



A Year in Review

National Committee 2016/17

STUDENTS
FOR
GLOBAL
HEALTH

FORMERLY MEDSIN

“A fair and just world in which **equity in health** is a reality for all.”

Contents

Foreword.....	3
How to use this document.....	5
Reflection on who we are.....	6
National Director.....	7
Director of Branch Affairs.....	9
Director of International Affairs.....	10
Secretary.....	11
Director of Finance.....	12
Communications Director.....	13
Global Health Education Director.....	14
Training Director.....	15
Affiliates Coordinator.....	16
National Exchanges Officer (Outgoing).....	17
National Exchanges Officer (Incoming).....	18
National Officer for Research Exchanges.....	19
South West Regional Coordinator.....	20
Midlands Regional Coordinator.....	21
Policy and Advocacy Director.....	21
Global Health Education in Schools.....	23



Foreword

STUDENTS FOR GLOBAL HEALTH

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Dear Students for Global Health,

It is with immense excitement that I introduce you to a year in review of Students for Global Health.

It is only fitting to start the introduction by acknowledging a huge shift for the movement this year as we changed our name from Medsin to Students for Global Health! Whilst there is and will always be a huge fondness for our former name, 'Students for Global Health' captures why we exist, who we are, what we do and how we are a movement, working together, for change.

In the year gone by, we have continued to see a rise in inequality, the exploitation of our planet and conflict around the world.

These are not happening in isolation. As Jason Hickel writes in his book, 'The Divide', "...poverty isn't just a natural phenomenon...It is created by a system that has been carefully designed to benefit some - rich nations, multinational corporations, powerful individuals at the expense of most of the rest."

The last year has seen people from all over the world unite to shout 'No!' No to the abuse of people and planet, No to the destruction of Our NHS, No to this system.

As Naomi Klein explains in her recent book, however 'NO IS NOT ENOUGH!' We need to come together in solidarity and imagine a future where a fair and just world in which equity in health is a reality for all.

We have spent the year in Students for Global Health trying to educate, advocate and act for that future, as you will see in the review.

Here is a bit of a glimpse of what we have been up to...

EDUCATION

- Around 1000 students attended 6 Global Health Short Courses around the country in Bristol, Cardiff, Leeds, Sheffield, Leicester, Newcastle.
- We piloted our Global Health Education in Schools project in Leeds and Aberdeen - working with children in both primary and secondary education.
- Over 500 students attended our conferences in Glasgow and London
- Global Surgery National Working Group hosted really successful Conference, 'Beyond Borders: The Future of Global Surgery'

ADVOCACY

- We joined forces with Medact and Healthy Planet with the 'Fossil Free Health' campaign to target health institutions, including the BMA and Wellcome Trust to urgently divest from fossil fuels.
- We collaborated with People & Planet to create a 'Movement Building Guide' to support people advocating for change.
- We supported Doctors of the World's campaign to StopSharing patients' data.
- We shared our vision of a more equitable future at the 'Improving the Health of the Public by 2040 conference'

COMMUNITY ACTION

- We marched against Donald Trump's Travel Ban
- We marched for OurNHS
- Branches around the country partnered with local organisations.

It has been the greatest privilege for this year's national committee to endeavour to support you locally, nationally and globally in the unbelievable work that you do. At times, stuck behind a computer, it can feel like hard work but then we talk to you, we hear your stories, we see you at events and the movement is inspired

This review aims to inform you of our activism we have been involved in this year, to share the lessons we have learned and to inspire the movement to leap.

Enjoy reading!



Ben Eder
National Director 2016/7

Using this document...

This document has been created to not only reflect on the year 2016/17 as National Committee but is also full of recommendations for future years. Please get in touch with authors if you have any queries regarding content.

