

ISSUE 9  
AUTUMN 2023

THE VOICE OF BARTS AND THE LONDON  
A QMSU AFFILIATED MEDIA OUTLET



# CIRCADIAN

# A STUDENT'S ANATOMY

All you need you know on the essentials of being a  
Barts and The London Student

**FUN, FUN, FUNMED!**

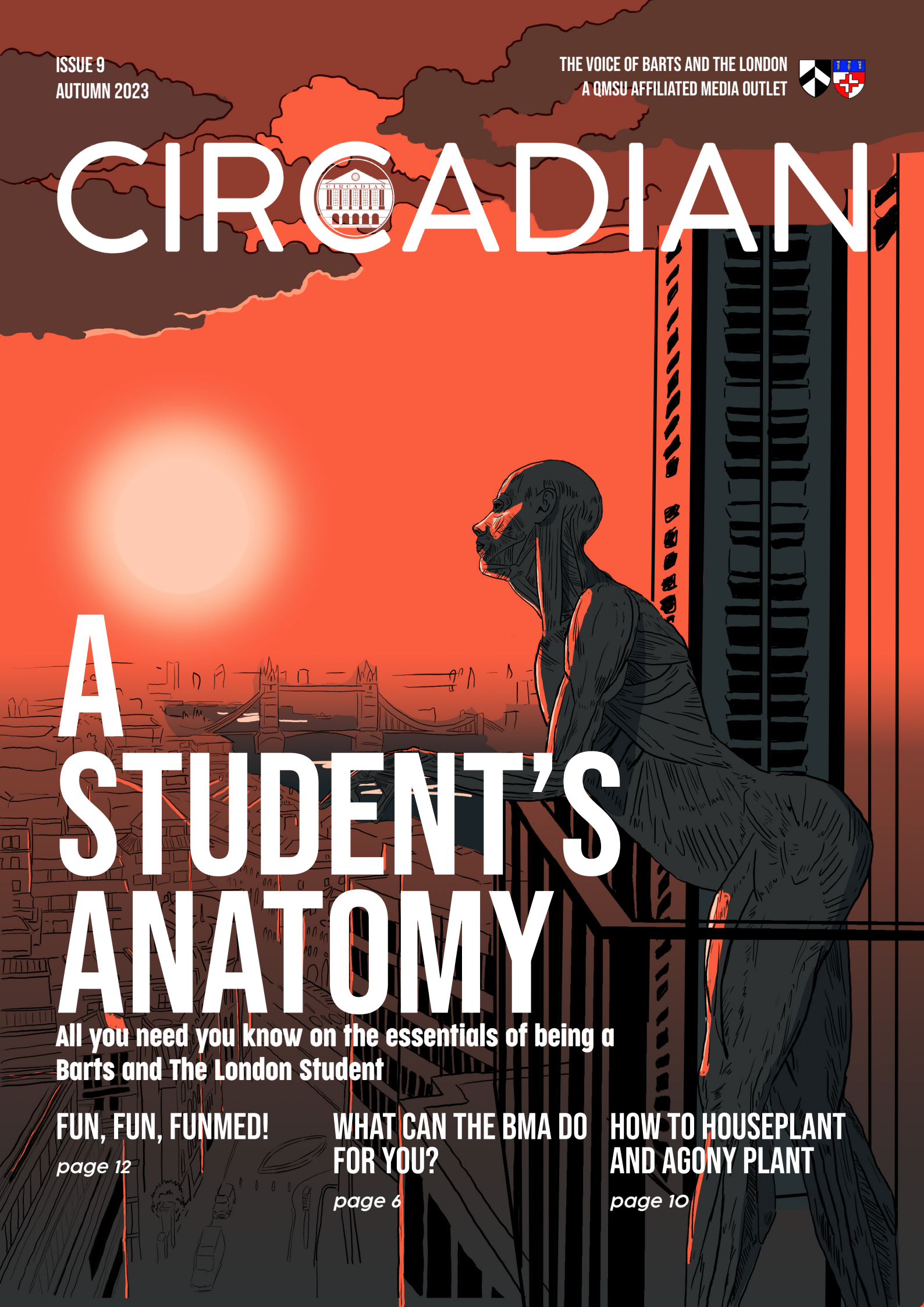
*page 12*

**WHAT CAN THE BMA DO  
FOR YOU?**

*page 6*

**HOW TO HOUSEPLANT  
AND AGONY PLANT**

*page 10*





# OUR TEAM

*LUCY EDGAR*  
*Editor-In-Chief*

*ROB TUCKER*  
*Deputy Editor-In-Chief*

*JAMES TAVNER*  
*Treasurer*

*Contributors*

*SHIVANI GANESH*

*BEA GREENE*

*ELLORA KAMINENI*

*KAVI THOBHANI*

*CHARLIE SELLAR*

*Mat Formin*

## WANT TO GET INVOLVED?

We're always looking for people who want to write about the latest developments in healthcare, student life or just anything that matters to them. If you have an idea for an article, don't hesitate to contact any of the people above and we'll do our best to get it published! If you have any questions or want to send in an article, you can contact us by emailing [circadian@bartslondon.com](mailto:circadian@bartslondon.com)



## EDITORIAL

Dear Readers,

In this edition of our magazine, we delve into the fascinating theme of "Anatomy of a Student," where we dissect the multifaceted aspects that construct the identity of a budding physician, dentist and healthcare student.

