

ST GEORGE'S
STUDENTS'
UNION

FRESHERS HANDBOOK

EVERYTHING YOU COULD NEED TO KNOW ABOUT
THE STUDENTS' UNION



It's about to get real.

We're here to help.

Congratulations, you're in! But are you prepared for life at medical school?

You can count on us for advice on surviving freshers' week, preparing for ward rounds, and everything in between! We also help with medico-legal support and your elective indemnity.

Join thousands of students and be a member of the UK's leading medical defence organisation.

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- Events sponsorship and regular competitions.
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- A student journal with tips, news and views.
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MDU



**ST GEORGE'S
STUDENTS' UNION**

WELCOME TO ST GEORGE'S!

Congratulations on starting at St George's University, and hello from the Students' Union!

The SU is, first and foremost, here for you. We aim to support every student at St. George's in any way we can. This handbook is an introduction to that support - what we provide, how we work, and how you can take part.

This handbook contains all the info you need to start learning about:

- | | |
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| - How the Union Works | Pages 4-6 |
| - Rooms and Facilities | Pages 7-10 |
| - Clubs & Societies | Pages 11-13 |
| - Events and Socialising | Pages 14-17 |
| - Academic and Welfare Support | Page 18 |

Over your time at St. George's, you'll hopefully come to see how close the student community is - we're a small university with a big attitude, and the Union is here to foster your aspirations and make University a more enjoyable, more friendly and more positive experience for everyone.

Welcome to the St. George's Family!

Ethan Osborn

Acting Vice President of Student Activities and Experience



/STGEORGESSU



@STGEORGESSU



@SGUL_SU



SGSU.ORG.UK

HOW THE UNION WORKS

Nobody knows quite how long St. George's Students' Union, or SGSU, has existed through its many forms. Historically known as St. George's Hospital Medical School Club, and run by the comically-named General Management Committee, or GMC, we do at least know how we work today.

SGSU's membership consists of every student and staff member at St. George's. Being a member of the Union lets you use all we have to offer - from welfare support and academic societies to sports clubs, dance studios and the Dragon bar.

The general running of the Union is done by the three sabbatical officers - we're all current or recently graduated students from St. George's taking a year out from study. We're supported by a big team of student volunteers who each have their own role. Together, we make up the Executive Committee, and we run all the events, campaigns and activities that the Union puts on throughout the year!

The Union also has permanent staff including our CEO, Office Manager, Bar and Shop Managers and Education & Welfare Support Officer, who all play a big part in ensuring the Union keeps running, not only day-to-day but from each year to the next.

Everything at the Union is overseen by the Board of Trustees, who have overall responsibility for how the Union runs and operates.

WHO'S WHO - THE EXEC

SARAH JONES



VICE PRESIDENT

OF EDUCATION AND WELFARE

EOIN JARDINE



PRESIDENT

ETHAN OSBORN



ACTING VICE PRESIDENT

OF STUDENT ACTIVITIES AND
EXPERIENCE

Representation Zone:

International Officers

Equality and Diversity Officers

Environment and Ethics Officers

Campaigns Officers

Events Zone:

Technical Officers

Events Officers

Charities Officers

Democracy Officers

Participation Zone:

Community Projects Officers

Societies Officers

Heritage Officers

Sports Officers

Communication Zone:

Communications Officers, Representation Officers, Chair & Student Trustees

Check our website for all the information on who's who!

www.sgsu.org.uk/exec

YEAR REPRESENTATIVES

As well as the students who volunteer for the Executive, some students also volunteer as Year Representatives. The Year Reps help bridge any gap between your cohort and the University - if you have any course-specific problems (concerns about assessments, feedback about teaching, issues with lectures or anything like is), your Year Rep is the best person to talk to.

Contact details for your Year Reps can be found on the website - you'll also likely see them in year group chats, sending you emails, or just around about in your lectures and teaching groups.

Autumn elections will be held throughout October for 1st year representatives - running is easy and is a great way to get involved in the Union, help your fellow students and boost your CV. if you'd be interested in being a representative for your cohort, keep a look out for more information online at the start of October!



