

MANIFESTOS FOR 2016-17 COMMITTEE

PRESIDENT	
Katie Brown	<p>I would like to apply to be president of PsychSoc so I improve its profile as a society and encourage students to not just think about considering a career in psychiatry but to improve awareness in general of mental health issues in all of healthcare. No matter what profession we will choose we need people to know that mental health will always pop up at some point and, since the phase 1 curriculum covers hardly any mental health, the talks that I will arrange will provide an understanding of common issues.</p> <p>I already have a lot of contacts from my previous work with the society and from involving myself in psychiatry outside of university too. I am in the process of arranging some events for before Christmas, including a talk from the president of RCPsych, Professor Wessely, and from some specialists in LD psych, and I would like to be able to continue to organise these. After a year as co-president, I know what the society needs to be even better and I have become more aware of how to lead it to create successful events. I also have plenty more ideas that I want to continue to push for such as an outreach programme to teach about mental illness in schools.</p> <p>Since I have just started an intercalated year I feel like I can give a lot more time and focus to the society and I am excited at the prospect of working with a new team who are enthusiastic to bring new ideas to the table. I continue to have a great interest in psychiatry and I hope that through the society we can make more and more people just as interested as I am.</p>
David Salam	<p>I was a committee member of Psych Soc back in the 2013/14 academic year as a publicity officer. Between then and now I have been involved in other societies such as Leicester Insight and the Leicester Medical Revision Society. These experiences give me some insight into some of the practical difficulties in running a student society, given how busy we already are.</p> <p>The reason I am applying for this role is because of my fascination with Psychiatry as a speciality. Mental illness has been a strong interest of mine, and I am just returning from completing a BSc in which human psychology was the main theme. Having attended events since first year, I found Psych Soc a great platform to meet other similarly minded people and equally to get different views on difficult topics, such as violence in the mentally ill, both from students and professionals.</p> <p>Events like MedFest presented mental illness in an accessible format that attracted people, even those not interested in Psychiatry as a career path. I would like to be a big part of Psych Soc continuing to be a place where discussion and understanding of mental illness is promoted. I would look forward to working at the heart of a team of people keen to create conversation about psychiatry, and mental illness as a whole, at Leicester Medical School.</p>

VICE PRESIDENT

Amy Elliott

I've really enjoyed my first year on the committee as the Phase 2 representative. As Vice President of PsychSoc I would aim to improve the support to phase 2 students in their mental health education by holding mock mental health IPE OSCE sessions. I would also like to encourage all students to consider psychiatry as a career.

I have previously been the Vice President of LUSUMA so I have experience in helping to lead committees and I would really enjoy supporting the President in their role. I am organised and extremely passionate about psychiatry and I would love to bring this enthusiasm to the role of VP of PsychSoc.

Amy Legister

Hello! My name is Amy Legister and I am applying for the position of Vice President 😊

I am very suitable for this role because of the experience I have gained from being a part of PsychSoc for two years and also because of my huge interest and passion in psychiatry. Fundamentally I want us all to continue finding out more about all aspects of psychiatry and tackle the surrounding stigma; being Vice President would allow me to assist in this. I am organised, flexible and prioritise well. I am confident that I can raise committee morale and ensure we are helping each other out and working as a team. We will be able to learn, educate and decrease stigma!

I loved listening to the talks from core trainees and people suffering from mental illnesses so I would continue these. I am happy and willing to help the liaison officer engage with established and new contacts to ask for more of these talks to be given. Our events have given me a huge insight into what psychiatry is like not just for a professional but also as a patient and I think this is a valuable thing that people would enjoy discovering.

'Movies for the Mind' has been a great success and I would also love to continue this. We could further extend it by adding an active discussion at the end of the film and creating an open environment for us all to learn more about these issues and tackle any misconceptions we may have.

PsychSoc has come a long way as a society but I still think we have more to go to become the society we all envision and want it to be! We can do this by further increasing awareness of the events we hold and encouraging not just medical students but the general student population to attend too. This is how I believe we can tackle stigma and help educate not only our friends but ourselves too. I would love to group with the committee to share and come up with more ideas of exciting events/talks/activities for the coming year.

