills you need before meeting patients.

You come here once a week in the first year and in that time you will learn how to take blood, measure blood pressures, perform intimate examinations and much more. Despite pleas from some students, intimate examinations are only ever done on plastic models. How you revise however, is up to you, but please, if you find an abnormality do not tell us (it freaks us out) go and see your GP.

We always expect you to explain procedures to your patients before starting, which often means having a one-way conversation with a bit of sponge or plastic: embarrassing? Try saying it for real to a patient for the very first time!

Most students are enthusiastic and engage well in the sessions, but the first few weeks can be tough for the staff and invariably we have to talk about curbing your alcohol intake the night before a clinical teaching session. We are all experienced teachers but there is a limit to how many alcohol fumes we can take, and some rooms get really wiffy. Hangovers and clinical skills do not mix; we have had too many students faint and smack their head on the floor over the years, usually due to lack of food, too much booze and not enough sleep. Saying that, the majority manage to do all three and not hit the deck.

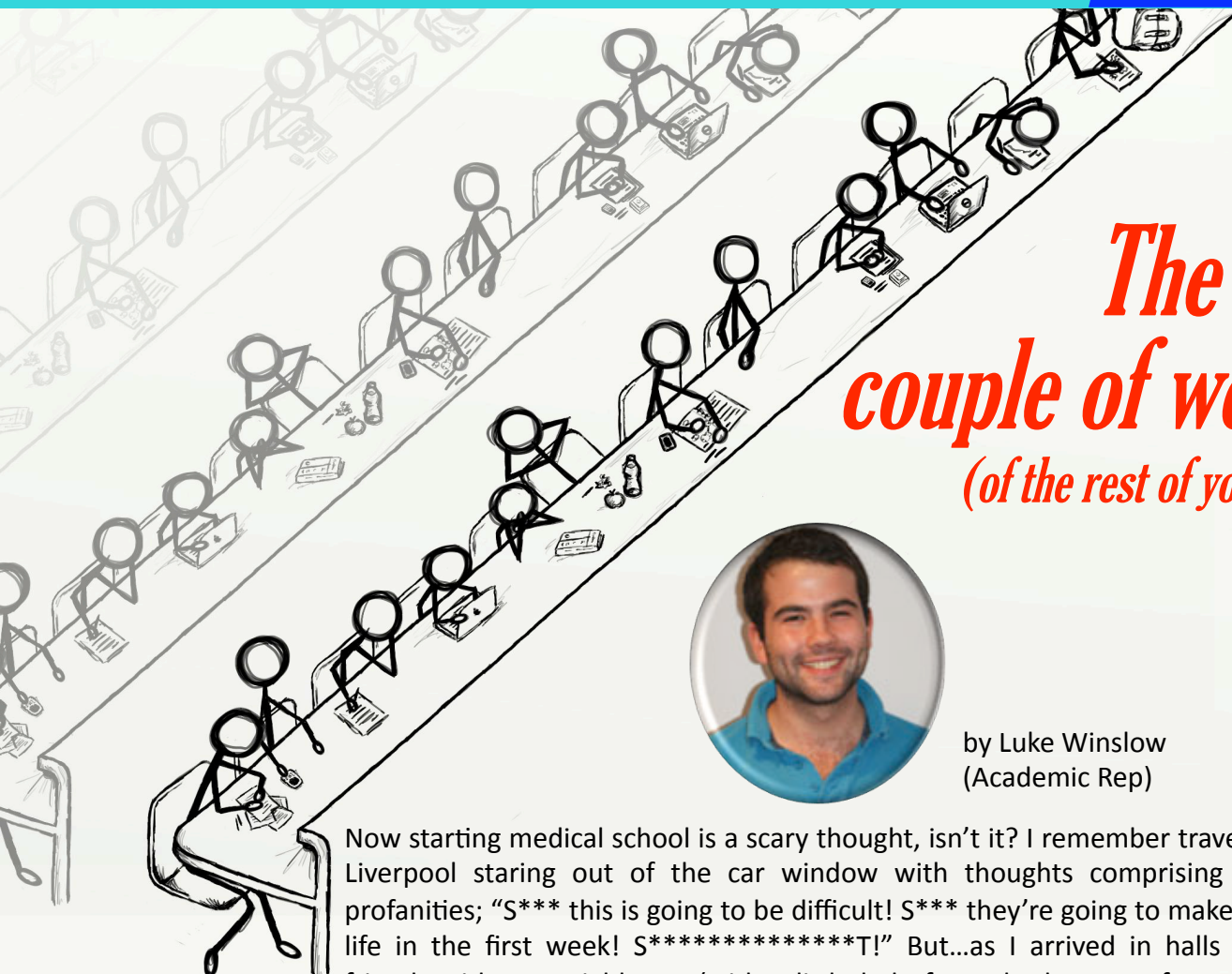
Sometimes a real human is the best thing to practice with, so there are sessions when you practice on one another, for example assessing the hip joint through its range of movements. All the teaching staff are

