



Minutes

Monday 6th November 2017 – 18:00, Sussex House Boardroom

Present: Alex Taylor (AT), Alicia Paessler (AP), Amber Moys (AM), Ana Shahmiri (AS), Bradley Stewart (BS), Cal Barnes (CB), Cal Kenny (CK), Dan Sims (DS), Ellie Deane (ED), Gabby Alexander-Harvey (GA), George Le Bihan (GB), Harry Cross (HC), Honey Manso (HM), Humaid Ghorri (HG), Ibrahim Hamami (IH), Iain Peacock (IP), Josie Porter (JP), Matt Williams (MW), Megan Harrison (MH), Rebecca Gill (RG), Sophie Lloyd (SL), Vivien Ngo (VN), Ziqiao Qi (ZQ) + PsychSoc (Grace and Beth) and The Wellness Medic (Catherine and James)

Apologies: Joe Tan (JT)

Absent: Alice Lagnado (AL), Daisy Holmes (DH), James Barber (JB), Kate Howell (KH),

	Agenda item	Notes and actions to be taken	Person responsible
1.	Committee business		
2.	Minutes of the previous meeting	The minutes for the previous meeting held on Wednesday 25 th October 2017 were approved.	
3.	Matters arising		
3.1	The Wellness Medic	<p>Catherine: The Wellness Medic (TWM) has just been established because I feel wellness is not covered effectively throughout medical school and sometimes students and doctors are just left to cope without support. UCL have a fantastic wellness week focused on resilience and looking after yourself. We set up TWM on Instagram and got lots of interest. We have a sold-out event on 15th November and a supper club before Christmas and want MedSoc to be involved. All events are free or for the wellbeing charity Rose Polge. We will collect feedback from the events to show the medical school how much it helps people.</p> <p>James: We want support and endorsement from MedSoc including social media advertising for upcoming events. We also want the ability to reach BSMS staff and students by email and the events to go on the bulletin so we increase awareness. BSMS is a great platform to 600 students to target as many people as possible and target stigma. BSMS would therefore be TWM's main MedSoc even when events are in London etc</p> <p>HC: What would the events involve?</p> <p>Catherine: Talks from many different speakers including a nutritionist and GP's experience of lifestyle and medicine, identifying stress, and how people high up in the NHS are becoming increasingly supportive. Mainly general signposting.</p>	<p>TWM to send social media and events details to MedSoc so we can promote them</p> <p>HC to request that they apply as a society – Friends of The Wellness Medic</p>



<p>3.2</p>	<p>PsychSoc</p>	<p>(TWM leave) AM: In terms of funding there is a problem that TWM is not a society and we can't donate to charity DS: But it would benefit students if events are in Brighton so offering them specific event funding shouldn't be a problem</p> <p>Grace: We are looking for support and endorsement for the National Student Psychiatry Conference 2018 Mental health is stigmatised with Psychiatry being the lowest subscribed specialty. There is a huge shortage in mental health services and research has shown that more exposure in medical training influences career preferences at core training later on. This is the only National psychiatry conference and we bid against 7 other schools. It is endorsed by the Royal College of Psychiatrists and will be 2 days long, with a dinner and social event (pub quiz). Mixture of lectures and workshops with an expected 150-200 delegates. We have a 22-person conference committee with two senior advisors. It will take place on Saturday 27th and Sunday 28th January. Lots of external and internal speakers and workshop leaders already confirmed plus a poster competition Beth: We need MedSoc's support with advertising, promotion and funds. We are meeting with Dean Malcolm Reed to discuss funding from BSMS itself. All figures are estimated, and we have come up with some packages. Bronze = £500 including poster prizes, committee t-shirts, poster and booklet printing and badges for delegates. Silver = £600 adds poster boards and gold = £700 plus gifts for speakers and workshop leaders. RCP giving £1,500. HC: Impressed with timetables and speakers Grace: Tickets go on sale this week – early bird is £25 (first 50 tickets) and then after that £30. We applied to USSU for funding and are waiting for confirmation. MW: You should also be able to apply to BSU and universities directly (PsychSoc leave) AP: It is a lot of money HC: Looks very well organised. BSMS should cover speaker costs (travel, accommodation and gifts). This would make the gold package pointless. AM: T shirts are not essential VN: They could source free lanyards AT: The most we spent last year on a conference was £500 on one but usually we only fund £300-400.</p> <p>HC: Really good weekend with the same take home message as last year – our MedSoc is a lot better than most. We are very lucky to have a good relationship with USSU and that the medical school want to be involved with us and vice versa. We</p>	<p>MW/CB to attend event on 15/11/17</p> <p>Year Reps to advertise on year group Facebook pages</p> <p>HC to ask PsychSoc to readjust their packages and look at alternative sponsorship</p>
<p>3.3</p>	<p>National MedSoc Conference Debrief</p>	<p>HC: Really good weekend with the same take home message as last year – our MedSoc is a lot better than most. We are very lucky to have a good relationship with USSU and that the medical school want to be involved with us and vice versa. We</p>	



