

CIRCADIAN

THE VOICE OF BARTS AND THE LONDON

FRESHERS ZONE

TIPS FOR WELLBEING

HOW TO LOOK AFTER YOURSELF DURING FRESHERS
AND BEYOND

A BRIEF HISTORY OF BARTS

HOW OVER 500 YEARS TEACHING AND PRACTISE
OUR MEDICAL SCHOOL

MEET THE FACULTY

WHO ARE THE PHYSIOLOGY TEAM AND WHY DO
THEY LOVE MOTORBIKES SO MUCH?

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**anxious?
overwhelmed?
can't sleep?**

**talk to
nightline**

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Hello Freshers!

Congratulations for making your grades and getting into the best medical school ever (we're a little biased here)! Circadian hopes you love your time here at Barts and the London, however long you're with us (be it four, five, six years or more!).

This is both an exciting and daunting time, even more so following a stressful couple of years (here's looking at you Covid). Nevertheless, the Barts spirit is strong and thrives. So whether you're enjoying Tables for the first time or chilling in your accommodation, I hope you all the ways that make you happy to be a part of student life here at Barts. *Rebecca x*

MEET THE TEAM

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A note from the BLSA President



Hi all! My name is Rob, and I'm BLSA president this year.

Firstly, welcome to Barts and the London (or welcome back for us oldies)!

For those less familiar with us, the BLSA is here to help support our societies, sports and volunteering groups. We facilitate communication back to the university when we have educational problems. We provide welfare support if you ever need anything. We put on huge flagship events to get to know each other, we fundraise for charity, we create national campaigns... truly there is very little limit to what we will do to improve your student experience.

It may feel like an odd time to be

studying; whether its mixed mode, blended teaching or seeing people in real life(!) – if you ever need some support, BLSA is always there as a friendly group to speak to.

All the best,

Rob Tucker

president@bartslondon.com



A BRIEF HISTORY OF BARTS AND THE LONDON

BY HARRIS NAGESWARAN

Barts and The London School of Medicine and Dentistry was formed by merging St Bartholomews Hospital Medical College (Barts) and The London Hospital Medical College in 1995. This new School subsequently merged with Queen Mary & Westfield College (now Queen Mary University of London) in the same year to form the medical school as we now know it.

St Bartholomews Hospital was established in 1123 by the monk Rahere and is the oldest hospital to remain on the same site in the UK. Teaching has been recorded at this hospital since 1622 although it was only officially recognised in 1791 when the governors of the hospital built a lecture theatre at the request of surgeon John Abernathy. In 1921, the Barts Medical College and the Hospital were formally separated and, in 1934, the Medical College moved into a new campus in Charterhouse Square. This campus was severely damaged by bombing in the Second World War, and it was only in 1963 that rebuilding was completed. Now, Charterhouse Square is home to Dawson Hall and many significant research establishments.

The London Hospital was founded in Whitechapel in 1740 to provide healthcare for the sick and poor of East London. Teaching began almost as soon as it was

operational in 1741, although it was only in 1785 when this was formalised into The London Hospital Medical College after the building of a lecture theatre proposed by William Blizard and Dr James Maddocks. The London Hospital Medical College expanded quickly with the addition of the Garrod Building in 1887 and the formation of the Dental School in 1911. In 1893, famous surgeon Frederick Treves helped set up the Clubs Union, which eventually became Barts and The London Students' Association (BLSA).

Discussions of merging the two Colleges had taken place since the 1960s and joint teaching departments were subsequently formed, and in 1989, this resulted in preclinical medicine being taught together at Queen Mary in Mile End. Following the recommendations of the Tomlinson Report 1992, which pressurised the Government to merge the many medical schools in London, discussions intensified between the 3 parties and a bill was placed before Parliament to unite the Medical Colleges with Queen Mary & Westfield College. In 1995, this merger was formalised and Barts and The London School of Medicine and Dentistry was formed within Queen Mary University of London. In 2017, an MBBS course was launched overseas, based on the island of Gozo in Malta.



DR AMIR HAKIM

DR RACHEL ASHWORTH

MEET THE FACULTY

PHYSIOLOGY LECTURERS

DR RACHEL ASHWORTH

What is your role? I'm lead in Physiology and manage the practical sessions on the MBBS course. I also have other roles such as leading assessment in year 1 and as a senior tutor in year 2.

Is there anything you do that students might not realise? I don't think many people appreciate the amount of preparation and administration that goes into teaching to run things smoothly. For the practical sessions, I liaise with our team of technicians at the Turnbull Centre who are a great team.

