

21 APRIL 2014: President's Welcome, March Elections, Blue Party, Twilight Festival, Travel Grants Scheme, UWSMS Organisational Review and Restructure, Vice President Updates: Spreading MedSoc Love, SAWS Spot, Global and Community Conversations, Conference Corner.

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emuws
All MedSoc news. All times. All right.



UWS students at NSWMSC Cocktail Night: [Us Photography](#)

President's Welcome

Welcome to our fourth edition of eMUWS! Below you will find some important announcements, upcoming events and opportunities to get involved in your MedSoc! eMUWS (our student newsletter) is MedSoc's major form of communication with all members so make sure our emails aren't going to your Spam/Junk mail folder!

Post-Annual General Meeting (AGM) feedback

Thank you to all students who attended our AGM on 31 March, where the 2013 & 2014 Presidents' and Treasurers' reports were presented to our members, with an opportunity to ask questions about your MedSoc. A list of constitution changes which were passed at AGM will be put up on the UWSMS Website shortly. If you have an interest in our organisation and want to provide us with feedback, please get in touch with me, I would love to hear from you and include your ideas & suggestions in better serving our members - read below for a separate announcement about organisational restructure!

Mental Health First Aid for Medical Students

Are you interested in learning skills to assist your peers and other adults who are experiencing mental health problems? The tailored Mental Health First Aid for Medical Students self-paced eLearning course is currently free to Australian medical students who enrol before **30 June 2014** (thanks to funding from the Department of Health and Ageing). Head to the online portal to enrol - <https://online.mhfa.com.au>.

Changes to Travel Grants Scheme

As mentioned at our 2014 AGM, we have the pleasure to announce that our Travel Grants Scheme (TGS) has been reviewed and improved. In a nutshell, the amount of money allocated to students attending or presenting at academic conferences increases by \$1,500, with a grand total of \$7,500 given back to members in the form of travel/conference scholarships yearly. The maximum amount that any student can claim in one calendar year increases by a massive 120%, more than double what it was last year!

Youth Take Action on NCDs: A Focus on Tobacco Control

This will be a full-day workshop held in Melbourne on **4 May 2014**, bringing together young leaders and leading health experts. The event is organised by the International Federation of Medical Students' Association, the World Heart Federation & the WHO, and will explore cutting-edge issues in tobacco control and highlight youth initiatives from around the world. Some of the topics covered include plain

packaging, marketing tobacco, advertising and youth action against tobacco. The event is free of charge, but places are limited and participants must **preregister by 30 April via this [link](#)**.

Call for new position: UWSMS Alumni Officer

We are currently looking for a motivated and passionate student who would like to be involved in MedSoc and help in setting up our very own UWS MedSoc alumni network! This position would be similar to a subcommittee position, reporting to and working under the guidance of the UWSMS President.

Some of the ideas for this year include creating up to two alumni newsletters per year, organising a yearly alumni-specific social event/reunion, as well as inviting our junior doctors to attend our events either as guest speakers or clinical tutors.

The UWSMS Alumni Officer will work closely with the President, as well as the Publications & Communications Officer, Treasurer and Sponsorship Officer - providing invaluable insight in the inner workings of UWSMS! Please get in touch with me as soon as possible if you would like to get involved, we would love to have you on board!

Neel Gobin

UWSMS President 2014

president@uwsms.org

March Elections

The March 2014 Election results are in! Congratulations to all the newly elected members. The UWSMS Executive would also like to recognise the high standard of nominations that were received.

To find out who your newly elected representatives are, head to the [UWSMS Website!](#)

Leah Seneviratna

UWSMS Secretary 2014

secretary@uwsms.org

Blue Week

As we know, the mental health of doctors and medical students is a serious concern both in the medical profession and the community. As a profession, we have high rates of depression, anxiety, suicide, substance abuse and self medication.

With this in mind, it is almost a certainty that either you, one of your patients or someone close to you will need support for mental health issues. It's time for us to end the stigma surrounding mental health.

From the **12th - 16th May** we will be holding Blue Week. The aim this year is to help you identify where you are on the mental health spectrum and understand where to get help when you need it.

Stay tuned for more details about competitions and events running throughout the week at Campbelltown campus, Macarthur Clinical School and Blacktown Clinical School.

Lana Nguyen

Wellbeing Officer, AMSA Subcommittee

amsa.wellbeing@uwsms.org

Blue Party

Blue Party has arrived to fight off the impending exam blues with an awesome night that not only helps you but others too, by raising funds for charity.

This year all Blue Party profits will be donated to [Black Dog Institute](#). Black Dog Institute carries out

various research and educational programs around the country to empower medical professionals, students and the community with the skills necessary to help those who suffer from mood disorders.

- **Where?** Hugo's Loung - Kings Cross
- **When?** Friday May 16th, 8pm
- **What's there on offer?**
 - \$6 house spirits, beer and wine all night
 - \$10 Blue cocktail, \$6 between 8:30pm and 9:30pm
 - Free complimentary drink between 8:30pm and 9:30pm
 - \$5 pizzas (renown Hugo's pizza)
- **Price**
 - Early Bird Price, April 22nd - May 7th :
 - \$12 p.p OR group of 5 for \$50
 - Normal Sale, May 7th to May 14th:
 - \$14 p.p. OR group of 5 for \$55

Tickets are limited so be quick to grab them! Sales open on 22nd of April and close May 14th 11:59pm or until sold out at the [UWSMS Website](#).

Read on for details on how to win a **50% discount for those who buy a group package** once ticket sales open on Tuesday the 22nd April at 9pm!!!

Much Love,

Edgardo Solis

UWSMS Social Co-ordinator 2014

social@uwsms.org

Get Involved in Twilight 2014!