The path to becoming a medical professional is not merely about memorizing textbooks or deciphering complex medical jargon. It is an immersive experience that involves the fusion of intellect, resilience, compassion, and a fervent commitment to the art and science of health. Our publica-

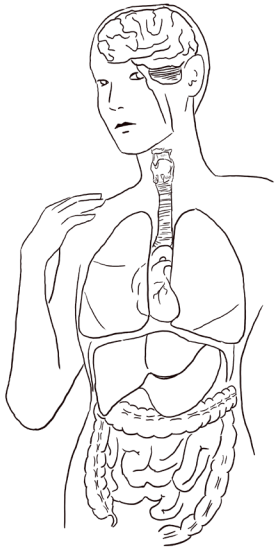
tion aims to unravel the layers of this transformative journey, showcasing the diverse anatomy that comprises a medical student.

The anatomy of a student extends beyond lecture halls and laboratories; it encompasses the vibrancy of extracurricular pursuits, the tapestry of cultural diversity, and the history of personal growth that shapes us into compassionate healers of tomorrow. As we navigate through the pages ahead, may you find inspiration, guidance, and a deeper understanding of the human side of the medical student journey.

We owe gratitude to the tireless dedication of our contributors, whose stories, reflections, and insights breathe life into this publication. Moreover, we at The Circadian extend our appreciation to the faculty, mentors, families, and friends whose unwavering support sustains us through the peaks and valleys of our reporting and writing.

So, fellow readers, prepare to embark on an exploration of the anatomy of a student—a mosaic of dreams, challenges, triumphs, and aspirations that illustrate the intricate and awe-inspiring voyage of medical education.

# INSIDE



---

## SECTION 1

- 2 ***Our Team***
- 2 ***Editorial***
- 3 ***Inside***

---

## FEATURES

- 4 ***Anatomy of a Student***
- 6 ***What can the BMA do for you?***

---

## ARTICLES

- 8 ***The Good Old Days, just a phrase or is there truth in Alumni Nostalgia?***
- 10 ***The Student's Garden***
- 11 ***Agony Plant***
- 12 ***Fun-Fun-Fun Med***
- 14 ***Get Cultured! Autumn-Winter Edition***

---

## AROUND BL

- 16 ***Happening at Sports and Societies***
- 17 ***The Carrod - Plant to Paint***

---

## BACK PAGES

- 23 ***Become an Editor***
- 24 ***Safe travels***



# ANATOMY OF A STUDENT

**KAVI THOBHANI**

As a newly enrolled healthcare student at Barts and The London, there are several topics you must learn to form your foundation of medical science. These will get you well and truly prepared for the coming years delving into the world of clinical medicine. For any of you budding surgeons out there, I've got two pieces of advice: 1) book some therapy sessions because my god why would you do that to yourself, and 2) make sure your anatomy knowledge is stronger than the smell of cannabis around Whitechapel.

Whilst I can't help you with the former, the latter is a different matter. To get you guys well and truly on top of your revision early on, I've managed to track down some of the finest MBBS year one and two anatomy overview notes from a nameless graduate (why their parents didn't give them a name I'll never know) whose anatomical acumen was second only to their spotless record on the dance floor at The Griff Inn.

## HEAD AND NECK

### BRAIN

It is important to note that brain capacity decreases with each night out you go on. But as the pass mark for year one and two progress test is 50%, every percentage point above 50% you get, you have to make up for it with another night out.

