Hello!

A huge congratulations on getting into vet school and welcome to Liverpool! We are the Peer Support team and our focus is on the welfare and support of all vet students at Liverpool – from Freshers’ Week to graduation, including any resit years in between! It’s easy to get overwhelmed how much there is to learn, and the intensity of vet school (especially first year), so we work hard to help you take the pressure off yourself, so you can function at your best!

Our Events

As a team, we run events throughout the year for students, such as:

- **Talks and workshops** that might include topics like:
  - How to manage time between lectures, self-study and looking after yourself,
  - Communicating with clients with disabilities/mental health conditions,
  - Coping with stress,
  - Overcoming perfectionism,
  - Mindfulness (sometimes with yoga workshops),
  - What it takes to thrive in vet school,
  - Challenges you may encounter as a new graduate in practice.

- **Meet the Guide Dogs** – some furry friends from the Liverpool branch of Guide Dogs for the Blind come to the University to cuddle and help you de-stress (usually around revision time, always very popular).

- **Tea and coffee meetings** – come chill on campus and enjoy some free drinks and biscuits. Some of the team will be there if you want to say hi, chat about any concerns you or your friends have, or generally complain about vet school! (Sometimes we join with the anatomy society bake-off too, so you can also have some delicious anatomically-correct treats!).

- **‘De-stress’ events** – relaxed evening events, usually with Domino’s, like a movie in the Guild cinema or board game night, as well as weekend events like a picnic in Abercromby Square, or lunch and drinks at a café in town (funded by us). These events are non-alcohol focused, and help you take time out of work to yourself, or maybe chat to some new people.

- **Other social events** such as **pub quizzes** with teams integrated from all the years (so you can bug them for course advice and they can rely on you for anatomy knowledge – don’t worry, you can stick with some of your friends too!).

The Buddy System

We also work with LUVS to offer you support in the form of the buddy system. Once you’ve signed up as a LUVS member and answered a few questions on your interests, you’ll get **matched with a vet student in third or fourth year**.

You’ll meet your buddy in vet freshers’ week, where they’ll give you an introduction to the social scene! They are also there throughout the year to give you **tips on how they survived different aspects of vet school**, and generally to be a **friendly face** to ease your worries when starting out here at Liverpool. Ideally, you’ll hit it off and be ‘buddies’ for life!
Vet Confessionals

We have also brought Vet Confessionals to Liverpool! There is a board in the Thompson Yates study area, where anonymous postcards that have been written or sent online to us by you are posted up. This allows you all to see that others have similar concerns and struggles, no one is alone and anyone can put up anonymous supportive and motivational messages in response. There’s also a board in the Leahurst common room!

Check out the Vet Confessionals website, Facebook, Instagram, and our online submission page!

www.vetconfessionals.com/  tinyurl.com/VetConfessLiv

Peer Supporting

As well as all this, we’re also all individually contactable by email, Facebook, Skype and of course in person between lectures or for a coffee! We’re trained, and here to offer you advice for anything you could possibly want, big or small, as well as helping direct you to the right people in or outside the University to ask your questions to.

Vet school is a uniquely difficult place, and first year can be especially hard when you’re still finding your feet. We promise to listen to you, never to judge, and always to help resolve your concerns as best we can – no matter how small. We also have access to, or can signpost you to, lots of helpful resources even if you don’t want to chat with us in depth – just drop us a message!

We ensure anything you say to us in confidence is kept between us. We only discuss with you to break this if we felt you or others were at risk, so we could get better support for you. This doesn’t necessarily affect your fitness to practice or be on the course. Seeking support actually reflects well on you as it shows you know when to ask for advice (a top skill for practicing vets), not to mention helps ensure your individual success in coping with vet school.

Here’s some topics students have wanted to contact us about in the past:
- ✓ Settling into halls/find housing friend groups
- ✓ Tools to help manage stress
- ✓ Having a tough day/week/month
- ✓ Who in the uni to contact about something
- ✓ Feeling isolated/homesickness
- ✓ Difficulty with lecture topics/assignments
- ✓ Frustrating housemates
- ✓ Having to extend deadlines/get mitigating circumstances
- ✓ Revision/note-taking method advice
- ✓ Work-life balance/time management advice
- ✓ Relationship difficulties (romantic, family or friendly)
- ✓ Grief and loss
- ✓ Talking about mental health and where to get support

For more information about Vet Peer Support, here’s our pages online:

Liverpool University Peer Support  www.luvs.org.uk/peer-support.html

You can also join us as a Peer Supporter in your second year, if you’d like to get involved.

We can’t wait to welcome you into the vet school during the months ahead! Wishing you the best of luck, and see you soon!

Liverpool Vet Peer Supporters :-)
VET PEER SUPPORT

Confidential Support | For Students | By Students

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