Do you do anything outside of the school? I've been a member of The Physiological Society for 25 years. Being a member of a professional organisation

is great for networking and support. The Physiological Society was founded in 1876 and has over 4000 members. Last year, I was appointed to be an Education & Teaching Theme Lead and that is quite exciting!

What did you do before BL? I worked as a scientist in a laboratory for many years, both here in the UK and in the USA. My research explored how cells signal to one another – I have a few papers in different fields.

Any advice for new students? Get stuck in from day 1 and don't be afraid to ask questions. I think starting the course can be a bit overwhelming at first, but we are generally a friendly bunch and here to help.

One interesting fact I'm currently doing my motorbike training and have passed my

DR JAMES ROBB



theory and module 1 – so I only have module 2 to go. It's been a challenge during lockdown but fun commuting on a bike and who knows maybe I'll get to ride to some exciting and new places.

DR JAMES ROBB

What is your role? I'm a Physiology Clinical Teaching Fellow – I support students doing physiology practicals and I help them to relate their undergraduate studies to their future clinical work

Is there anything you do that students might not realise? I still do clinical work one day per week (currently in RLH Emergency Department). My physiology teaching role is helping me to consolidate my knowledge of physiology which I apply in clinical work, for

example, interpreting the pathology behind abnormal ECGs

Do you do anything outside of the school? I lived in Scotland before moving to London to do this job, so I love all things outdoors, especially cycling. I also enjoy music, surfing, skateboarding and looking after my plants and growing veg!

What did you do before BL? I moved to Glasgow for my Foundation programme, and last year I stayed on to do a Clinical Fellowship in Infectious Diseases

Any advice for new students? Make sure you've got interests and activities outside of Medicine. Medicine can be very demanding in terms of time commitments and maintaining a life outside of it will help you to stay grounded

One interesting fact I have travelled through the Himalayas by motorbike. I did it with my friend, who I taught to ride two days before we set off!

MEET THE FACULTY SERIES

There are so many people that work to make our courses possible! If you want to continue to get to know the members of the team, head over to blcircadian.com to get to know those who work behind the scenes to your lecturers!

SOCIETIES



Volunteering with TBH has been so rewarding. I remember after one of the clinics in our primary schools, we were in total shock when a child knew what the pineal gland was (these children are aged 5-7!) I couldn't help but laugh to myself because, as a first-year medical student, I expected the unexpected from children!

The BL Aerospace Medicine Society (BLAMS) represents one of the U.K.'s newest medical specialties, Aviation and Space Medicine - the care of air crew, space tourists, and astronauts! This year, we had guest speakers from NASA and the European Space Agency (ESA). It's been fantastic to see Barts students thrive, with 3 of the committee attending ESA's Space Physiology Training Course.



STUDENTS
FOR
GLOBAL
HEALTH

BARTS AND THE LONDON

One of our most memorable events was the screening of 'India's Daughter' with Leslee Udwin, where her passion for social and emotional learning amongst children as a way of fighting against discrimination and violence (particularly gender-based violence) really shone through and inspired us!

BL Paediatric Society

Being a part of BL Paediatric Society has given me amazing opportunities to explore my interest in paediatrics and make new friends. My favourite memory was the 2020 conference - the simulation workshop in particular was incredible!



I've met the most inspiring women and friends through BL WIH! I am so proud of the teamwork and hard work we always put into organising all of our amazing events.

Since establishing the Sign Language Society, it has been memorable for us to materialise our passion in promoting deaf awareness within the Barts community. We are very excited to involve the incoming freshers with the upcoming events that we have planned for the upcoming academic year!



My favourite moment in BL Debating and Ethics Society was when we collaborated with BL Medtech Society to debate on the ethics of gene editing. The discussion got heated and we talked about everything from designer babies to genetically modified bananas!



Society of Gastroenterology

My personal favourite activity we had was the neuro-gastroenterology and hepatology talk as I remember finishing placement late at night after a gruelling day and then rushing to attend these talks on my phone just it entered power saving mode. The professors giving the talks were amazing and very funny and definitely have me the boost I needed to make it home all in one piece!

BL Drama is such an amazing society because it doesn't matter if you're a professionally trained performer or if you've never set foot on stage in your life, there's a role for you- and a guaranteed laugh at the same time. It's such a friendly and supportive group, we would 100% recommend to anyone interested in acting, dancing, tech, set design, writing or pretty much anything (and if sketch comedy is more your cup of tea be sure to check out 'The Zephyrales' comedy group too!).



Barts and The London Oral & Maxillofacial Society



Our society gathers Medical and Dental students with a passion for Oral and Maxillofacial surgery. It is a fantastic surgical specialty that involves skills from both schools. Throughout training, we all collaborate with each other to share tips and support!