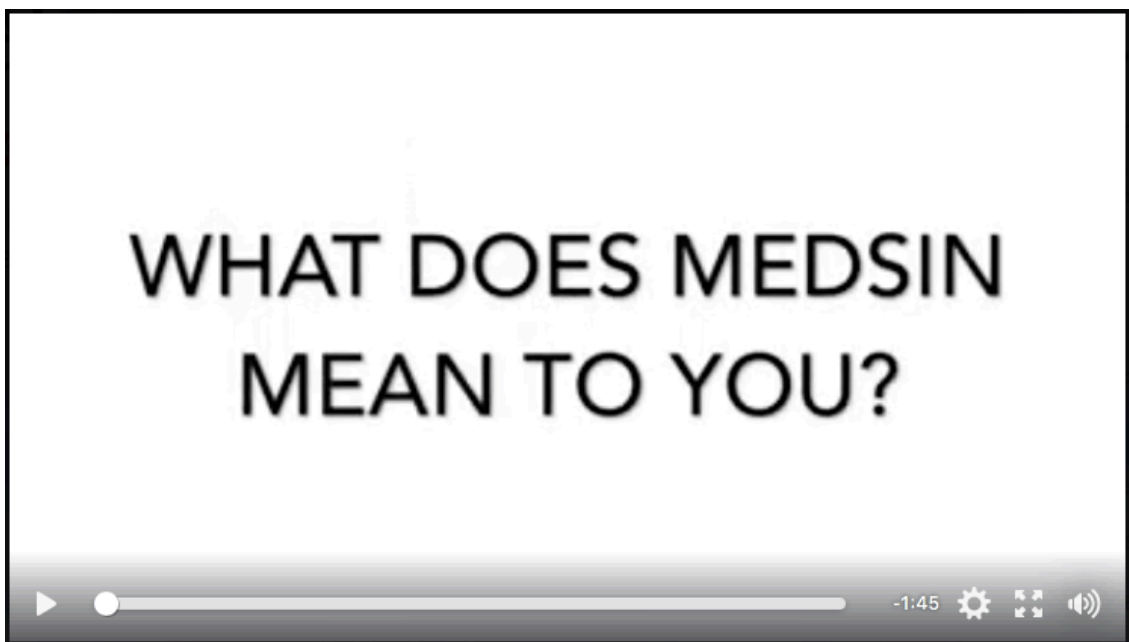


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Reflection on who we are...

At the beginning of our term, we asked ourselves “What does **Medsin** mean to us?. Watch our responses in the video below.



In this new era of our network, we encourage you to consider “What is **Students for Global Health** to you?”...



Ben Eder

National Director



I am so immensely grateful for finding Students for Global Health. It has challenged me, it has changed the way I look at the world, it has given me the training and space to imagine a different world, it has given me friends for life and people I love, it gives me hope.

This last year has been unbelievable. I have spent almost all hours of the day, every day, immersed in first of all Medsin and now Students for Global Health. It has been hard sometimes, there have been challenges, long nights after coming back from placement, the frustrations of spending a lot of time looking at people on a screen. Mostly though, I have loved it. I have loved being on National Committee alongside incredible, passionate, creative people. I have loved being a member of Students for Global Health. Thank you to all of you, who have made it so special, you are all legends.

Successes

- We are Students for Global Health!
- Becoming Partners with Medact, RSTMH, Child.org, AMSA, AVS
- Speaking at the conference 'Improving the Health of the Public by 2040' and us being invited to form a working group to do this
- Collaborating with Doctors of the World on the StopSharing campaign
- Collaborating with Medact and Healthy Planet on Fossil Free Health
- Collaborating with People & Planet to create a Movement Building Guide to empower members
- Developing processes around

how we do things and how we work as national committee

- The atmosphere at SGA
- Putting the LTDP into Action - the training day, the movement building guide, the new website, the change in name, a stronger connection to our identity

Challenges

- There is always more to do
- Doing too much in general and burning out
- Getting everyone together, communication and remote working
- Finances and the bank
- Other things are going on, life, uni, being on elective
- Joining together all of the parts of the movement

The following are some of my reflections over my 9 months as National Director and also a general reflection of being a Student for Global Health.

Be kind to yourself, be Mindful

Activists. I heard the term 'mindful activists' used at a Bristol branch Global Health Short Course event by one of the speakers there and it has stayed with me ever since. I am mostly not very good at being kind to myself but it is so important. We care so much about what we are trying to do that it can often feel, understandably, overwhelming. It's

so important to take a break, do the things that we enjoy, see the friends and family we love, read stories, meditate, go for a run, listen to music, eat well, sleep well, be conscious of what we are doing right here, right now and generally look after ourselves and each other!! It's partly so important because it is being kind to ourselves, it is being mindful that rejuvenates us and empowers us to continue the activism, to continue advocating for our vision.