probably even older than your parents and there is only so much anatomy we want to see. Baggy underwear can reveal more than you think when you're lying down swinging your hip out in front of an audience, so you may want to buy some decent shorts. We love to get to know you all, but not that well.

We are a popular part of the course with one exception - the exams. 'Nerve-racking' does not begin to explain the experience. Luckily, unlike many universities, you get a mock, and will get used to this type of exam quite quickly. You have to go into a different area every 5 or 10 minutes and perform a given skill whilst being observed by an examiner. There is a lot to focus on and under stress our brains make us do unexplainable things. Like say "hello Mr Penis" (instead of Peters) in male genital exam, or ask the patient "may I examine your flower", in female examination. We even had a student use one stethoscope in their ears, but put a *different* one onto the patient's chest. That's why you get mocks, so you can learn to cope better for the real ones.



layout of the OSCE
(the scary exam)



The first couple of weeks (of the rest of your life!)



by Luke Winslow
(Academic Rep)

Now starting medical school is a scary thought, isn't it? I remember travelling up to Liverpool staring out of the car window with thoughts comprising mostly of profanities; "S*** this is going to be difficult! S*** they're going to make me save a life in the first week! S*****T!" But...as I arrived in halls and made friends with my neighbours (with a little help from the bottom of numerous pint glasses) I felt at ease, and as I continued through the first couple of weeks of medicine all my thoughts turned to positives. I learnt how PBL really worked and made my first objectives on bowel anatomy and physiology, I attended some plenaries (lectures), learnt how to give injections and perfected my Ayliffe technique! And then thought to myself, "all of this is ok!" So please don't be scared about starting medicine because they don't chuck you straight in at the deep end. You have the rest of your life to learn medicine! Have a look at the timetable below which will give you a little idea of what to expect in the first couple weeks.

Week 1 - Mon 19th September 2011

Introductions:

Dr Dangerfield (your year director) will give you a talk about the Med school
Introduction to the Guild/Union.
Introduction to your amazing Medical School Society – the LMSS

Relax and have fun at the freshers' events on most nights ;)

Week 2 – Mon 26th September 2011

Start the course...

Plenaries 0900 every day
PBL(3 sessions fortnightly)
Clinical Skills (1 per week)
Communication Skills (1 per week)
HARC
Relax and have fun at the freshers' events on most nights ;)



Sports Rep, Tom Kennedy's bit on...

KEEPING

Men's Football

If you are interested in playing for the best university football team in Liverpool then look no further! We welcome both experienced veterans of the game as well as newbies; whether you're looking for serious competitive football, or for a laugh with a group of easy-going people. We train twice a week and play at the weekends. There will be plenty of opportunities to play as we have 3 teams this year, 1 of which competes in a local Liverpool Saturday league.

On the non-football side of things, we organise socials, the annual tour, and take part in the NAMS tournament where we get to play against other medical school football teams.

This is a great way to let off some steam, play some decent football, and meet some sound lads.

Hockey

Liverpool Medical School Hockey Club (LMSHC) is officially the best sports team in Liverpool Medical School, and probably in the country. As the biggest club, we can provide you with lots of benefits such as high quality hockey, low quality hockey, great drinking, great-looking sexy people (both male and female), and beautiful sportswear, including gilets. In the past year we have also hosted the best NAMS competition (300 medical students competing in a weekend of hockey/debauchery) in living memory, so basically we are awesome.

Although esteemed captain Josh Pilling is no longer with us, we still have some immensely good looking people and I'm sure a great committee this year. So we won't beg you to join, but if you think you may make the grade to join the most successful medical school hockey club in history (see Wikipedia) then feel free to come along.