Last year was an eventful year for Dentalks, packed with a variety of events! Some of our most memorable events were the patient communication webinar and The Dental Series collaboration. Our society has forever been a networking heaven for dental students throughout their 5 years at



BARTS AND THE LONDON PSYCHIATRY SOCIETY

Whether it's watching short films, discussing about the clinical uses of psychedelics or sharing a good book, PsychSoc events have always been fun, interesting and refreshing. Free food and wine is also a huge plus.



ARTS + CULTURE

BY KAVI THOBHANI

A change of scenery provides opportunities to try things alien and exciting and coming to Barts is no different. But sometimes, it's nice to have the perspective of an old hand to show you the ropes before pushing you off the deep end into the ocean that is London.

Here at Circadian, we've put together a few suggestions for those days when you need to blow off a little steam following a particularly dreary FunMed lecture or need a quick bite whilst recovering from Tables. Here are some ideas for things to do around London!

EAT + DRINK

Whilst the sheer volume of restaurants, pop-ups, and delivery options is too difficult to write about in this short article, doesn't mean the opportunity to sample a wide array of cuisines in a short time is impossible; just a 15-minute walk from campus lies Shoreditch Boxpark, a vibrant, a bustling food court with a huge variety of vendors. I highly recommend What the Pitta and their kebabs the size of a toddler, and Eat Chay with their incredible plant-based Southeast Asian

dishes.

Now before I'm accused of spreading vegan propaganda, it would be amiss to neglect mentioning Brick Lane. This world-famous street of curry hotspots spans just over a kilometre, and you're never out of sight of an overly enthusiastic curry house doorman, trying to usher you into their restaurant. Get involved in a society here at Barts and I promise the freshers curry at Brick Lane will be a social you'll not want to miss.



If the cuisine of Brick Lane isn't enough to draw you in, the road and surrounding area is home to various street artists and vibrant murals. Alternatively, simply take a 30-minute walk or an even shorter bus or tube ride into the more central areas of the city to visit some of the gorgeous galleries and museums that only a city as eclectic as London could house.

A personal favourite is White Cube, art spaces with time limited exhibitions from world renowned modern artists and sculptors, perfect for a cheeky insta post like the one attached to show off your cultured side! You can find cubes in Bermondsey and Masons Yard in central London, and best of all they're completely free!

SEE + DO



Tips for health and wellbeing

by Amrita Heer

After what has been an extremely turbulent time for many, the transition from studying in your room for your A levels to starting fresher's week in a new city, with new people, can undoubtedly seem daunting. Here are a few steps that may make this transition a little less overwhelming.

1. Create non-negotiable healthy sustainable habits. Making your bed every day, not skipping breakfast and going for a walk *may help to keep you grounded*. You may have had these habits for years and maintaining them whilst you are in a new place can help life feel more familiar and ease any anxiety. Alternatively, it is never too late to begin new habits and can equally be as helpful.

2. Take things at your own pace. Whilst fresher's week may have a reputation for being hectic and full of socialising, *this shouldn't define your experience*. Meeting new people is important, but this doesn't mean you can't take a day off and have a night in. If you would rather not be alone, find friends who feel the same and perhaps watch a movie or cook a meal together.

3. Create your own sanctuary to come home to. Your university room will become your haven. *The way you shape*

your environment can directly impact your mood. Even having a few fairy lights, some pictures of friends and family, a diffuser and keeping it tidy can instil some relaxation when you get home after a long day.

4. Reflect on your experiences! *Journaling a few lines every day can be great for your mindset.* For some, fresher's week marks the start of one of the biggest chapters of your life; keeping a journal is not only great for self-reflecting, but also it allows you to look back on these memories too.

5. Finally, reach out to family and friends! Starting university can sometimes be a very lonely time. *Forming a new support system quickly can be difficult for anyone,* so don't be afraid to videocall and phone call your family and friends from back home.

RECIPE CORNER



CHARD, BEAN AND PEANUT STEW

SERVES 4

A RECIPE THAT I COMPLETELY DEPENDED ON IN MY FIRST YEAR OF UNIVERSITY, ADAPTING IT INTO A SALAD, SOUP, AND EVEN A SANDWICH FILLING. THIS HEARTY STEW IS RICH AND CREAMY, AND SO EASY TO CUSTOMISE DEPENDING ON WHATEVER YOU HAVE IN THE FRIDGE.