We're a team. A lot of the work that we do is online, in front of a screen and it can be easy to think that we are on our own. We're not! We are part of this team, whether that is national committee, the local branch, a national working group, an affiliate. We are a movement! I definitely spent a lot of time thinking about a challenge on my own or was trying to do things on my own and would keep going round in circles. I forgot to reach out when I needed it. All the team were there for me when I did, all the movement is there for us, if we need it. The solutions that we came up together were way better than the ones in my head.

Lollipops. Those that have seen the Ted Talk by Drew Dudley will know what I am saying, if you haven't... watch it! There are so many moments that impact on us and perhaps completely change our thinking or direction - the lollipops. Drew Dudley challenges us to create a culture of giving out and saying thank you to people for these lollipop moments.

Feedback is a gift. Feedback is a gift as Felicia Yeung, Trainer, former National Director, and past Trustee, has continuously reminded me since I said this at a Training New Trainers weekend that I participated in. She is right. It is so important. Feedback is our way of knowing how we are doing, what are we doing well, how can we do better - for the vision we are working towards and also for ourselves. In my experience, Students for Global Health creates this welcoming and inclusive environment where people are there to support each other and where feedback comes from a place of believing in people and the movement. Thank you so much to all the people that have given me feedback, positive and constructive. Let's keep giving out and receiving feedback - it is a gift.

Let's dance and have the courage to follow. This is from the awesome Ted Talk about creating a movement. I have on occasion danced this year (mainly to LCD soundsystem, All My Friends - try it!) including at the National Committee Meeting 3 in Leeds and it is amazing how much fun we had as all of NC joined in dancing and laughing. We are a movement and the metaphor of dancing is about making people, everyone feel part of the movement and also about seeing our vision of 'A fair and just world in which equity in health is a reality for all' and having the courage to do things differently and think of innovative / creative ways to work towards that vision. The creating a movement video also teaches us to have the courage to follow those that have started dancing and believe in people's ideas and it is that courage and leadership that can help the movement go over the tipping point and gather momentum. We are in such a great position as students to have the courage to follow others, like Medact, like People & Planet, who are doing amazing things. Let's continue to have the courage to collaborate and to recognise the synergy of working with others towards our vision.

Systems Not Silos. I remember finding it difficult to quite grasp what Students for Global Health did when I first joined my local Bristol branch. As I move on to the board of trustees, I feel I understand a bit more. I leave with the feeling that it is Students for Global Health's recognition that the causes of health inequity and social injustice are deeply and inherently connected and Students for Global Health's belief that we require system change to fulfil our vision that makes the movement so incredible. We need to keep seeing the connections within Global Health and put solidarity and collaboration at the heart of solutions.

Change is the everyday. As well as the lollipop moments that Drew Dudley talks about in his Ted Talk, he reminds us that is the everyday interactions between people that are so fundamental to connection, community and change. Jason Hickel writes in his phenomenal book *The Divide*, "global inequality is not a matter of numbers and figures and historical events. It is about real lives, real people. It is about the aspirations of communities and social movements over generations, even centuries. It is about the belief, shaken with doubt from time to time but otherwise firm, that another world is possible." As well as advocating for wider policy change, we need to put people first and give space and time to connect with those around us.

Keep the hope. I often feel overwhelmed by what is going on in the world... I forget that it is ok to feel that. Students for Global Health and the people in the movement have given me so much hope over the last few years in working towards social justice. We need to keep the hope. We need to keep helping others keep the hope, hope that a vision of a fair and just world in which equity in health can be a reality for all.

Imagine and leap. Naomi Klein in the unbelievable 'No is Not Enough' describes that in the last few decades that we have resisted change, we have protested but we have not come together to reimagine the future. In other words, saying No, is not enough... I think part of Students for Global Health's role is driving forward blue sky thinking and imagining a different future. I can't say it better than Jason Hickel, who ends *The Divide* with "Once people begin to reject the single story of development, the future is fertile and rich with possibility. We need only have the courage to invent it."



Director of Branch Affairs

National Committee is an amazing adventure, meeting likeminded people from across the UK and fostering a generation of inspired global health leaders. I coordinated our network of 32 branches, supporting and guiding them through from freshers' weeks to handovers – a role I loved a lot!



#globalhealthis

- Freshers' Week campaign
- Branch representation at our national events + member engagement overall
- Launch of Branch Development Fund & Rough Guides series
- Role reforms
- Memorandum of Understanding with AMSI-Ireland

Successes



- Acting as interim National Director
- Managing national committee members
- Finishing long term projects such as EMSA integration
- Final year of uni to complete!