### FACE

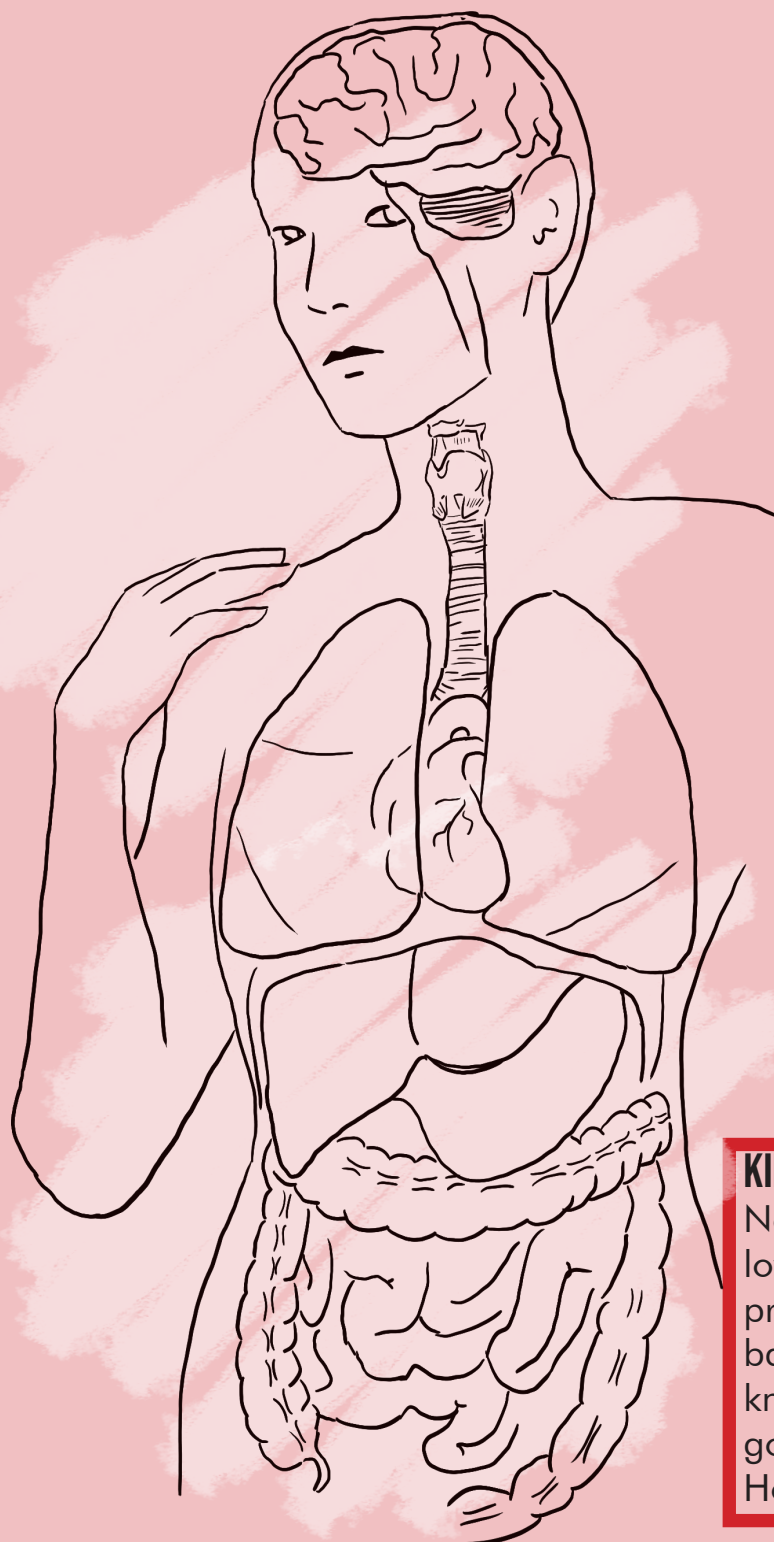
Tear ducts will be generally overactive around May-July every year. This is normal. The sensitivity of the nose to raw fish in Barts and The London students is drastically reduced due to the proximity to Whitechapel market.

## THORAX

### CARDIOVASCULAR SYSTEM KEY FACTS

The heart and lungs are important aspects of any student's anatomy. It should be noted that 5 years of living in London is the equivalent of passively smoking 770 cigarettes. Smoking is very bad for you and you shouldn't start smoking. Unless you're considering vaping, in which case please start smoking instead. The central line WILL permanently stain your airways a tarry black. Freshers' flu does not go away. You don't get better after a Lemsip and a couple days rest. You just learn to deal with functioning at a lower level for the rest of your life.

## ABDOMEN



### LIVER AND GASTROINTESTINAL SYSTEM KEY FACTS

It is important to regularly exercise your liver. Most studies recommend at least one evening a week between the ages of 18 and 25, usually Wednesdays, usually followed by questionable dancing, usually followed by a regretful 1AM Maccies.

Case reports indicate that Barts and The London students have some of the highest spice tolerance of any students in London. Other flavour profiles across London universities include GKT being bitter, RUMS being salty, and ICSM being sour. SGUL still haven't worked out which way round to hold the spoon. Liver? I hardly know her!

### KIDNEYS AND A SPLEEN KEY FACTS

Not to be confused for paediatric lower limb anatomy, the kidneys produce urine and deal with acid base balance, whereas the kid knees are common sites for Os-good-Schlatters disease.

Honestly what even is the spleen?

### UROGENITAL SYSTEM

UTIs are no laughing matter. Antibiotic resistance is on the rise, colistin resistant microbes are becoming more and more frequent, so PLEASE pee after sex .

Note: Peeing after sex will not stop STIs or pregnancy.

# What can the BMA do for you?

**Shivani Ganesh & Rob Tucker**  
BMA MSC Co-chair & BMA MSC  
Education Co-chair

The British Medical Association (BMA) is the largest trade union for medical students with 20,000 student members, and a growing 200,000 total BMA membership. You may have heard more of them recently due to the strike action taken by (junior) doctors, and even more recently by senior consultants across the UK. But you may not know what they can do for you as medical students?

For non-medical Barts and The London students, there are many other unions that may be more relevant to you, such as the British Dental Association (BDA). So make sure to research those to find out more about the resources that are more tailored to your course, so they can support you while you study with us!