SGSU AUTUMN ELECTIONS

APPLICATIONS: 5-11TH OCTOBER
CAMPAIGNING STARTS: 12TH OCTOBER
VOTING WEEK: 19-23RD OCTOBER
RESULTS 23RD OCTOBER



ST GEORGE'S
STUDENTS' UNION

THE UNION SPACE

The Students' Union is based on the 2nd floor of Hunter Wing. It's up here that you'll find:

- The Students' Union Main Office
- The Dragon Bar
- The Music Room
- The Alastair Hunter (AHR) and Henry Gray (HGR) Dance Studios
- The Games Room

Also up on the 2nd floor are the Boardrooms, the RAG room, the CPO store and the Welfare Room.

The Union Office is your port of call for anything and everything we can help with - all the sabbaticals are based in here. You can speak to us about clubs and societies, academic support and welfare, counselling, finances, housing, really any concerns or issues you might have.

If you ever need to get in touch with anyone from the Union, you can drop into the SU offices to meet with us - the office is usually open Monday to Friday, from 9am to 5pm. If the opening times are changed at all, this will be posted on the door and we'll update the website as well - we'll be trying to keep the office open as much as possible, but the opening times may vary depending on the ongoing social distancing policies of the Union and University.

THE UNION SPACE

The Dragon Bar is the Union's centre for large events. Holding up to 750 people, and with (we're led to believe) the longest Student Union bar in London, we're one of the largest venues in the Borough!

The bar offers a range of alcoholic and non-alcoholic drinks, along with TVs, a free pool table,

comfortable seating and a wide programme of SU and society-led events. All the events in the bar will go up on the website event calendar, so look out for these - everything from live music and dance shows to quizzes, film screenings and talks happen here!

The bar is also the home of all the Freshers events we'll be hosting in the new year, once we're all hopefully back on site and able to run them. Don't worry about missing out - we'll be sure to make sure our normal packed programme of events happens sooner or later!



Thinking of becoming a hospital doctor?



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free today at
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students](http://www.hcsa.com/students)**

Whatever stage your career is at, it
pays to be in a union. From student to
Consultant, **HCSA will be with you
every step of the way.**



THE SU SHOP

LOCATED ON THE GROUND FLOOR OF HUNTER WING.
THE SU SHOP HAS **AFFORDABLE** LUNCHES, SNACKS AND
DRINKS, AS WELL AS A GREAT RANGE OF **MERCHANDISE**,
INCLUDING HOODIES, T-SHIRTS, MUGS AND STATIONARY.

WE ARE CURRENTLY LOOKING FOR
STUDENT STAFF. IF YOU WISH TO
APPLY PLEASE DROP A CV TO A
MEMBER OF THE SU SHOP
MANAGEMENT TEAM.

THE UNION SPACE

The Music Room is a practice, rehearsal and recording space for any musically-inclined students. Kitted out with two drumkits, two pianos, a range of guitars, basses and amps, it's a great space to stay musical without annoying your flatmates! If you've got your own instrument, you can also rent a locker to keep it safe in Uni. At just £30 for the year for students, you can get 24/7 access to play and practice whenever you want.

Various societies also use the Music Room for show rehearsals, musicals and live events, and there's even a weekly choir and orchestra. If you want to get involved in these, look out for info from the performing societies.

Opposite the Music Room is the Games Room, where you play pool and table tennis, as well as some extra seating and some microwaves for heating up your food. Check out the Heritage Wall in here as well!

Next door to the Music Room are the two dance studios, the AHR and HGR; with full-length dance mirrors and sound systems, they're a perfect space to learn and rehearse individually, or as part of one of the many dance groups within Uni - almost every discipline is available, from Classical, Jazz and Bollywood to modern Street, Gaana, Bhangra and more.

The AHR and HGR also get used for a massive range of events throughout the year, including weekly sports sessions like polefit and yoga, educational talks and seminars, conferences, theatre rehearsals and loads more. We've had everything in those rooms - from free lunches for the whole Union, to world-renowned surgeons, to a gigantic ballpit and even a petting zoo!

CLUBS AND SOCIETIES

The Union has over 120 clubs and societies, offering almost everything you could want to do!

Broadly speaking, these are divided into:

- Academic societies
- Community Projects and charitable societies
- Cultural societies
- Performance societies
- Religious societies
- Special Interest groups
- Sports clubs
- Welfare support groups

If you want to find out more about any society, look them up on the website - on there, you can find all their social media links, a mailing list sign-up and more info on what they do!