I am genuinely keen for psychiatry and have demonstrated this by helping arrange the event with the president of the RCPsych, getting involved in psychiatry speaking competitions and being an active member of the committee! I hope you have been able to see the enthusiasm and passion I would bring to this role!

TREASURER**Lucy Bleazard**

I have been on the PsychSoc committee for two years now, so PsychSoc is something I'm really passionate about. Over the past couple of years, I have seen PsychSoc go from strength to strength, and really want to be a part of it for another academic year. Psychiatry and mental health are topics I have always been interested in, and I believe PsychSoc plays an important role in the psychiatry education we receive during our time at medical school.

In terms of my eligibility for treasurer, I believe I'm more than qualified to take on the role, as I'm very familiar with the funding processes involved with PsychSoc and how the society works. As I'm intercalating this year, I will have a lot more time to dedicate to the society, and hope to be a part of its continued growth and improvement.

I hope you consider my application and choose me to be your PsychSoc treasurer for the year 2016/17 – thank you! ☺

Marsha Green

Hi everyone, my name is Marsha Green and I am currently an intercalated BSc student. I have decided to apply for the position of treasurer of the PsychSoc this year; as due to my more flexible timetable, I feel I would be able to give the role the time and energy required.

I feel I would be suited to this role as I am an organised individual, with good time management skills.

Mostly I want to be part of this societies' committee as I feel very strongly about psychiatry education and how little of it we receive in phase one – although hopefully this is changing with the new curriculum.. The fact that our teaching in psychiatry is so limited despite the fact that mental health permeates everything we do as medics – most especially in general practice where approximately half of us will eventually work, puts us not only at a disadvantage but denies us in-depth study of one of the most interesting and often controversial areas of modern medicine, (at least until phase two).

Overall I feel that I could bring a level of passion for the topic to the position, as well as dedication and practicality.

SECRETARY**Tom Scurr**

I would like to apply for the position of Secretary on the PsychSoc committee. I am a big supporter of the society and have thoroughly enjoyed all the events I have been able to attend – particularly meeting the trainee psychiatrists. My first degree is in neuroscience and psychology and I have several years experience working in psychiatry both in inpatient services and in the community, which I continue to do outside of university. Psychiatry is the reason that I applied to medicine and continues to be my primary interest (as much as I enjoy other aspects of the course), and I am continuing to seek out new ways I can develop my understanding of the field as I study. I feel I will be able to contribute to the society in both practical and administrative ways, and would be thrilled to have the opportunity to get more involved. I am very happy I have been able to

	<p>contribute in a small way already as an unofficial first year representative, and I look forward to being able to work more closely with the committee, regardless of the role this takes in the future. I can't stress enough how much I support the work of the society raising awareness and discussion around mental health, as well as promoting psychiatry as a career path for medical students (we all know how undersubscribed psychiatry is). As a member of the committee I would be keen to further the society's involvement with medical students, who experience some of the highest levels of stress and resulting mental health difficulties.</p>
Victoria Strawson	<p>I am a 3rd year (equivalent to 4th year) medical student now in phase 2 of the course. I have always had a keen interest in psychiatry and I came into medicine with this at the top of my list of careers to pursue. Since starting phase 2 I have completed my psychiatry block, psychiatry SSC and am also working on a project with a psychiatrist at the Bradgate unit in my spare time. I worked full time as a Mental Health nursing assistant and also now do this part time outside my studies. I am really interested in getting more involved with psych soc and would relish the opportunity to be a part of the committee. I am applying for the position of secretary as I am a very organised person and am always keeping on top of my emails and admin. So this would be an enjoyable position for me and a great way to keep fully engaged in the on goings of psych soc. I also think this is the most appropriate position for me bearing in mind my position in phase 2 – doing shoutouts etc may prove to be rather difficult if I am on outblock.</p>
Chloe Warner	<p>I would like to apply for the role of secretary for the coming year. Psychiatry is not only something that interests me greatly as a career but with 1 in 4 people in the UK experiencing a mental health problem each year it is also high in prevalence and very important. I feel that even with recent developments over the past few years there still needs to be a lot more done to publicise mental health and reduce the stigma, not only with the general public but health professionals too.</p> <p>I have spent the last two years on the University Cheerleading committee which has developed my communication and leadership skills and given me an insight into how a committee runs and what it involves. I see myself as an organised individual who would fit into this role well and gain a lot from it, I would love the opportunity to give it a go!</p>