The BMA helps doctors and medical students to improve their work lives and studies using their representative structure and many full time-staff to support on national and local issues. You can get involved in being one of these representatives for Barts and The London when the medical school's BMA rep and deputy rep elections re-open yearly, so make sure to follow [@BMABartsLondon](#) on Instagram to find out more.



## For Students

It's tough being a medical student having to learn so much, so fast, and sometimes very tricky information to get your head around. The BMA has thousands of learning resources through the BMA library such as e-Learning and Journals, and ClinicalKey as a medical search engine. They've also developed other interesting resources all students should check out such as their speciality explorer that uses a quiz to help identify clinical specialities you may be interested in and explains how you can start on your pathway to each. Lastly, is their wellbeing support such as BMA's 24/7 counselling and peer support service that is open to all students (including non-members). It is important to know you can reach out to them confidentially and at any time to receive support; they have seen for many years first-hand what it is like to be a medical student and are there to help.

## An update on the current industrial action

Strikes across the UK have been organised as (junior) doctors, and consultants currently (as of writing) in England are continuing in their aim to improve the workplace for all of you planning in the future to work in the NHS.

For students, this has so far had lim-

ited impact to our studies. During these days of industrial action, the medical school in the previous academic year have provided alternative teaching and our students have not been attending placement. This was under the advice of the medical school, and not BMA as medical student BMA members are not part of the official strike mandate. Many of our students were spending time on the picket lines outside our local hospitals side-by-side with doctors in support of the strikes. Students were making up chants, decorating signs, and our own BLSA provided a rest stop to those participating.

## The Future

There has never been a more interesting time to be part of a union, so we hope in some time throughout your time at Barts and The London you utilise the great resource that the BMA has to offer.



# The Good Ol' Days

## Just a phrase, or is there truth in Alumni Nostalgia?

Charlie Sellar

We've all heard the phrase – whenever Alumni come back for any manner of BLSA event/Sports fixture/Society talk, you'll hear various manner of stories about how much better it was 'back in their day'. People worked harder, partied harder, and were just that bit better at everything from Sports to Drama to drinking. It's incessant, and it's become something of a joke amongst the students about how often we hear about this strange land before time. So, as Alumni event season is just around the corner, I thought why not explore if there is any truth behind the phrase 'The Good Old Days', or if rose tinted glasses are getting in the way.

**1 : 0**

### Present – Students from all backgrounds.

Any of you that have had the pleasure of talking to Dame Parveen Kumar, she'd revel in showing you the photo of her graduating class from the 60's. It's a great photo, and essentially shows about 50 white men in white shirts, and Professor Dame Kumar as the only woman and the only Person of Colour right in the middle.

By comparison, look at where we are now - over half of our students at Barts and The London are non-white, and our communities are far more inclusive. Our faith and cultural societies make students from every background feel at home, and the BLSA has a far greater emphasis on non-alcoholic spaces and events.

That's not even starting on the differences in backgrounds amongst our students – more students than ever have come from state education, are from non-medical households, and have grown up in severely under represented parts of the country.

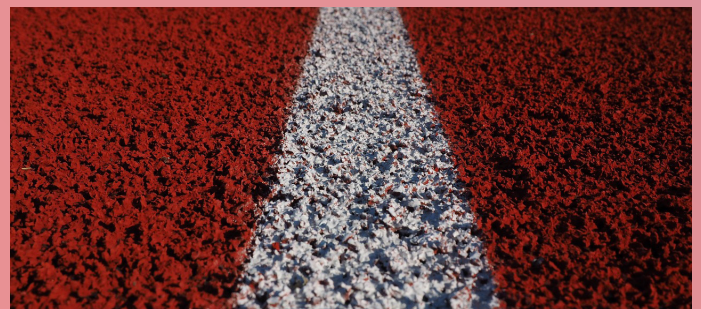
It's hard to think that only a few decades ago the University was likely quite a difficult place to be if you were not white, cis, middle/upper class, and didn't drink alcohol.

**1 : 1**

### Past – Cooked in Batches

Let's face the music, student numbers are increasing. There's now just over 400 students per year on average in MBBS, about 90 in BDS, and the Allied Courses are also increasing year on year. By comparison, 20 years ago the class sizes were at least 2-3 times smaller, with the same hospital and GP allocations that we have today.

Given all of that, you have to imagine a much more individualised experience even just a few years back, both with their hospital placements and their central teaching. Quite often I feel a bit like a spare part knowing I'm one of over 400 Year 4s, so it would be a dream come true if I only had to compete with 4 students on a ward instead of the usual 6-8.





2:1

**Present – Spoilt for Choice**

In the 20<sup>th</sup> Century, we had some fiercely competitive sports and some fantastically active societies, but you didn't exactly have your pick of the litter. Sure, the Rugby club was going strong, and the Drama society were putting on some cracking performances (or so I've been told), but the truth of the matter was that if you didn't row, kick, tackle, sing or perform, there was very little in the way of organised BLSA societies!