Challenges



Recommendations...

I spent two phenomenal years on National Committee. It was hard and busy at times but I learnt more than I could have imagined! A huge part of succeeding in the role is to pace yourself and take time away from your SfGH work when you need it.

Really make the effort to attend in-person meetings. I found that endless emails and hangouts sap your enthusiasm after a while, whereas I always came back from national events and national committee meetings inspired to do more in my role and with fresh ideas of how to improve our organisation.

Never forget the members! Being on national committee is great and we gives you the platform to influence health policy on an international basis, however our organisation's power and biggest impact lies in the extraordinary efforts of our branch members day by day. In every decision think – do our members want this and will it benefit them?

Make friends for life. Students for Global Health is more than just a group of people with a similar vision of the world – it becomes like a family who laugh, cry and dream together. Relish it and give your all, you'll be amazed at how you change and begin to change the world around you too.



Director of International Affairs

I was honoured to be part Medsin's national committee, we as a team volunteered a lot of our time to help our network move towards our vision. The best part of the year for me was working with so many passionate individuals, I felt very inexperienced at the beginning but you have so many assets in the SfGH network – there is support when you need it.



- 2 IFMSA General Assemblies
IFMSA European Regional Meeting
- Involved in 6 policy commissions
- Supported Water Aids campaign on WASH
- Delivered training on international opportunities

Successes



- Losing my passport!
- Change of NC roles
- Over-committing
- Never attending a GA
- Busiest periods coincided with busy periods of university
- Bank Issues
- Small operational team

Challenges



#Training Recommendations...

Personal Development

Take on new tasks and push yourself to do things outside of your skillset – this is a chance for you to gain some skills too. Also I was never very good at organization but this role is very vast and needs you to dedicate time and remember deadlines.

Action Plan

It is really important to make an action plan for your role, which considers when you'll be busy, when your role will be busy. I would recommend speaking to your predecessor about this in your handover and asking for input from other committee members. Having a central person, like the Training Director, to check all the working plans and see where there is scope for collaboration or overlap between members of NC would be useful

Welfare

This role can sometimes take over your life, making sure you have non-SfGH people in your life is important. Making sure you talk to a buddy in SfGH who understands pressure of national committee is important. Definitely communicate when you are stressed, on holiday or busy to the rest of your committee.

Operational Teams

Many of the successes of Students for Global Health is down to the work done by operational teams. Recruit them early, utilize them well and thank them for their vital work. Diego and Anusheh helped me review policy, input into strategies and reduce my stress. Thank you both!



Alice Blewitt

Secretary



My year as Secretary on National Committee has been awesome. The role involves all the day to day admin of the committee including minuting meetings and being the general point of call for anyone with a query in the network, as well chairing the wonderful Agenda Committee.

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Reflections

The best part of being on National Committee is working within a team of dedicated global health enthusiasts as part of an even bigger network of global health enthusiasts!

The secretary role may not sound a glamorous one, but it is essential to keeping all the cogs of the network running, from branches to national working groups to national committee and international opportunities, and therefore, it is incredibly rewarding. Saying on top of general admin, minuting and following up actions from meetings are essential to the working of the network.

Recommendations

- Keep your eye on the vision and your motivations for being involved
- Reflect on your ways of working, being organised and having dedicated time for Students for Global Health work each day is really helpful
- Governance is great!
- The long term development plan is a great guide for the future development of the network
- Enjoy it, learn from and support each other, and get inspired by the network!