		<p>get lots of money for medsports too and the Dean is very supportive (especially of hosting the conference next year). We have a large committee with shared responsibilities as others have one person responsible for all balls.</p> <p>One thing to possibly introduce is keeping in better contact with our alumni. Some MedSocs get alumni to donate £1 a year which would generate a lot of money. BSMS have their own system to get funding from alumni by ringing up. They wouldn't be keen for us to start our own initiative, so we would need to collect information ourselves when students graduate. This could be done by Grad/Alumni rep or 5th years.</p> <p>CB: If we were to give this responsibility to Grad rep it would need to be changed in the constitution at an SGM/AGM</p> <p>MW: Murmur Paper would keep engagement with alumni if someone takes it on</p> <p>CB: We have quite a young committee. Most MedSocs have fewer 2nd years. Could we add a add 2nd year rep or make other changes so there is more representation from other year groups.</p> <p>HC: Looking to absorb different roles to make a smaller committee? Also need to be aware that alcoholic events declining in popularity and show more enthusiasm from all roles for the events ED/IP put on</p> <p>Next year's conference will be run by a volunteer committee from this year's committee and sessions will hopefully be run by older ex-committee. NMC 2018 will be on campus during the 1st or 2nd weekend in November 2018</p>	<p>No current interest from committee in Murmur Paper. Need to ask other students.</p> <p>Committee to let HC if they want to help with NMC 2018 either in running it or hosting from Friday night (Medic Mayhem)</p>
<p>4.</p>	<p>Any other business</p>		
	<p>4.1</p>	<p>Action points from last meeting not yet completed</p>	<p>MW to contact walkabout about sponsorship packages - GH to draft the email</p> <p>ED/IP to work with IH to get menu choices and dietary requirements for Winter Ball plus tell HC final numbers</p>
	<p>4.2</p>	<p>Money from freshers to sports</p> <p>HC: Could give 1/5 of total money from wristband sales but then brunch is included. Wednesday night ticket sales total £120 but this would include memberships. Difficult to work out. Where do sports get money from?</p> <p>JP: From each sports membership we get £14 and most money comes from leftovers from the coaching grant we get from the</p>	

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		<p>medical school. We have sold lots of memberships already this year (91 memberships when 105 were sold all year last year) We have black cards for Pryzm which we can offer to the captains who get the most of their team to buy membership. Also events like mathlete v athlete, zorbing, beach volleyball and sports meal and sports day. HC: Would rather give money for general things that benefit all sports rather than kit for a specific team. We can definitely commit to the £120 but sports already get lots of money from the medical school and we give a lot for sports meal.</p>	<p>JP/GB to post spreadsheet of sports funding and expenditure on MedSoc Committee Facebook page</p> <p>IH to give passwords etc to AP/ZQ for First Year Rep email account</p>
<p>5.</p>	<p>Date of next meeting</p>	<p>TBC</p>	

Minutes taken by RG