This is of course a massive oversimplification, but the truth of the matter is that with over 150 Sports, Societies, and Volunteering groups at BL, with that number increasing every year, I think we'll tally that as 2-1 for the Present students.

2:2

**Past – Money, money, money**

It's often hard for us to imagine a world where all Medical Students got their degrees via Maintenance and Tuition Grants rather than loans, and that education before the 21<sup>st</sup> Century was effectively free. Nowadays, students really can't catch a break financially - between an un-payable level of student loans racking up from student finance, and an NHS Bursary that puts Pennies to the Pound of what it costs to live in London, there is seemingly no government system looking out for us healthcare students now. That's a pretty easy win for Past Students if you ask me, and the £80 000 sitting in my Student Finance England repayment plan would probably agree too.

2:2

So, we've come to a completely inconclusive and wholly useless 2-2 draw. In reality, it's actually a very nuanced discussion that many clubs will have over a glass of wine (or more) at their dinners, and no doubt come to an entirely different conclusion than I did. At the end of the day, these are just my opinions and I expect many of you will disagree. I think we live in a cracking institution that has had so much history, and it's perfectly okay to be nostalgic, as long as you can appreciate all that we do really well today. But who knows, maybe in 20 years we'll be coming back and telling everyone that we had it best. I know I probably will be.

# The Student's Garden



Lucy Edgar

**W**e've all been there, scrolling the boards of Pinterest or never ending Tik Tok carousel, looking at all the professionally doctored pictures linked to Amazon store fronts. I can't be the only one with a saved file of 'bedroom inspo'. But whether you are curating the perfect dorm room for freshers, complete with the illegal fairy lights; or trying to make your computer station look less like a cubicle from a 90's TV show, there is one element which comes up everywhere. House-plants.

But do you dare? Perhaps you have never owned one before and don't know where to start, maybe you've owned too many but the repeated deaths have left you feeling sore, or maybe you have such an aversion to any form of commitment that the idea of something being reliant on you for its survival makes you feel rather ill. Here we will be going through just how easy, rewarding and beneficial plant parenthood can be.

## **1. Perfectly pictured plants**

The first step in growing your green thumb is first to stop trying to achieve the aesthetic rock of Sisyphus. Humans already

have too many self esteem issues, don't bring your plants into it. Your plants will not look like the showroom set dressing pictured online, they will be a bit wonky, some leaves will die, they may flower once and never again, and that's all okay. So many people seem ashamed of their house-plants if they don't look quite like they did when they bought them when they shouldn't. I have some pretty second hand looking plants, my devils ivy didn't much enjoy our recent move and has been dropping leaves like nothing else. But I got this plant years ago, it survived falling off a fridge, two moves and I propagated it to give to my friends. I have needed to re-pot it, trim it and take cuttings but I'll be damned if I will throw her away because she's a bit bare at the moment.

## **2. Mental health**

There has long been implicit understanding that being in nature and interacting with plants boosts mental health. We've all heard our parents helpfully suggest to 'just go on a walk' when we are feeling upset or stressed. However, did you know that there is scientific research to back this up. Studies on the autonomic nervous system found

that it became suppressed after completing a simple re-potting of a plant, therefore reducing the participants' stress levels on both a psychological and physiological level, compared to when they completed a computer task.

Now, filling your home with house-plants will not cure mental health conditions, however, setting up your space and home in a way which encourages a soothing effect on the mind has shown to help. This being said, much of the benefit of house plants comes from the intersecting with them and while the idea of yet another chore may not seem ideal, these chores are shown to be more soothing than they are stressful. Think of it as a bit of guided mindfulness, taking time out of your day to grow something and be present in the moment.

## **3. Leap of faith**

The most common reason I hear people have not taken the leap into house planting is because of the lack of experience or knowledge. Most people do not know where to start and it's frustrating to buy a plant, some of which can be really expensive, for it to die in a week. It's important to figure out the line

between point one, the perfectly pictured plants paradox, where your plants can be perfectly healthy but they just don't look like a magazine cover; or if there is something which is actively sabotaging your plants. The most common saboteurs are:

*a. Poor potting.*

As anyone who has tried to buy a supermarket herb knows, you can be the best gardener in the world, but if you don't re-pot those plants and give them some space they will become so root bound then will die. Re-pot or inspect your roots and set yourself up for success.

*b. Location location location.*

Between your plants having too little or too much light or putting them in locations where you are just going to forget about them, be practical in your interior design. Location is the insidious killer, meaning you may not notice your plants struggling at first, but once you do there is usually still time to save them. Make sure you know what plants thrive where, and put them in places you can reach easily and are in your line of sight so you don't forget them.

*c. Helicopter plant-parenting.*

The final big killer is being too much for your plants. Too much water, too much pruning, too much handling. We've all been there, you forget to water your Peace Lily and, because they are fickle things, they droop and so you water board it. Knowing when is enough for your plants takes experience, so for beginners I will always recommend starting with one of the more hardy plants to get an idea of what you like without shelling out too much money or having to make space for a plant cemetery.