INGREDIENTS

- SUNFLOWER OIL AS REQUIRED
- 1 ONION ROUGHLY CHOPPED
- 100G RAINBOW CHARD (OR ANY OTHER FIBROUS GREEN LEAF LIKE KALE)
- 3 CLOVES OF GARLIC, CRUSHED
- 1 TEASPOON CHILLI FLAKES
- 1 TEASPOON GROUND CUMIN
- HALF TEASPOON GROUND GINGER
- 400G TIN OF CHOPPED TOMATOES
- 4 TABLESPOONS OF CRUNCHY PEANUT BUTTER
- 240G KIDNEY BEANS, RINSED AND DRAINED
- TABLESPOON SOY SAUCE
- FRESH CORIANDER



1. Add a tablespoon of oil to a large pan on high heat and add the onion and chard, sauté until the onion begins to soften
2. Add the garlic, chilli, cumin, and ginger, continue to cook for a further minute or until aromatic
3. Tip in the tomatoes and peanut butter, reduce the heat and bring to a light simmer
4. Add the red kidney beans to the pan, stirring regularly to prevent the sides catching
5. Add soy sauce simmer until the desired consistency has been reached and until the kidney beans are cooked through
6. Spoon into bowls and season to taste with salt and pepper, and top with fresh coriander

PAPPARDELLE WITH COURGETTE, LEMON AND PINE NUTS

SERVES 1 OR 2

SOMETIMES THE STUDENT REGULAR OF PASTA WITH SOME STORE-BOUGHT SAUCE CAN GET A BIT TIRESOME, AND WE WANT A LITTLE MORE PANACHE IN OUR LIVES. A FRESH ALTERNATIVE TO THE NORM, THIS DISH CAN PROVIDE BOTH WELL-NEEDED NOURISHMENT AFTER A 'STUDY SESH' AT THE GRIFF ON A WEDNESDAY NIGHT, OR A WONDERFULLY DELICATE DATE NIGHT DISH TO SHOW YOUR MORE SOPHISTICATED SIDE.

INGREDIENTS

- 200G DRIED PAPPARDELLE (ANY OTHER LONG PASTAS MAY ALSO WORK)
- OLIVE OIL
- 1 ONION, FINELY DICED
- 1 CLOVE OF GARLIC, CRUSHED
- 2 COURGETTES, GRATED
- 1 TABLESPOON OF PINE NUTS
- 2 LEMONS, UNWAXED
- SALT + PEPPER
- HANDFUL OF FRESH BASIL



1. Cook the pasta in well-salted boiling water in a large saucepan over medium high heat until al dente (cooked so as to be still firm when bitten)
2. Whilst the pasta is cooking, in a frying pan over a low heat add a teaspoon of olive oil and gently sweat the onions and garlic until aromatic
3. Add the courgettes to the frying pan and increase the heat, ensure constant movement to avoid burning the courgette. After about five minutes, add the pine nuts and cook for another minute
4. Once the courgettes have softened, squeeze over the juice of both lemons through a sieve to avoid adding in the seeds, season to taste with salt and pepper, and remove the pan from the heat
5. Add the cooked pasta into the courgette and toss together to evenly incorporate
6. Plate up, scattering over the fresh basil and drizzling over olive oil for a quick way to add some light flavour

Who's
ready for
dessert?



PLUM AND ALMOND GALETTE

SERVES 5

IF YOU WANT TO IMPRESS YOUR FLAT WITH YOUR BAKING PROWESS, WITHOUT ACTUALLY BEING ANY GOOD AT BAKING, THIS IS THE RECIPE FOR YOU!

INGREDIENTS

- 1 ROLL OF READY-MADE SHORTCRUST PASTRY
- 6 PLUMS
- 2 TABLESPOONS OF PLUM JAM
- 1 TABLESPOON OF AMARETTO LIQUOR (CAN USE A TABLESPOON OF WATER INSTEAD FOR NON-ALCOHOLIC ALTERNATIVE)
- 2 TABLESPOONS OF FLAKED ALMONDS



1. Preheat your oven to 220 C or Gas Mark 7 (in halls, these can be unreliable so make sure this is the first thing you check)
2. Unroll the pastry directly onto a baking tray, folding in the edges to create a raised crust and bake for 10-12 minutes until golden-brown

PREPARING THE FILLING

3. Half the plums and remove the stone, the slice each half thinly to create slices
4. Place the plums into a pan with the jam and the liquor and bring to the boil for 5 minutes
5. Toast the almonds in a separate pan until golden
6. Spoon the plum filling onto the cooked pastry base and top with the toasted almonds, serve immediately

JOIN THE TEAM

We love hosting a diverse range of student opinions about university matters or more general topics!

If you want to write with us, email circadian@bartslondon.com with your article ideas or expressing your interest to join.

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