PUBLICITY OFFICER (x2)

Kinza Asim	<p>I'm a second year medical student and I'd like to apply for the position of publicity officer for your society. I have experience in past committees with IT, design and advertising as well as organising fundraising events and I would love to be of any help to your society especially as psychiatry is something I'm very passionate about and it's a career choice I'd like to explore further. Awareness of mental health and wellbeing as a student body and society is also extremely important to me and I would very much love to be a part of the driving force that spreads this awareness to others throughout the medical school. I would greatly appreciate if you would consider me for this role as I am more than willing to bring my experience and passion to a platform where I can reach out to others and spark conversation about psychiatry, not only as a career option but as an insight to mental health.</p>
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<p>Rosanna Holdsworth</p>	<p>I'm a medic fresher this year and found your Facebook page when I was looking for info about PsychSoc.</p> <p>At 26, I'm a little older than is standard for a medic and I have had quite a varied educational life. This is because I have lived experience of mental health problems, which has fueled my interest in psychiatry as a specialty. As a result, I'm very enthusiastic about all things psych and would love to play a key role in the society.</p> <p>I was fortunate enough to attend Edinburgh's National Student Psychiatry Conference this year. It was a great opportunity to see how an effective student psych soc can be run, and it definitely inspired me to help us to do the same in Leicester.</p> <p>I know that the Royal College of Psychiatry is keen to promote psychiatry as a specialism, as medical students encounter serious stigma during their education and pressure to disregard it as a career prospect. I'd really love to work to get students excited about psychiatry and to take away the fear of mental health patients that still seems endemic amongst medics and the general public.</p> <p>So that's a bit about my reasons for picking you. Why would I be a good Publicity Officer? Well I'm reasonably handy with computers and active on social media. I'm passionate about psych as a subject and happy to talk to anyone about it. I'm also into art and would like to get stuck into making posters for events.</p> <p>A brief bit about me: I love animals, my main hobby is creative writing and I'm currently learning about psychopaths.</p>
<p>Prabha Venkat</p>	<p>My name is Prabha and I am currently a 4th year medic. I have been interested in joining the Psych Soc committee since my Mental Health rotation earlier on this year at the start of Phase 2. Though previously apprehensive, I found that I really enjoyed the rotation, especially the level of patient contact and being able to get to know a patient personally over an extended period of time. It is this, I feel, that makes Psychiatry such a rewarding speciality, more so than even General Practice, where doctors may only get a snapshot of a patient's complex story. The experience has really attracted me to Psychiatry, and I would be an enthusiastic member of the committee. I have chosen to apply for the position of Publicity Officer. I have had previous experience with publicity for Leicester Medical School Revision Society, having been on the committee for two years as First Year Representative and Second Year Representative. In these roles I have given shout-outs, sent out e-mails on behalf of the society, set up Facebook pages for events and helped in the organising and running of these events. Therefore, I feel I would be well suited to carrying out the duties of Publicity Officer for the society.</p>

LIAISON OFFICER

Saara Adam

Mental health awareness seems to finally be reaching the masses and society is much more engaged with topic. Psychiatry has always been an interest of mine and I have admired the society and what it stands for. Currently, I am a society member but would love the opportunity to make an impact on the committee level. Running Medsin Leicester last year as President has provided me with first hand experience in managing a society: leading and working with teams, prioritising activities, documentation etc. Having spent two years on the Medsin Committee has enhanced my communication skills, as well time management and organisational skills. As I am currently on out-block (phase 2 placements), I am available to Facetime/Skype during meetings and correspond via email etc. Quick and effective communication between the society and external parties ensures the smooth running of activities. As Liason Officer, it would be my priority to ensure this.