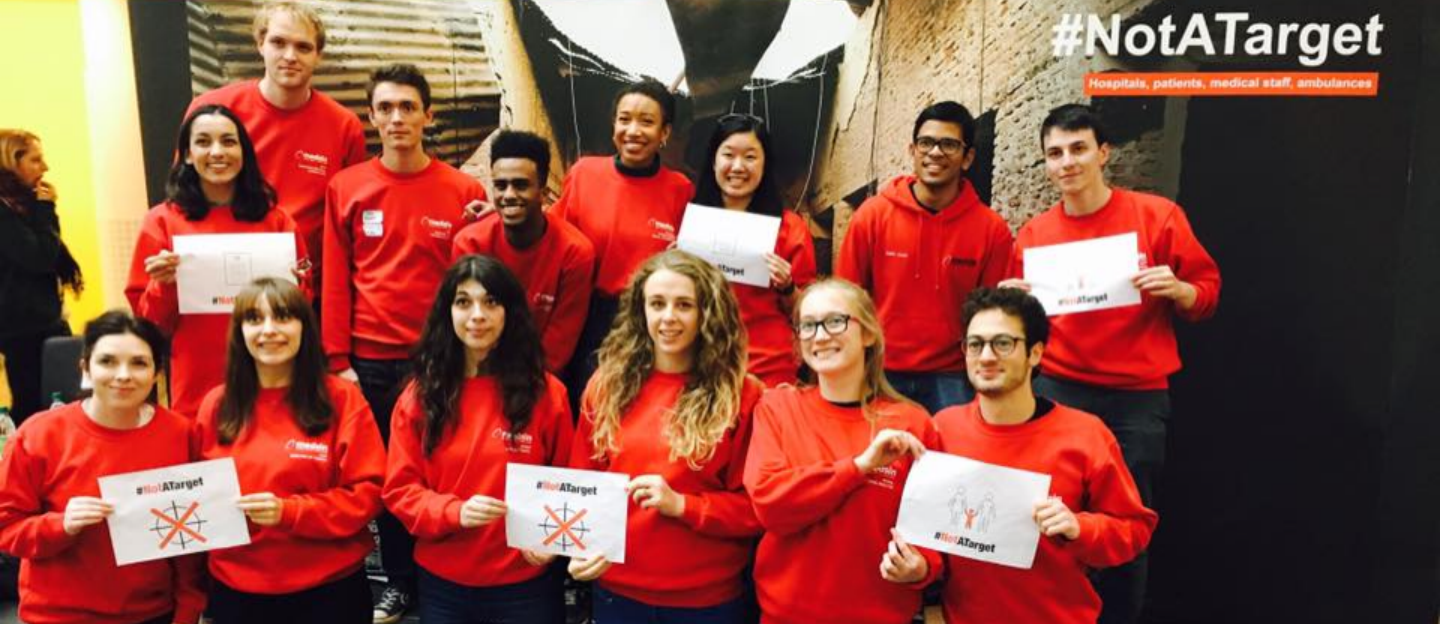
Successes

- Spring General Assembly in Newcastle (a record number of submissions and very packed agenda)
- Some stats – 25 NC and 18 AC meetings online, that's over 85,000 words of minutes...
- Many governance updates, including, of course, the name change!
- The streamlining of committee communications on Slack



Challenges

- Turbulent year for National Committee, and challenges having everyone in one place at one time is difficult
- A lot to learn very quickly, particularly within the Agenda Committee, but this was well supported
- Prioritising tasks and aspirational projects, there is always so much to get involved in and that I wanted to do, but it's just not possible to do it all!



Lizzy Morgan

Director of Finance

Successes

- ★ Fundraising
- ★ Reimbursements
- ★ International Opportunities Fund

Learning

- ★ Bank account issues
- ★ Potential funding sources

Recommendations...

Build on prior systems

There is a really good system for documenting finances. Make sure you keep up to date with documentation!

Working with the National Committee

This role interacts with everyone on National Committee throughout the year. This is great, but difficult to keep up with at times. Make sure you communicate effectively what is happening with payments and if any issues arise, then people can understand if there is a time delay.

Plan well

Stay on top of administrative tasks like communication and payments. Think before you agree to do a task, do not agree to do too much. Plan your year so that fundraising does not coincide with uni work or your social life busy times.

Welfare

ALWAYS take time out when you need to and tell people when you are feeling stressed about something. Delegate tasks that you find too stressful to someone who is able to complete them.



Emma Champion

Communications Director

It's been such a pleasure working with the Students for Global Health committee over the last year. For our network, communications is all about generating and maintaining the connections, energy, and momentum that drives all aspects of our work, as well as being on hand to support our branches and committee in telling the world about our amazing work!



- Two issues of our magazine, The Advocate launched.
- New website design and branding, thanks to an amazing team effort.
- Continual growth in our social media presence.
- Many blogs and success stories from our branches published!

Successes



- Devolved structure of our network is fantastic for our local grass-roots work, but creates barriers in communicating to our members at a national level.
- Juggling too much at once – difficult to maintain the work-life balance!

Challenges



Recommendations...