# Agony Plant

By Bea Greene

*"I want some new plants to put in my flat, but I have never owned one and don't know where to start. I want something that will survive being left for while I travel home."*

- Sam Bloom

For you a Zamaflora would be perfect. To keep this plant alive, just don't run it over with a tank or throw it on a bonfire. This simple but elegant plant has no business being this durable. Hell will freeze over before this plant kicks the bucket. If you manage to kill one, please write in and tell me how.

*"Right now my bedroom is covered in all the fake ivy you can get online, I really like how it looks but I can't help but wish it was the real thing. I don't know anything about keeping ivy alive or if I can even grow it to look like the fake stuff. Help!"*

- Rosie

Ah yes, the fake Ivy. The real substitute is English Ivy which notoriously needs a LOT of watering and does not grow well indoors, instead may I suggest a Devil's Ivy or golden or silver Pothos. If you have a flare for the dramatics a Devil's Ivy will suit you well. A very resistant and agreeable fellow (please see being dropped off my fridge and not caring at all) it will tell you what's wrong well before it starts dying. Droopy leaves? Water. Yellow leaves? Fertilizer. It grows very quickly and you can really easily create that ivy climbed bedroom of your Pinterest dreams without getting any artificial plants.

# FUN FUN

# FUNmed

## Life after FunMed

By Charlie Sellar

By now our fresher medical students should have completed their first module: Fundamentals of Medicine, also known to everyone else as FunMed. FunMed is probably the most misleading module title in human history. Sure, it's exciting to be finally at Medical School, sitting in a lecture theatre living out your 'Greys Anatomy', hand-written notes, 'day-in-the-life-of' influencer aesthetic, but when you actually get to the nitty gritty, FunMed can somehow be equal parts dull and really quite difficult.

But then you meet your first senior, and they tell you things like how 'FunMed was actually a breeze', or that they 'can't remember any of it', or that you 'shouldn't worry about [insert any topic here]', which breaks your heart because you'd made such beautiful annotations on your [insert any topic here] lecture that morning. Truth be told, all of what I heard about FunMed before going in was screamed at me over a

drink by a less-than-sober second year during Freshers week, which is hardly a reputable source.

So, instead of putting you through that hell, I thought I'd put together some of what I wish someone had told me before during my first year – think of it as the Fundamentals of Fundamentals of Medicine and the fundamentals of surviving first year now that it is over: FunFun-FunMed!

### 1. FunMed is the great equaliser.

Here's the thing with Medicine, people come from a seriously wide array of backgrounds, with their own levels of knowledge and experience in healthcare. Some will be straight from school, and some will have degrees already (and even PhDs). The entire point of FunMed is to get everyone on the same level by the time you come round to your proper Modules, so of course you'll revisit stuff you

did before Medical School. For example, if you'd done A level Biology and not Chemistry, I imagine you'd find all the cell microbiology lectures so dull you'd be falling asleep, but the Chemistry or Pharmacology would just totally fry your brain for that afternoon. Take solace in the fact that everyone else in the exam was struggling too, but just not necessarily on the same topic. At some point, every fresher will struggle on a topic in FunMed (for me it was Cancer week, I still have nightmares about p53), but rely on your mates around you and between your shared experiences you'll breeze through. Joint revision sessions are great for this!

### 2. Not all of it is important, but most of it really is.

Some second years will often tell you that they forgot most of what they knew in FunMed, but

this isn't strictly true. It's not an excuse to switch off in every lecture, but there is some element of truth to this. They might mention the Histology, or the Cancer week, and perhaps at times they go into some very minute detail, but the truth is that I still use a lot of that information today as a basis for my modules now. You'll get a sense for what is really useful once you go through the motions, but a good rule of thumb is that the anatomy is dead useful, the physiology is a great basis for the rest of the year, and the PBLs can seem strange but it's useful to get stuck in. Long story short, don't listen to the rumours that FunMed isn't important, because there are some sessions that you'll be revisiting for years to come.

And anyway, most of the content will be revisited anyway, so if you struggle to realise what is and isn't important, you'll work it out by the end of first year.

### 3. Attend in person every day – it sucks, but not nearly as much as Qreview

You heard me – rain or shine, in sickness or in health, I would recommend going in person. Even a hungover Thursday morning is better in person than just wasting away in bed watching 4 pixels in a trench coat pretending to be a lecture recording. I'm not saying Qreview is impossible to watch, but don't pretend like it's anywhere near as good as seeing Leslie Robson in the flesh. A quick coffee

from The Griff, or bringing your breakfast with you are surefire ways of helping whatever kind of headache you're trying to avoid.

And anyway, if you live in Floyer and you're skipping lectures, shame on you. If you rolled out of bed at 8:59 and slowly meandered over you'd still make it in time, so you've got no excuse. So even though it's tempting now that FunMed is over, keep going, if for no other reason than the confused comradery that biochemistry lectures creates. You will need all the notes you can get.