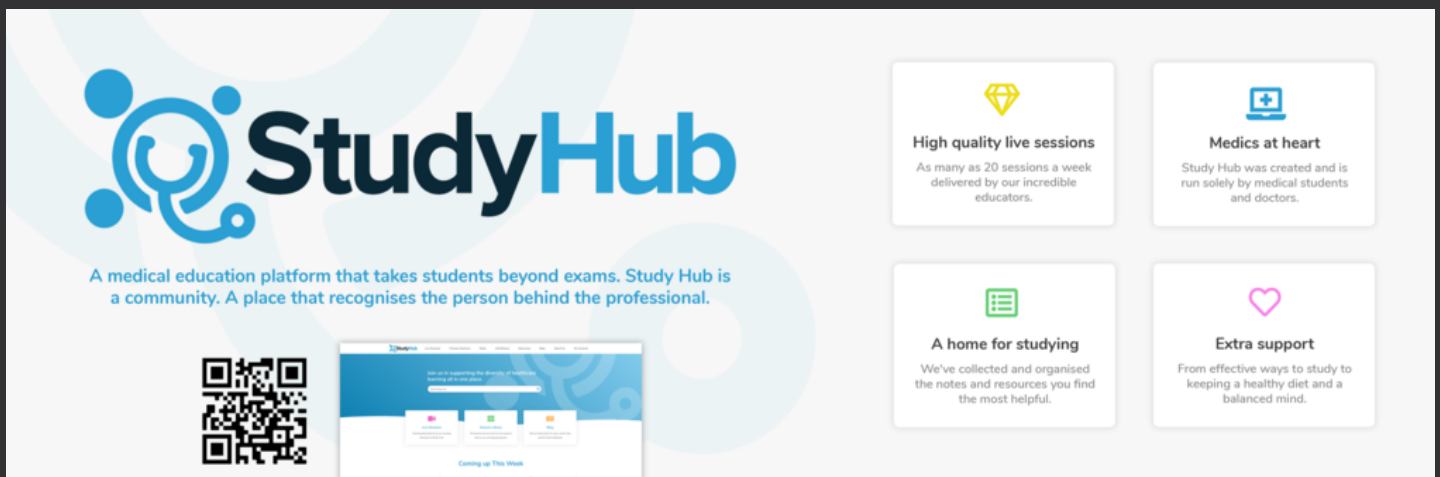


JOINING CLUBS AND SOCIETIES

While we can't hold our normal Freshers Fayre in the Union, we're doing all we can to make sure you can still find out about all the clubs and societies, follow their activity and sign up to hear more.

To see all of our clubs and societies, check the listings on our website at sgsu.org.uk/club-soc. Here, you can find the pages for all the clubs and societies that are active. If you see one that interests you, click through to their page - on here, you can see a message from the society, some info on where their activities run and their social media links - these are often the best places to keep up to date with the clubs and societies!

Clubs and societies charge subs to full members, allowing you to take part in all their activities, but you can also sign-up to be a free member - this makes sure you're on their mailing list, so they can keep you up-to-date with plans. Each club and society has its own schedule of events, and we try to list as many of these as we can on our event calendars and news posts online!



StudyHub

A medical education platform that takes students beyond exams. Study Hub is a community. A place that recognises the person behind the professional.

High quality live sessions
As many as 20 sessions a week delivered by our incredible educators.

Medics at heart
Study Hub was created and is run solely by medical students and doctors.

A home for studying
We've collected and organised the notes and resources you find the most helpful.

Extra support
From effective ways to study to keeping a healthy diet and a balanced mind.

JOINING CLUBS AND SOCIETIES

To help you connect with any clubs and societies that interest you, find out more and ask any questions you might have, we'll also be hosting a series of virtual Freshers Fayre streams with clubs and societies across two evenings over the induction period.

GEP & Paramedic Fresher Livestream date: Tuesday 1st September

Undergraduate Fresher Livestream date: Tuesday 29th September

Streams from a range of societies will run concurrently over the course of an evening, and will give you an opportunity to hear from the committees and members that make the clubs and societies what they are. If you want to find out more about a club or society, you can join their stream to discover more about their activities and benefits, as well as ask them questions.

To join in with these on the days, look out for a link from us - we'll be sending it out over email, as well as putting up on the website and on social media. A schedule for the evenings will come out a few days before the streaming date, and will show a listing of all the clubs and societies taking part along with a timetable of when they'll be live.

We'll also be hosting a Spotlight on Societies series on Facebook, Instagram and on the Website, where each day we'll be featuring our clubs or societies, sharing messages from them and inviting people to find out more.

While we can't all meet in person just yet, you'll still be able to learn as much as ever about all the fantastic activities you can take part in!