Squash

Hi everyone I'm Adam Boardman, captain of medics' squash. We play every Wednesday from 8 until around quarter to 10 at the squash courts in the university sports centre (courts are above the pool). Squash is great exercise, and isn't too hard to pick up, especially if you've played other racket sports before. Everybody is welcome, from complete beginners hoping to learn a new sport, to those who are more experienced. The best way to improve your game is to play many different opponents, which is what we try to achieve. Also, I'm always happy to give coaching and tips to anyone who would like it to improve their technique or tactics. We participate in matches and tournaments with other universities and usually do pretty well.

Rackets can be bought from most big sports shops, or alternatively you can borrow them from the sports centre (and we have some spare rackets ourselves). So just come down and see if it is for you. There is no joining fee, all you need is a gym membership to get in the building, or it's a couple of quid each time.

Netball

Liverpool medics netball club is one of the biggest (and best) LMSS clubs! We welcome all standards of players from the competitive players who live and breathe netball, to those who just want to come along and have a laugh while trying something new! Being a member of medics netball is about enjoying the sport, keeping fit, socials with a difference, and most of all meeting some amazing people to give help, advice and support whenever it's needed!

Can't wait to meet you all! Enjoy!

Basketball

The LMBT (Liverpool Medics Basketball Team) was only launched at the beginning of last year and has been a major success. We already have enough players for a first and a second team. Regardless of your ability, if you are interested in basketball, there is definitely a place for you in the LMBT. Come along and join and enjoy what the sport has to offer.

FIT



Tennis

Enjoy hitting balls and smashing serves?! Then LMSS tennis is for you. The tennis club was only set up last year, and after its first successful year is planning for bigger and better things in the 2011/2012 season. With weekly training, numerous matches, and plenty of socials planned we are looking forward to the next few months. If you want to be part of the newest, most rapidly expanding LMSS sports club then get yourself to LMSTC.

Cricket

Cricket. Not always the most glamorous sport on offer. Not if LMSCC can help it! Over the last year, the Liverpool Medical School Cricket Club has (re)taken off, and is looking for freshers this year to help take it further. After all, winding away the days in the sunshine of Sefton Park will be much more appealing (and necessary) than revising for exams... you will be in 1st year after all. Great socials with us, and the LMSS AU events will even allow you to whip out "the sprinkler" onto the dance floors of Liverpool's (not so) fine establishments. Be part of one of the most exciting new clubs in the LMSS and we'll leave you in a spin...

Badminton

Come down to Greenbank Sports Hall (on Greenbank Lane) on a Saturday if you're looking to pick up badminton or trying to improve your game. Racquets and shuttles are provided, and we've got some great games coming up: NAMS Badminton with several medical schools, and a friendly with Manchester Medical School in October-November. For more information, join the LMSS Badminton group on Facebook and we'll send out messages to you about training times!

Women's Football

Are you of female sex? Fancy getting fit? Need to improve your ball skills?! Does going on tour to a UK city with high amount of banter sound like a dream? Want to increase your Facebook friends total? Do you crave to play sport in Dundee?! (This year's annual tournament location!). If you answered 'well of course!' to any of these then ladies football is for you! Weekly training and regular 11-a-side and 7-a-side games with a high frequency of socials - all abilities welcome! 2010/11 TREBLE WINNERS!!





ARTEFACTS

Heeey!

Congrats and welcome to Liverpool Medical School...and the BEST years of your life! We are Vicky Tay and Orla Shanahan and we're so proud to be your Artefacts Reps for the upcoming year! If you're interested in singing, dancing, playing music, acting, painting/designing, drinking...the list goes on! Then what are you waiting for?! Get your clever butts over to Artefacts pronto! You can meet fantastic people from all years, go on AMAZING socials and sooo much more!

It's tradition for Artefacts to put on a rip-roaring musical every year before Easter, as well as a Christmas Carol Concert, and we endeavour to uphold this- HOWEVER! This year is *special*, because with your support and interest we're hoping to start up a drama group as well as a dance group too!! You don't have to be the next Pavarotti or Darcey Bussell... in fact you don't have to have any particular talent! Just get involved and we guarantee you'll have a great time.

So many people regret not being in Artefacts since their first year, especially having seen some incredible performances! So don't let that be you!! Look forward to meeting you all!

Artefacts Lovin',

Orla & Vicky x x x



SMOKER (?????)