### 4. Seniors are here to help

Over your first term, you'll have met plenty of seniors in your various Sports and Societies, and despite them looking a bit weathered by 2 or more years of Uni, they are generally quite friendly. Ask them for advice, ask them for their notes, ask them for which club is the best at Barts – I'm sure they'll all give very separate but equally passionate answers for all three. BL Families is the best way of claiming your very own Barts parents that you can nag and pester to the point of insanity, just like home sweet home, so I'd recommend getting stuck in with that. They'll be on hand to guide you through the weird and wonderful of Barts and The London, so do lean on them if you are ever struggling. Oh, and join MESS. They put on student-led lectures, and you will 100% pass if you attend their high-yield lectures (trust me, I should know).

### 5. Remember to have Fun

Your time here at Barts will be defined by much more than your academics, remember that! FunMed may seem daunting at first, but it's a real gem of an intro module that gives you more free time than you think, and this is for you to work out what you want to get out of your Barts experience. Take up a new sport? Amateur theatre or comedy? Attend a conference for a speciality you like? Run for Student President or Course Rep? Write for the student magazine (shameless plug)? You'll have time to get involved with as much as you like, and I'd hugely recommend using this time to try things out of your comfort zone and meet some incredible people. You are about to be Freshers at the best medical school in the country, something you'll only be able to enjoy once in your life.

So there you have it, how to survive and make sure you're having the most Fun in First Year now that FunMed is done.

Enjoy it, it'll pass much quicker than you imagine.

I mean, I swear it was just last week I was walking around my Freshers Fayre, but now I'm in my 6Fth year, I have grey hairs, and my back hurts constantly....

# Get yourself Cultured

## Autumn-Winter Edition

By **Ellora Kamineni**

As the days get shorter and colder (not by much though, thanks global warming) you might find yourself wondering what to do in London - for cheap. We are students, after all. If you're looking for things to do outside of spending your days at the library, the Griff Inn, and Oslo, look no further!

### Fine Arts

October 26 - April 28  
The Cult of Beauty at  
the Wellcome Collec-  
tion

What's the only thing better than a cheap art exhibition? A FREE art exhibition! This autumn/winter, the history and influence of beauty across cultures will be explored in detail at the Wellcome Collection in Euston (which, incidentally, is also a great little study spot). The collection has over 200 items, including historical objects, artworks, films and new commissions and can be viewed entirely for free!

November 10 - April 14  
Holbein at The Tudor  
Court

If you ever had a Tudor phase as a child (nope? just me? okay) this exhibition is an absolute must see. Over 100 pieces of artwork from the time of Henry VIII's reign will be on display, many of which were painted by the portrait artist Hans Holbein the Younger! If that name sounds familiar, he's the guy that painted the infamous portrait of Anne of Cleves! The exhibition is included in the cost of a general admission ticket - £12 for those 24 and younger.

### Comedy and Theatre

From November 7  
The Witches at the  
National Theatre

If you're under the age of 25, the National Theatre offers tickets to many of their productions, including The Witches, for just £10 - sometimes even less! All you have to do is google 'National Theatre 16-25', click the very first link, and watch as your bank account magically empties! Please note that if you book tickets via this scheme, you have to bring a valid form of ID to the show, or they might not let you in.



Every Thursday  
Backyard Comedy  
Club

Yes, yes, everybody knows about Backyard in Bethnal Green, which is arguably the best comedy club in East London, but did you know that while weekend tickets are comparatively spenny, the shows on Thursdays can be as low as £7.50? Cheap, close, and always hilarious? Sign me up.

October 23- November  
12

La Traviata at the  
London Coliseum

Don't skip over this one just because it's an opera! Operas aren't just for Tories and people who speak Italian, I promise. This particular production of La Traviata, a very very famous piece of work, is sung in English with subtitles displayed above the stage! Among other things, La Traviata is about cheating and tuberculosis, the two main ingredients in every good love story. Tickets go as low as £13!

## Food + Drink

October 28 - January 4  
Southbank's Winter  
Festival

A personal fave, Southbank Centre's Winter Festival is NOT one to miss this winter! Plenty of stalls, loads of food, and the best Christmas vibes south of the Thames. The Southbank Centre also have a load of events on offer, including various pop-ups throughout winter featuring The Curling Club, Fire and Fro-mage, and Choco Fruit!

Various

Try A New Restaurant  
Loads and loads of new restaurants are popping up in London every month, so ditch the Rusty Bike (sorry Rusty Bike, I love you Rusty Bike) for something a bit newer! Some new hot spots close to Barts include: Chayote, a Peruvian/Mexican restaurant by St Katherine Docks; Bistro Freddie, a new bistro in Shoreditch; and Taco Taco, a taco restaurant opened by a Chelsea footballer also in Shoreditch!

## Other

November 5  
Bonfire Night Fire-  
works

Loads of parks and venues are putting on their annual Bonfire Night firework displays, many of which you can view for free! With countless displays across London, including those in Battersea Park, Dulwich, Victoria Palace, and the ever-trusty Mile End Park, there are plenty of options come November 5th!

November 17 - January 1  
Hyde Park's Winter  
Wonderland

No list of things to do in London over the winter season is complete without a mention of Winter Wonderland. Although tickets can be free, depending on what day and time slot you pick, much of the festival is not! With rides, an ice skating rink, and plenty of food and drink, Winter Wonderland is truly a London staple!