Offshoot administrative tasks

Having a small operations team to support you can be a huge help. Delegating capacity for day-to-day communications tasks will mean you have more time as the director to think strategically and invest in exciting new projects and develop our external partner relations! Think about recruiting coordinators for our newsletter, and social media, as well as liaisons from other operations teams.

Be innovative!

The way that we communicate continues to change rapidly. Thinking of ways to respond to

our wider environment and its new challenges, and getting creative in response essential when planning communications.

For instance, what type of social media content is effective, how can we communicate more efficiently with branches?

Keep welfare your top priority

Use the SFGH welfare structures in place and remember to take time out when you need to.

Enjoy yourself and remember everyone is there to support one another.



Florence Mutlow

Global Health Education Director

Being on National Committee has been a real adventure. My role has included general NC responsibilities, GHE specific work as well as taking on the role of an internal welfare officer. Overall it has been a huge learning experience summarized below in successes, challenges and recommendations.



#TrainLife

- GHE in schools
- Responsible Placement NWG
- Launch of elective checklist
- Name change
- GHE workshops delivered at conferences
- GHE Short Courses

Successes



- Personal circumstances delayed handover
- Change of NC roles
- Over-committing
- Burnout
- Financial barriers
- Balancing commitments

Challenges



Recommendations...

Build on prior work

This ensures that the network continues to grow and build year by year.

Delegation

There are lots of things to take into account when delegating. Is this task part of your role? Is it quicker to do it yourself or through delegating? Will delegating develop someone else's skills? Will this task be of value and use (nothing worse than being told to do something and then it going to waste...)?

Plan well

Stay on top of administrative tasks like emails/slack, tools such as Wunderlist can be useful in keeping track of tasks. Use SMART goals

to help plan. Think before you agree to do a task, it is better to turn down that you do not have capacity to complete.

Welfare

Your own welfare is paramount. Use the welfare structures in place and encourage your team members to do so too. Take time out when you need to. Always remember that everyone is trying their best.

Enjoy!

Sometimes work will be challenging but it is full of enjoyment. If you feel you losing interest, this may be a sign of burnout. You will learn so much and make so many friends and incredible memories! Have fun!



Training director

Joanna Marsden

My year as training director was a fantastic experience, not only did I have lots of fun but learnt a lot about how to work in a team with people living at a distance!

What went well?

- I enjoyed the vast majority of the work I did on National committee
- Ran 2 TNT's from which most participants graduated
- I maintained commitments outside SfGH preventing burn out increasing my productivity.

What didn't go so well?

- I didn't manage to achieve everything I wanted to as in part I didn't book weekends early enough and the SfGH calendar fills up quick
- During holiday (Christmas/etc) I committed to doing things, without taking account of real life getting in the way

What did I enjoy most?

- It loved working with National committee and making a group of like-minded friends.
- I really enjoyed running TNT weekends and engaging new people in the network.

What would I change?

- Spent time understanding google drive and slack earlier as investing time early on would have paid dividends as I would have just been able to do my job more efficiently.
- Not had email on my phone, I read emails and would forget to respond to them.
- Prioritised commitments to external organisations I was representing SfGH too, over National committee commitment.



I enjoyed being on National Committee so much, I am doing it all over again!!!



Jared Charlton-Webb

Affiliates Director

Working on National Committee the past year has been amazing. I've had the opportunity to undertake not only general NC responsibilities, or work with our Affiliates, but also to join the Name Change Taskforce and Website Redevelopment Team. I have also worked closely with the Agenda Committee in developing new governance. It has been such a great experience and I have learnt so much.



- Creation of 'SfGH Partners'
- Improving governance surrounding Affiliates and Partners
- Pushing *Memoranda of Understanding*
- Name Change

Successes



- Underestimating University Workload
- Financial Barriers
- Balancing commitments
- Time Constraints

Challenges



Recommendations...

Communication

One of the major aspects of this role is communication; with the rest of NC, the branches, and our Affiliates and Partners. Regular set periods of communication enable you to achieve what you need in a much smoother way.

Organisation

Planning and organising workload will make your life so much easier. Keeping up-to-date with Slack/Emails/Whatsapp *etc.* helps so much. Also, make set times per day/week to attend to SGH work. If you do it *ad hoc* you will miss something.

Welfare

Look after yourself. Burnout is real. You have a degree, your social life, any sports or hobbies, and now SGH NC to add to it. If you're struggling – speak to people. I promise you that your NC can and will help. If you need a break or some support, say so.