The 131st Annual Smoking Concert is upon us. If you're reading this it means you've already missed the first 130, bad times! Luckily for you we fine Smoker Reps are going to make this one the best yet to make up for the ones you've missed. But 'what is this Annual Smoking Concert?!' I hear you ask. Well the less you know the better, but here are the fundamentals:

- Massive night with over 1000 people attending
- Fame, critical acclaim and glory all follow on from a victorious smoker.
- They've tried to ban it (so you know it's good!)

We will meet you in due course to help get your Smoker ball rolling, in the mean time enjoy the photographs and prepare yourself for Liverpool, because our parties make Charlie Sheen look like a Barbie Doll!

Tom & Matt



Social Secretaries

Alright you lucky freshers! It's Alison and Christy here, your LMSS Social Secretaries for 2011/2012. Our role is to make sure that you guys have the best social experience possible. We're going to be organising massive events such as Mentor-Mentee night, wine tasting and cocktail night, as well as all the socials after the LMSS meeting. We want to see as many of your fresher faces as possible! Make sure you get involved in Bus Tour 2011, it is always the best night of the year and you only get **one** chance to go. This one's looking to be the best the LMSS has ever seen. Mentor-Mentee night is a great opportunity for the second years to show you how it's done, they'll wine and dine you and take you out on the town. One rule though, do as they say: it's tradition and all in the name of good banter.

So remember, get involved with the LMSS, you'll have a brilliant year, just make sure you bring your lashminas! We can't wait to meet you all, come and say hi, you'll probably find us at the bar.



Do

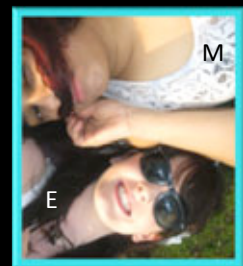
- Join the LMSS, it will be the best decision you'll ever make.
- Go to the Medics Freshers' Fair, you can join the LMSS most importantly, and get some freebies too.
- Get a bus tour ticket; it's the best night of the year.
- Grab yourself a mentor.
- Bring all your fancy dress outfits, we love our themed nights!
- Prop your door wide open when moving in, it's an easy way to meet everyone.
- Find your perfect hangover cure; you'll need it for those 9am plenaries. We recommend a pint of water and a resolve.
- Get to know *Jenny*, she's a key member of the LMSS and loves freshers.
- Go out in groups and make sure you exchange numbers.
- Pre-drink, lots. It's sociable and cheap.
- Get involved in a sports team, even if you're a complete beginner give it a go (they have great socials!)
- Go to HARC, Rhian Lynch is a legend.

Do's and Don'ts of Freshers' Week

House Secretaries

Hello to all the lovely Fresher's! I am Mo, and with my amazing accomplice Emer, shall be providing delicious food for you at all the prestigious Thursday LMSS Meetings. We are your House Secs for the year 2011/2012! Congratulations to all of you for making it this far, you are in for a culinary treat! You will need that energy for the fun-filled nights ahead of you and we have some excellent delicacies planned to ensure that you can party the night away! You don't want to miss out, come let us make your experience at Liverpool Medical School a truly unforgettable one!

Hello Fresher's! I'm Emer and I'm the other half of your delightful duo of House Secs for 2011/12! This means I will be helping you line your stomach before LMSS meetings every Thursday, in order to make each night's drinking last that little bit longer... It will most definitely be more nutritionally balanced than your halls food, so what have you got to lose? Come join us for great food and eternal LMSS related joy!



Don't

- Let a hangover stop you going out the next night,
- ever heard of hair of the dog?
- Rush into buying every book that someone recommends, use the library until you know what you want for sure.
- Have unprotected sex, otherwise you will get Chlamydia, and die*
- Worry about going into your overdraft, everyone's in debt.
- Sign up to biochemistry, unless you're super keen, it's not compulsory.
- Jump in a black cab to get home, book a taxi – much cheaper and safer!
- Get out of the taxi early to save money; stay in until you're at halls.
- Be late to clinical skills, you'll just regret getting up for it when they turn you away!
- Not technically true, but still,

