

**Supporting you through your learning, training and career**



#PDAsStudent



## **Welcome to the July 2022 PDA Student Newsletter**

In this edition, read about an opportunity for students to come together to talk about high levels of stress and how to make improvements on Saturday 16 July, what it is like to be a PDA Student Rep and an award-winning pharmacy student's commitment to better the profession.

In this month's issue:

Uncovering and tackling stress in the MPharm together \ PDA Student Session: Making the most of your placements \ PDA LGBT+ Network President speaks to Pharmacist Support about why inclusion in pharmacy is so important \ Being a PDA Student Rep \ An award-winning pharmacy student's commitment to better the profession \ Remember to renew your PDA membership for FREE \ Congratulations on the end of another academic year! \ Getting in touch

## **Uncovering and tackling stress in the MPharm together**

**Student members are having more conversations with the PDA and PDA Student Reps about the unhealthy levels of stress they're experiencing on the MPharm course.**

We are now asking PDA student members to discuss the causes and the solutions. We are inviting you to a live online session hosted by your PDA Student Reps on July 16 to talk about the causes and levels of stress you and your fellow students are experiencing at your schools of pharmacy.

**Date:** Saturday 16 July 2022

**Time:** 11 am - 12 pm

**Location:** Microsoft Teams

During the session we will be uncovering the causes of stress as it relates to your course and work out how to make constructive changes to improve the student experience and learning on the MPharm course. The event is an opportunity to speak to other PDA student members about the problems affecting you daily and how to tackle them. The unique safe space will help you to talk openly about the causes of stress and the solutions with other students and PDA Student Reps.

**Be sure to check your inbox and register for the event!**

## PDA Student Session: Making the most of your placements

On the 21st of April, PDA Student Reps hosted an online session for all student members titled 'Making the most of your Placements'.

Attendees heard from three PDA Student Reps on their experiences of securing placements outside the university curriculum, interview advice, and tips on getting the most out of the placements you do during your degree.

We would like to thank all the attendees for their engagement and questions during the session. One PDA student member said, "the PDA Student Reps were inspiring speakers. They were supportive, as they connected with students and answered the questions from attendees."

If you would like to suggest an idea for a PDA student webinar to help you and your fellow students, please contact [Hannah.Baker@the-pda.org](mailto:Hannah.Baker@the-pda.org).

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## PDA LGBT+ Network President speaks to Pharmacist Support about why inclusion in pharmacy is so important



Scott Rutherford

Scott Rutherford (he/they) is currently at the end of their fourth year MPharm degree at the University of Manchester. They're President of the PDA LGBT+ Network, and a student and trainee rep to the National Executive Committee of the PDA.

Scott recently talked to Pharmacist Support about why they joined the PDA LGBT+ Network, what challenges are facing pharmacy students from the LGBT+ community, and what can be done to improve inclusion in schools of pharmacy.

[Click here or scan the QR code to learn more](#)



**JOIN A PDA EQUALITY, DIVERSITY & INCLUSION NETWORK TODAY!**

**#PDAnawp - #PDAbame - #PDAIgbt - #PDAability**

The PDA has four Equality, Diversity, Inclusion (EDI) Networks, these are, the [PDA NAWP](#), [PDA BAME](#), [PDA Ability](#) and the [PDA LGBT+ Network](#). All students can join the PDA's EDI Networks for free. Learn more [here](#).

## Being a PDA Student Rep

**PDA Student Reps work in universities to develop student networks, support student members and play a key role in communicating with members and non-members to make them aware of FREE PDA membership. Reps also share information with students and signpost them to further support from the PDA as and when required.**

Some groups of PDA Student Reps and members have secured changes at their pharmacy schools or have been involved in wider PDA campaigns. The PDA provides full training to all reps and they join a network of PDA Student Reps from around the UK. It is a unique opportunity to learn more about the PDA, the pharmacy profession and develop new skills and share experiences with other MPharm students.

Here, some PDA Student Reps talk about their experience of the role.



**Beth Burnett**

*Third-year University of Bath student*

"During my first and second year, I acted as a pharmacy academic representative, helping to address any concerns my peers had as well as relay any feedback to academic staff so that we can make the MPharm course the best it can be for pharmacy students.

I enjoyed this role so much I decided to become a PDA Student Rep so I can further represent pharmacy students across the UK."



**Chinedu Ibia**

*Fourth-year De Montfort University student*

"I qualified as a Biochemist in 2012, as a mental health first aider in 2021 and currently work as a vaccinator. I became a PDA Student Rep so that I could work with an organisation that supports pharmacy students and qualified pharmacists and highlights the importance of pharmacists as medical professionals."



**Daniel Essen**

*Third-year Portsmouth University student*

"We've got ears, you've got a voice, how about we let it be heard! I am proud to be representing our fellow students at Portsmouth University."

**[Become a PDA Student Rep today!](#)**



## An award-winning pharmacy student's commitment to better the profession



The Northern Ireland Healthcare Awards celebrate the achievements of healthcare professionals. The PDA was pleased to once again sponsor the Pharmacy Student Leadership Award, which was won by David Dinneen, a student at Queen's University Belfast.

In order to highlight the exceptional work of those dedicated to the profession, we caught up with PDA member David Dinneen, who won the 2022 Northern Ireland Pharmacy Student Leadership Award. David talks about how he became interested in pharmacy and shares advice for first-year pharmacy students.

### The beginning of my pharmacy journey

My interest in science began when I was in school. I had a really enthusiastic science teacher who made me realise that I wanted to pursue a career in science, I also enjoy helping other people. So, when it came to applying to university, pharmacy seemed like the perfect combination of the two. I also think that the wide range of career paths available to pharmacists is quite attractive.

[Click here or scan the QR code to learn more](#)



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## Remember to renew your PDA membership for FREE

With the end of the academic year, it is time to renew your PDA membership.

Here are just a few reasons to renew your membership:

- Access to free PDA Education online skill sessions
- Professional and independent support and advice throughout your MPharm journey
- Indemnity insurance
- The chance to become a PDA Student Rep

[Students, click here or scan the QR code to renew!](#)



To fourth year students moving onto their trainee year, it's time to sign up for FREE PDA trainee membership. As your first year entering the world of work, the PDA is there to lend you a helping hand leading up to the GPhC assessment with free revision programmes.

[Trainees, click here or scan the QR code to renew!](#)



## Congratulations on the end of another academic year!

The PDA would like to congratulate all MPharm students on the completion of their assessments, and the end of another academic year.

We wish you all the best to those continuing their MPharm journey, and good luck to those who have passed their final year and are moving onto their trainee year.

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### Getting in touch

We want the PDA student newsletter to be representative of students' experiences. If you would like to #feature in a future issue, we would love to hear from you. Get in touch by emailing your PDA Student Organising Assistant at [Hannah.Baker@the-pda.org](mailto:Hannah.Baker@the-pda.org).

We also encourage you to forward this email to pharmacy students who are not yet members of the PDA. Membership is FREE to students and trainee pharmacists. Join today!

Let's stay connected. Follow us on social media. **#PDAsstudent**



Just search 'Pharmacists' Defence Association' on any of these platforms.

For more information or to join the PDA, visit: [www.the-pda.org](http://www.the-pda.org)