Have Fun

This year is going to be so much fun. You will become so close with your fellow NC members. You will have the opportunity to go around the country to talk about what you love. Take this opportunity with both hands and have the best time!



Lucy Singh

National Exchange Officer (Outgoing)

It's been an incredible year on National Committee as National Exchange Officer (NEO) Outgoing. I've had the opportunity to engage in work locally, nationally and internationally – showing me how amazing our network is and all the hard work put in by our members!



- Successful national training weekend attended by students from 8 branches
- Representation of SfGH-UK at external and international events
- National outgoing exchange spots secured
- Governance review and update

Successes



- Universities not wanting to allow IFMSA exchange program
- Time constraints
- Barriers for students across the network engaging in international opportunities

Challenges



Recommendations...

Look back on previous work

This helps with continuity, and figuring out what did and didn't work in the past.

Divide Tasks

The NEO-outgoing and the NEO-incoming have many of the same tasks to work on. It saves time if you divide up who is taking the lead on different ideas and tasks between you, and means you can achieve more.

Be organised and strategic

Don't let emails hold you back – keep on top of them so you can work on development and new ideas for exchanges. Be strategic about how you work so you can achieve what you set out to.

Operational team

Operational teams provide the chance to delegate some of your workload, as well as helping capacity build for individuals who want to get more stuck in to national work. Having an operational team for exchanges means more help for developing the exchanges network.

Go to international events

Try and go to international events like the European NEO-NORE Weekend as well as the bigger events like general assemblies.

Have fun and remember the bigger picture!

Sometimes it can seem like all you do is reply to emails. At times like this, take a step back and look at all the amazing work going on across the network, and remember the bigger picture. Make sure you have fun!



Gemma Whyatt

National Exchange Officer (Incoming)

I have absolutely loved my role on national committee as National Exchange Officer for Incomings (NEO-in). Getting to work with such an inspiring group of people on issues we really care about has taught me a lot, and I feel like we've really made some progress with Exchanges too!



- Successful national training weekend attended by students from 8 branches
- Representation at external and international events
- Delivery of training on global health placements abroad
- First exchanges at 2 new Local Committees

Successes



- Difficulty with universities
- Time constraints & workload
- Financial barriers for students
- Complicated beaurocracy preventing some students arriving
- Some local handover issues

Challenges



Recommendations...

Prepare

Certain times of the year are much busier than others for Exchanges. Make a timeline at the start of the year along with the NEO-out to plan your time and make sure nothing gets left behind!

Engage Internationally

Let's prove to the world that despite Brexit we still love our overseas friends! IFMSA events such as trainings and conferences are an incredible way to build international relationships, share ideas and get inspired, re-vitalising you for the tasks back home.

Be personal and pro-active

Not getting anywhere with emails? Call them. Lots to get across or unfamiliar with them? Set up a meeting in person! I found that actually travelling to the universities to meet the staff or students was very helpful as it built better professional

relationships and puts a face to a name, making them more likely to engage and work together with us.

Think outside the box

If something we are doing isn't working, don't be afraid to make changes - the ball is in your court! Collaborate with other organisations, create publications, do impact evaluations, make videos, speak out about exchanges at external events – whatever you think might help to raise awareness and benefit students.

Overall...

Be proud! We are doing something unique and are part of something so much bigger. Don't forget to have fun, and don't be afraid to take a step back and think about the bigger picture when the going gets tough. Focus your ideas and get the most out of this amazing opportunity.

DYLAN GOH

NORE • 2017-18

A YEAR IN REVIEW

SFGH SUCCESSES

Arranging research exchanges has been a great challenge. This year, we have managed a bilateral exchange at University of Aberdeen as well as accepted two international students at Newcastle University. This August at the IFMSA August meeting in Tanzania, we signed a bilateral contract with Catalonia and we are in the process of signing another bilateral contract.

PERSONAL ACHIEVEMENTS

It has been a humbling journey, working with an amazing group of people. Personally, I have gained so much experience working in a group. This experience has also encouraged me to step out of my comfort zone which has helped to hone my communication and leadership skills.

STRUGGLES

The main struggle I had this year was coming up to scratch with the role. It was a great experience, but I needed to learn quickly on the job. There was a lack of a local support and a lot of time was spent managing both the jobs of a local and national officer. There is also a lot of academic pressure coming from being a medical student.