As you can see, if you can bear leaving your cosy flat for the cold outdoors, there's plenty of things to do in London this winter on a budget! From the fine arts to theatre with plenty of festivals and markets in between, you're sure to never run out of fun activities!



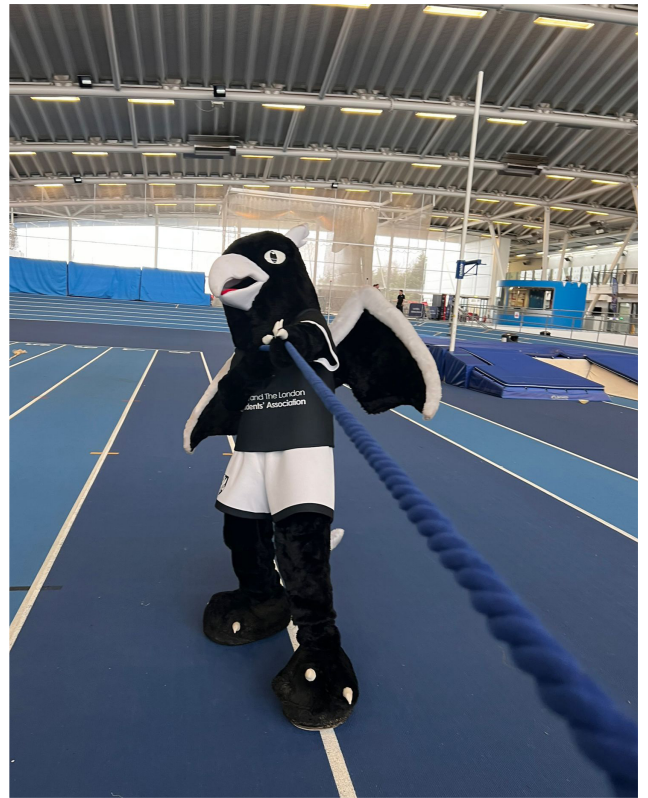
# Around BL

## Sports and Societies

The academic year is back in full swing, our Sports teams have started their fixtures, and our Societies are starting up again in welcoming freshers from fresher's fair.

### A Midsummer Night's Dream

For the first time in six years BL Drama is tackling Shakespeare again! A risky move which certainly paid off as both shows went off without so much as a hitch. Look out for the Pantomime which always proves to be a great night out to see the newest talent in writing and directing.



### BL Sports day

This term the BLSA tackled their inaugural Sports Day celebrations over at Lee Valley. A great day enjoyed by all - including one particular VP London hidden in our very own Griffin mascot.

We can't wait for this to be a yearly tradition, and for BL Circadian to field a team in 2024 for the win.



# THE GARROD Plans to Paint

The Garrod building is finally reopened, mostly. Available for teaching spaces and the old library. Despite the delays, it has been a remarkably fast turn around and being able to have PBLs and teaching has certainly been a relief for both the students and staff.

But how does it compare to the original concept drawings from the reveal in late 2022?

We had a look back to see how the original architectural draw ups compare, and found a surprising likeness to what was promised way back in 2022. The Old Library looks brilliant, and it's provided us all here at BL Circadian with some reassurance that The Griff, however delayed, will be a great addition to the Garrod come January. Either way, we'll be on the ground during the big reveal to bring you our take in January, but until then we'll be counting the days.



# Editor Applications

## A SPACE FOR YOU

Being an Editor means a guaranteed spot in any of our issues and a chance to write on topics you are passionate about.

Don't see a position you are interested in? Have your own ideas? Write in to us and see if we can offer permanent slot in our roster!

## Academic

---

*Global Health Editor*  
*Neuroscience Editor*  
*Medicine Editor*  
*Pharmacology Editor*  
*Research Editor*  
*Med-Tech Editor*

## Student Life

---

*Arts and Culture Editor*  
*Political Editor*  
*University & Union Editor*  
*Sports and Societies Editor*  
*International Editor*  
*Volunteering Editor*

## Art

---

*Illustrator*  
*Photographer*  
*Digital-Editor*



*And so  
much  
more!  
So Apply  
now!*

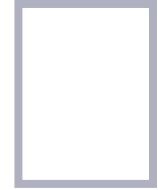


# Safe Travels!

*A Tribute to Dr Nimesh Patel, who will be trading answering all our annoying emails in the smoke-filled streets of Whitechapel, for UCL's annoying emails in the Vape-filled streets of Middlesex.*

*We at the Circadian wish him all the best but also feel to need for some over due pay-back for the sassy email replies so have immortalised him in Postcard form. As an honorary Zebraphile we thought he would appreciate it.*

*So wherever you go, think of Dr Patel dealing with UCL students, and think of how he is missing us. And all of you finalists going on your electives, feel free to use this postcard and send it to us by cutting it out and let us know what you got up to!*



Dr Nimesh Patel

Rockefeller Building

21 University street

London

WC1E 6DE



@blcircadian

circadian@bartslondon.com