GOING OUT IN LIVERPOOL



Key

- UNIVERSITY CAMPUS
 - GUILD OF STUDENTS
 - ROYAL LIVERPOOL HOSPITAL
 - UNIVERSITY-HALLS BUS SERVICE
 - ROMAN CATHOLIC CATHEDRAL
 - ANGLICAN CATHEDRAL
 - LIVER BUILDING
 - RADIO TOWER
 - LIVERPOOL WHEEL
 - YELLOW DUCKMARINE
 - LIVERPOOL ONE
 - LIME STREET STATION
- ### CLUBS & BARS
- BAA BAR
 - BUMPER
 - THE FONT
 - BLUE ANGEL (THE RAZI!)
- ### L'GO LAGOS
- HEEBIE JEEBIES
 - REVOLUTION
 - EGG CAFE
 - CAVA (TEQUILA BAR)
 - KRAZYHOUSE
 - GEAR



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Annua Bal



It's big, it's glamorous and we've been given the License to Thrill by organising this year's James Bond-themed Annual Ball! This is the best event of the social calendar. Every February, over 800 medical students attend, dressed to the nines in their tuxes and posh frocks! Everyone enjoys a sit-down dinner which is then followed by one huge party! We hope you're looking forward to it already, but if you're not then this might help: **Girls**, 3 words: Men. In. Tuxes. **Boys**, you get 4: Fit Girls, Free Champagne. We can't wait to meet you all and we're looking forward to having some epic nights out!

Jayne and Abi x



Ross: Welfare Rep

Wow, I remember reading this guide what seems like yonks ago when I was a fresh young boy. Now, still a boy but trapped in a man's body (and quite a sexy body at that), looking back at the times I've had I am very jealous that you have it all in front of you! Of course, as with all aspects of life there are highs and lows and as Welfare Rep if you ever need to chat to someone about ANYTHING I'm your man. Personal Problems? Talk to Ross. Relationship problems? Talk to Ross! Studying problems? Talk to Ross (and I'll refer you onto someone smarter). Any doubts, questions, comments, complaints or even if you just want a friendly chat, you are most welcome to all of me!!! See you soon!

Email: r.j.wallace@student.liv.ac.uk

Phone: 07851 489786

Also: Add me on Facebook

Also also: mine's a Guinness



Ash: Webmaster

Firstly, congratulations for making it this far! Secondly, I want to let you know that you are going to enjoy yourselves very much: I only joined the Medical School last year and the experience has so far been amazing! You guys have got a lot to look forward to, especially the new website I have in store! I am currently in the process of re-making it and it should be ready in time for the start of term. I have made a twitter account for the LMSS and we are on Facebook, so you can stay in the loop with all the events and deals! The new website will have the LMSS calendar events, an online shop (so you can get tickets to events and your essential goodies and even membership), and an awesome collection of crazy photos you can browse through. Any suggestions, get in touch! Ash x

Email: webmaster@lmsonline.com



Annual Dinner

Firstly welcome to this institution you cohort of legends. My name is Guy and I am your Annual Dinner Chairman. Secondly, congratulations for becoming a student in what I believe to be the best medical school in the land, you have done well. In the words of George Michael, "If you've a pair of ovaries I have no use for you". However, for all of you men out there I would like to invite you to the most ridiculous nights of your lives:

'The 168th Annual Medical Dinner' and 'The Annual Gentleman's Bar Crawl'.

They both offer an excellent introduction to Liverpool life which would be foolish to miss.

All you need to do now is to pack a lounge suit and dinner jacket.

Love and Respect,

Guy



Ladies' Dinner

Ladies, does the idea of naked and *pert* entertainment, flame throwers, cocktail reception, tasty food, lots of wine, free goody bags, a girlie raffle, banging tunes and NO BOYS TO RUIN THE NIGHT (...until the disco starts) sound like your idea of a good time? Then you do NOT want to miss this year's Ladies Dinner.

The bohemian circus theme is guaranteed to wow you with the complete transformation from rags to riches and entertainment that will blow your mind! Dress to impress and be prepared for a night to remember!

As if that wasn't enough, two weeks later I will be taking you on a sensual crawl through all of the swankiest bars in Liverpool. Free drinks, shots, and discounted cocktails will be available in each bar as well as more entertainment and goodies.

Look forward to meeting you all!

Camille x

Ladies Dinner



Charity Events

As reps, we're in charge of selecting different charities to donate to and we plan to raise A LOT (aiming for £10,000!) of money this year, and you can help! This year we'll be bringing you the Charity (slave!) **Auction**, **Fashion Show**, a light-hearted night of **Speed Dating**, Inter-year Bus Tour (you will understand quite how immense this is when you get here) and we'll be producing the hugely popular LMSS Naked Calendar.