RECOMMENDATIONS

- Attend a TNET training
- Attend an IFMSA general assembly
- Enjoy yourself and have fun
- Don't be afraid to ask for help
- Show your enthusiasm
- Take care of yourself!



Hi there! I'm Dylan, the national officer for research exchange!

My role this year has been to organise research exchanges between the UK and the rest of the world.

This has been an amazing experience with an amazing group of people and I would love to do it all over again!

CONTACT

research@medsin.org



Adrienne Lee

South West Regional Coordinator

Being on National Committee has been an amazing experience. It brought together people across UK and internationally to discuss important issues around global health. My role involved coordinating all the branches around the South West and supporting them throughout the year. I also led the website re-development group as a side project.



Successes...

- Branches held a variety of local events including short courses, training and fundraisers
- Amazing engagement at Regional Training weekends and national events
- Branches own local successes– it was amazing to witness their development
- Got the new website up and running

Challenges

- Time commitment and real life getting in the way
- Finding a date for people across the region to meet up or have a call
- Always wanting to take up more than I can take on!

Recommendations...

The most important thing is to have fun and enjoy it!

Not only will that make being on national committee even more enjoyable, it will be easier to handle during the busy period when life gets chaotic. You will meet amazing people throughout the network that inspire you.

Prioritise the different projects and life!

Yes it will get hectic and busy with times, especially when you have a degree to complete. But prioritise what needs to be done first and don't take on more than you can handle. Also, remember that there is always someone to turn to for support, Welfare is important!

Reflect!

This sounds cliché but when you get stuck on something, think back on the original aims and what you set out to achieve. It will also help you grow and improve.



Matt Quinn: Midlands Regional Coordinator & Policy and Advocacy

Successes

Coordinated Theme

"Agenda 2030: Our Roles in the Goals" is the upcoming coordinated theme for SfGH, focusing on the 5 core themes of the Sustainable Development Goals and will hopefully provide a focal point for branch campaigning this academic year!

Movement Building Guide

Worked in collaboration with People & Planet team to create a movement building action guide. This is available through Anna Lewis (PAD) and should be distributed to branches in freshers packs/General Assemblies.

A cracking team

SfGH is filled with a whole load of fantastic people, and the best part of the year was most certainly working with my extraordinarily talented colleagues throughout the SfGH network. Thank you for everything y'all!

Challenges

Finding a balance

Working out a way of combining SfGH life with University study is always a difficult one – but one which it's always wise to think about hard before you get stuck into the academic year. This is especially true in the grueling SfGH Autumn term.

Importance of handover

Don't underestimate the importance of a strong handover either to yourself or your successor. If you haven't had a good enough one, harass them some more or find someone who knows what your role is about to learn from.

Avoid the temptation of saying yes to everything!

Be enthusiastic about your new role, but do so with perspective – you need to be able to follow through on the items you commit to. A job well done is better than one completely half arsed.



*We like to move
it, move it!*



Aberdeen and Leeds

Global Health Education in Schools

This year two Students for Global Health branches, Aberdeen and Leeds, successfully ran the first pilots of the Global Health Education in Schools (GHEiS) program. Both sessions received positive feedback and identified areas to improve upon. Going forward, it is hoped that the program can be implemented nationally.



- Two successful sessions ran, one in Primary School and one in High School.
- Highly motivated teams.
- Multi-professional engagement.
- Planning for next year has begun

Successes



- Difficulty in liaising with schools
- Deciding upon appropriate topics for the participants.
- Arranging training for session leaders

Challenges



Recommendations...

Plan!

Identifying interested session leaders, ensuring that appropriate Child Protection is in place, contacting schools and agreeing upon topics all takes time. Begin work early in the year and don't worry if things are taking longer than expected.

Running Sessions

Teaching peers is one thing, and teaching children or teenagers is another. Ensure that session leaders have appropriate training or have discussed their session with teachers in advance. Remember to have a lot emphasis on fun and interactive activities.

Utilise feedback from previous sessions

Use feedback to identify what went well and what could be improved upon. Feedback from teachers is especially useful. Think about your participants and whether your chosen topic and activity is appropriate for them.

Have fun!

It is such a great opportunity to see how engaged young people can be in global health topics, and to have fun while doing so. They are the global health leaders of the future and it is your chance to share your enthusiasm, passion and inspiration.



STUDENTS
FOR
**GLOBAL
HEALTH**

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A fair and just world in which
equity in health is a reality for all.