The 2014 Twilight Festival is almost upon us! Twilight performance applications close on the **28th of April**, so get them in to twilight@uwsms.org.

Also, if you're interested in helping out on the night with stage managing, sound, lights, recording, or anything at all, please shoot us an email.

Kale Munien and Carissa Watt

UWSMS Twilight 2014

twilight@uwsms.org

Travel Grants Scheme - Apply Now!

Don't forget to submit your TGS applications, for a chance to be reimbursed for either presenting or attending conferences (from a set funding pool)!

Applications for academic conferences from **1 January to 30 April** must be submitted by **Wednesday 30 April**. Presenting a research paper/poster at your nominated conference makes you eligible for a travel scholarship to the value of \$500, and you can be granted up to \$250 for attending an academic conference.

Applications for non-academic workshops or other up-skilling events held at any time throughout this year must be submitted by **31 December 2014** (up to \$250 per conference).

The TGS application policy is currently being re-written and will be available on the [UWSMS Website](#) within the next 5 days. If you have any questions about the TGS application process, please get in touch with me directly at travelsgrants@uwsms.org

Jonathon Nursey

UWSMS Treasurer 2014

treasurer@uwsms.org

UWSMS Organisational Review & Restructure

We are currently reviewing all our committee structures (Executive, Council, Subcommittees) and will be undergoing a restructure in order to facilitate clear, open communication that can enable organisational learning and clarify accountability for results.

Over the recent years, we have determined that new skills have been needed to meet current/expected requirements and as a student volunteer organisation, a new & better mode of operating would lead to improved productivity, increased effectiveness & efficiency as well as reduced personnel turnover. UWSMS is committed to provide the very best to our students, whether it be in terms of various support networks or academic/social/upskilling events.

We are currently inviting all our members to provide us with feedback on how we can better the organisation and restructure the Executive Committee so that our Council and Subcommittees can be empowered and produce better results. I look forward to receiving your feedback - please share your thoughts and ideas until **10 May 2014**, via the email address below.

Neel Gobin

UWSMS President 2014

president@uwsms.org

Vice President Updates

Spreading MedSoc Love

Thank you to all of you who submitted a med-joke to our wall and made our last fortnight side splittingly hilarious!

After much deliberation the joke that sent us into disarray was by:

Thomas Pearson, Year 4.

Q: Who did Mrs. Pig call when her husband started experiencing some chest pain?

A: The hambulance

We have been quite impressed by the humour you've all displayed. Laughter truly is the best medicine!

Congratulations and we will contact you shortly regarding your prize!

Competition 3 – Love is blue



In the spirit of Blue Week, that is fast approaching this edition's Spreading Medsoc Love is all about Blue Week, Blue Party and everything blue.

The prize this edition for SML is a **50% discount for those who buy a group package** once ticket sales open on Tuesday the 22nd April at 9pm!!!

What do you need to do though? Well, we've made it as simple as possible for you.

1. Go to the UWSMS Facebook page and have a look at our cover photo (**AND LIKE IT**)
2. From here try to figure out the riddle below
3. Email your answer to vp@uwsms.org
4. If correct you will receive a confirmation email
5. Reply to this email with the names of 5 people (including yourself) for the group discount

Riddle me this...

Once your screen has been bathed in blue,
 Among the waves floats your buoyant clue
 Four to your right and down a few
 Be sure to select the appropriate hue
 Join us in the fight against our tests
 But keep in mind that my dog is the best
 Now tell me now that you don't feel hunger
 'cause on the night this you better not chunder.

Answer?

Happy riddling everyone.

Aaron Coleman

UWSMS Vice President 2014

vp@uwsms.org

SAWS Spot

ANZ Introduction to Plastic Surgery Conference

SAWS would like to remind all UWS meddies that applications for positions at the **ANZ Introduction to Plastic Surgery Conference** are still open and we are encouraging any students considering a career in plastic surgery to attend.

The event will be held on **Saturday the 17th of May at Concord Hospital**. There will be a number of

subspecialty sessions presented by plastic surgery registrars and consultants as well as career and clinical workshops and a research presentation competition.

Interested students should visit the website www.anzipsc.com to register or obtain further information about the conference.

Matthew Knox

SAWS Publicity Officer 2014

saws.publications@uwsms.org

Global and Community Conversations

Auction Night

Actions speak louder than words so come along to GHAWS' annual Auction Night on **Monday 28th April** at 5pm in UWS Connect. There will be an amazing array of items provided by staff & students including:

- 10 person paintballing session,
- An 'introduction to flying' lesson and
- German Night Out with Gerald Muench.

More information about the event can be found on the [UWSMS Website](#).

Proceeds raised on the night go towards the purchasing of Birthing Kits as well as a number of other GHAWS initiatives!

Live Below the Line

It's time to get competitive!

The AMSA Global Health Live Below the Line campaign coordinates students from 20 medical schools around Australia to feed themselves for **\$2 a day for 5 days**, from **May 5th to 9th**, and to raise funds to provide educational opportunities in East Timor while they do it!

To get involved join the Facebook group [here](#).

National Health Forum

This May, AMSA and AMSA Global Health are proud to present a new initiative: the National Health Forum! The National Health Forum will bring together politicians, medical students and the youth-led organisation, Oaktree, in debate on a controversial global health topic.

The National Health Forum will be broadcast live from 6:30 - 9:00pm in the small lecture theatre, School of Medicine, on May 1st. You can find the national Facebook event, and all the details, [here](#).

Dani Abosh

UWSMS Community and Global Health Officer 2014

commglob@uwsms.org

Conference Corner

Head to the [UWSMS website](#) for a comprehensive list of conferences.

UWSMS is proud to support member attendance at conferences through our [Travel Grants Scheme](#), which aims to ease your financial burden.



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**The eMUWS mailing address is:
emuws@uwsms.org**