Also, through a bombardment of raffles (with awesome prizes!) at every ball/dinner, we'll be encouraging you to put your hand in your pocket for a good cause! As mentioned above EVERYONE is more than welcome to get involved at our events and sporting challenges (as well as other more random and ridiculous challenges), to rake in the cash for people less fortunate than we are!



Barry & Bahij xxxxxx



Hello, my name is Jim Jimson and I am this year's ASS rep (i.e. I look after the **ASSociated societies**) and I would like to introduce you to some of the wonderful associated societies we have here at LMSS.

Surgical Scousers

We are the university's surgical society. We provide lectures, workshops and host an annual careers conference to help students pursue a career in surgery. For more information go to www.surgicalscousers.co.uk or find us at Freshers' Fair.



Student Physicians' Society

A student-run society dedicated to the aspiring physician, by providing medical awareness, knowledge, clinical and diagnostic expertise in-keeping with the medical curriculum at the University of Liverpool.

Liverpool Medical History Society

The LMI is one of the oldest medical libraries in the world, and home to the Liverpool Medical History Society (LiMHs). We're a group for those interested in how medicine and surgery have changed throughout history – to find out more, see us at the Freshers' Fair or have a look at our Facebook group.

Medsin

We are a student-run society that raises funds and awareness about health crises and health inequalities at home and abroad. We also have loads of fundraisers and social events. There are national conferences in tropical health and humanitarian aid. Other societies affiliated with Medsin include Sexpression, Teddy Bear Hospital and CPR in Schools.



If you want to get involved sign up at fresher's fair or email medsinliverpool@gmail.com and come down to our first action packed meeting at the start of the year!

Sexpression – Rose Pickles (National Committee Treasurer)

Do you want to be involved with a fun, sociable, CV-boosting group in medical school? Join SEXPRESSION LIVERPOOL. We are a national student-led organisation that educate young people about sex and relationships. A great way to meet students from all years! www.sexpression.uk.org

Liverpool Wilderness Medics

If you enjoy the outdoors and want to develop practical mountain and camping skills integrated with medicine... consider yourself a WILD MEDIC!

This society aims to broaden practical and medical skills outside the clinical setting; such as the mountains, deserts, sea, tropics, and even space...through talks by specialist speakers, informative lectures and activity trips we will train you for expeditions involving outdoor emergency scenarios to utilise your new skills. We also arrange great social events such as walking and climbing as well as deep sea diving. For more information, check out our Facebook page!

BMA Rep - Latifa Patel

Medical school will change your life - FACT!

However, the medical school and the Foundation Programme are both changing. The British Medical Association is your independent trade union and professional association - here to defend the interests of all medical students and doctors.

We will keep you informed about any changes and represent your voice at a local and national level. We are committed to work in the interest of you on finance, education and welfare issues. We are also here to offer support and knowledge so please feel free to contact us. For more information about the BMA and how to get involved please visit www.bma.org.uk or contact me on bma@lmsonline.co.uk.

Your BMA - helping tomorrow's doctors today!



OUR FABULOUS



his and hers hoodies

£23.50

(£26.50 non-members)



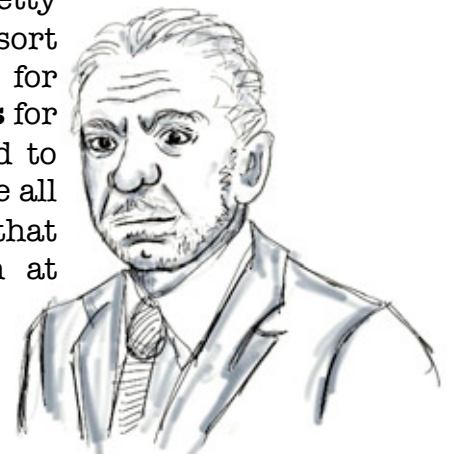
Littman Stethoscope

£54.99

(£58.99 non-members)

A Message from your Business Rep: Jim Riley

Welcome to what will, without a doubt, be the best five years of your life! I am your Business Rep for the year, which pretty much makes me the next Alan Sugar (apparently). I will sort you out with everything you need...those medic **hoodies** for looking cool on campus, the must-have **stethoscope, gloves** for getting gory in HARC, and all the accessories you'll need to look the part at the many balls and dinners. I've made sure all prices are as competitive as possible, helping you to make that loan go a little bit further! Any queries get in touch at business@lmssonline.co.uk. **Jim**