FRESHERS EVENTS

While we won't be able to host our normal Freshers schedule of events as soon as we'd all like, we'll still be hosting some events during your first weeks that you can take part in, both online and in-person.

We'll be hosting events that can still be safely held with social distancing regulations followed, like pub quizzes, in the SU bar. Entrance to these events will be ticketed - this both allows us to safely limit the number of people in the bar, and provides track and trace information.

We also will be releasing a series of events that will allow you and your new friends and flatmates to socialise, stay safe and even win prizes along the way!

These events include a scavenger hunt, some classic George's games to play, and some creative challenges.

The best place to stay in the loop for all events and activities is on the website or on social media. We'll also be sending out emails to you all, once enrolled, to let you know what's going on over the Freshers period.

While it's not the way we all would have hoped to spend Freshers, we want to do our best to help you meet new people, make friends and have fun while you're starting out at Uni, and we hope the activities we put together help!

We're also hoping that, later on in the year, we'll be able to host more of our usual events for you all - read on to find out more about this!

FRESHERS EVENTS

If restrictions are lifted by the time the new year comes around, we aim to host our usual Freshers Fortnight events if possible. The best parts of our regular Freshers calendar will hopefully be returning in early 2021, including:

Back to School Disco

Our first night in the SU Bar - come dressed in your best (or worst) school uniform look!

Toga & Tequila

The most infamous event of the Freshers calendar - expect a room full of Bacchanalian attire and a bar full of shots. Freshers must wear white!

Mums and Dads

Come and meet your extended George's family and have some quality family time together.

Multicultural Dinner

A night of free food from Tooting's best restaurants.

Wandsworth Eight

A piece of George's heritage, get your fancy dress ready and be prepared for an adventure.

Throughout this we'll also be hosting quizzes, tournaments, smaller socials and more laid-back events to keep you busy!

All events planned are STC and are dependent on circumstances in January

Free BMA membership for freshers



We're the independent trade union and professional association for doctors and medical students

BMA library brings together expertise and medical education resources to help you go further in your studies.



We have more than **230** dedicated **advisory staff** focused on supporting our members.



BMA representatives, at nearly every medical school in the UK, ensure your voice is heard.



Students can access over **1,000** clinical and non-clinical **BMJ Learning** modules.



Get involved with the **BMA medical student committee**, and stand up for students both individually and collectively on a wide variety of issues.



Our **wellbeing support services** are open to all medical students, and are confidential and free of charge.



Join today bma.org.uk/join-us

bma.org.uk | 0300 123 1233

HELP AND SUPPORT

The SU has a wide range of help and support available for all students, regardless of background. We completely understand that starting University can be a massive change for a lot of people, and that healthcare courses can be demanding and challenging—we're always here to help you.

If you ever need any help with:

- Academic support - appeals, contacting course leads or study help;
- Student finance or accommodation advice;
- Mental health and wellbeing advice and support;
- Sexual health, including free condoms;
- Support as an international student, parent or carer;
- Any other personal support, advice or signposting to resources;

You can come and speak to us, confidentially and safely.

Both St George's University and the Union have counselling services you can speak to if you're struggling or you need someone to talk to- both are free to use and easy to book in with.

SU Support
L T E I J A @
S G U L . A C . U K

SGU Counselling

MW
MENTAL
WELLNESS

Samaritans
CALL 116 123

Shout
TEXT SHOUT
TO 85258

HELP AND SUPPORT

For all the advice on the support we offer, the VP Education and Welfare has put together a comprehensive welfare handbook. You can find this online at sgsu.org.uk/welfarehandbook, or you can pick up a copy from the SU office.

The welfare handbook contains a whole bunch of information about the support services available, as well as helpful tips and advice on all aspects of student life - accommodation, health and lifestyle, tips from fellow students and more.

One of the things different about this year will be the increased presence of distance learning, as in-person teaching and lectures are reduced - some tips on how to settle in to this can be found in the welfare handbook, alongside other study and revision aids and resources.

It also has information on the St George's University Unitu platform – an anonymous feedback platform that puts you directly in touch with course leads, university management and senior staff for feedback, concerns and comments.

If you're ever in need of urgent help or support, contact the following:

Sarah Jones, VP Education & Welfare:	vpeducation@su.sgul.ac.uk
(Mon—Fri, 9-5)	020 8725 0451
Shout Crisis Text Service:	text SHOUT to 85258
(Available 24/7)	

TOOTING LOCAL AREA MAP





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