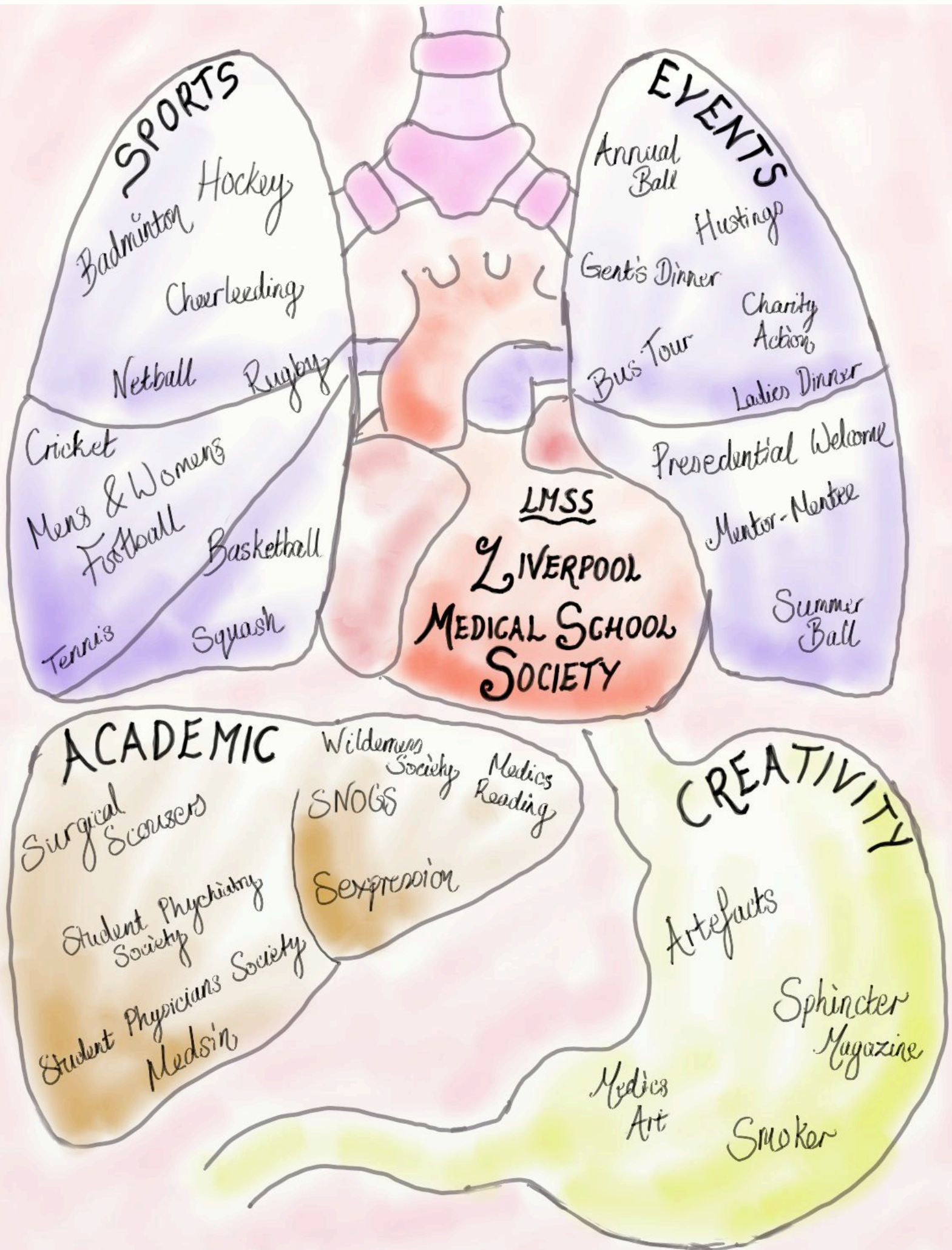
MERCHANDISE

Dashing Bowtie
£15
(£18 non-members)

LMSS cufflinks
£9.99
(£12.50 non-members)



Sexy Man:
Priceless
(there are some things in life money can't buy)



Thank you for reading this lovely little pamphlet. If you liked the pictures, then pray tonight to the sheer deity who is Heather Sullivan. Without her, your Editor would be sending out stapled toilet paper to you all. See you soon. Editor x