

UCO MAGAZINE

20
24



THE
OFFER HOLDERS

EDITION

YOUR GUIDE TO STUDYING AT THE UCO SCHOOL OF OSTEOPTHY

*“Everyone here at uni is welcoming and warm,
don’t be afraid to ask for help if you need it.”*

- Safia

Welcome

Welcome to our magazine for future students of the UCO School of Osteopathy!

In this edition, you’ll find tips and advice to help you prepare for joining us this September.

When you enrol as a student at the UCO you’ll become part of a close-knit community that will help you find your feet and support you on your path to becoming an osteopath.

Our students are all on a similar journey to the one you are about to embark on, and experience the same highs, lows and challenges along the way. This shared experience often leads to lifelong friendships and support networks that will last the duration of your professional careers.

We are incredibly lucky to be based in the best student city in the UK, with all that London has to offer on our doorstep. Whether you are a culture-vulture, a fitness bunny or a midnight owl there is plenty to do and explore, even on a student budget.

We look forward to welcoming you soon!



Contents

<i>Welcome</i>	<i>01</i>
<i>London as your campus</i>	<i>03</i>
<i>Finding accommodation</i>	<i>05</i>
<i>Getting around</i>	<i>07</i>
<i>Exploring the area</i>	<i>09</i>
<i>Managing finances</i>	<i>11</i>
<i>Looking after your health</i>	<i>13</i>
<i>A day in the life</i>	<i>15</i>
<i>Life as an overseas student</i>	<i>17</i>
<i>Your time in clinic</i>	<i>19</i>
<i>Our students say...</i>	<i>21</i>



London as your campus

Recently voted as best student city in the world*, London has an endless number of things to explore, see and do, as well as a thriving multicultural and international community.

Brimming with history, culture, and a vibrant nightlife, and home to iconic landmarks, diverse neighbourhoods, green spaces and endless entertainment options, you'll be spoilt for choice for things to do in your downtime.

Delve into the treasures of world-class museums and galleries, many of which are free or discounted for students; or catch a performance in the West End with an affordable matinee ticket.

You won't have to travel far to find other types of entertainment,

with comedy nights and live music popping up in venues across London every night of the week.

Venture beyond the tourist trail into London's eclectic neighbourhoods, each with its own distinct vibe. Whether you're exploring the quirky markets of Camden, admiring street art in Shoreditch, or sampling international cuisine in Soho, there's always something new to discover.

When the sun sets, London truly comes alive with its buzzing nightlife scene, from cozy pubs serving up traditional ales to trendy cocktail bars and clubs.

And when you need a break, London's lush parks provide serene oases amidst the hustle and bustle. Hyde Park, Regents Park, and Hampstead Heath offer stunning green spaces for leisurely strolls, picnics, or simply unwinding with friends, while the River Thames is ideal for combining your daily run with a spot of sightseeing.

Grab your Oyster card and prepare to embark on a journey of discovery!

Worried about the cost of living in London? Check out our top tips for living on a budget on page 11.



* QS Best Student Cities 2024



"The parks are great all year round but particularly in the summer. We take a picnic and play rounders or just watch the world go by."

- Sam

"London is great for bars, restaurants and clubs so you can go somewhere different every night if you want to. You don't have to go far. The pub at the end of my road does regular quiz nights, curry nights and live music."

- Jen



"Explore the different areas that aren't in central London. Highgate, Hampstead, Hackney, Peckham, Notting Hill are all great days out and totally unique." - Lucy



"I love wandering around different markets." - Tiia



Finding accommodation

Finding student accommodation in London can be a daunting task, but with careful planning and research, you can secure a comfortable place to call home during your studies.

The first step in the search for student accommodation is to determine your budget and preferences. Consider factors such as location, amenities, and the type of accommodation that best suits your needs, whether it's a shared apartment, student residence, or private studio.

One of the most popular options for students looking to relocate is private student accommodation, which often offers the convenience of onsite amenities such as Wi-Fi, laundry facilities, security services

and social spaces. Private student accommodation can vary enormously in cost and type of contract so do your research and plan your budget before committing to anything.

Alternatively, lots of our students opt to rent privately-owned flats or live in house shares. Websites and platforms such as SpareRoom, Zoopla, and Rightmove are valuable resources for finding listings and connecting with potential flatmates, and our *UCO Accommodation Facebook group* is a great way to find other UCO students looking to share or with a room to rent.

When searching for private accommodation, be sure to factor in additional costs such as utilities, council tax, and transportation expenses.

Regardless of the type of accommodation you choose, it's essential to thoroughly research the area, read reviews, and visit the property in person if possible before making a decision. Additionally, be aware of your rights as a tenant and ensure that any rental agreements are clear and fair.

Our top tips for finding private accommodation

- **Check the accreditations** and memberships that your prospective landlord or letting agent holds.
- **Try to organise your viewings** by area to keep travel costs down.
- **Keep an eye out** for transport links, convenience stores and other places that are important for you to have near your accommodation.
- Make sure your landlord pays your deposit into a **tenancy deposit protection scheme**.
- Look out for any mould, damage and exposed wires. **Take photos of any existing damage** when you move in.
- **Check what is included** - does it come with furnishings? Are bills included or extra?
- **Don't feel pressure** to make a decision on the spot. Take someone with you to viewings if you can.
- Make sure you **understand the full terms and conditions** of your contract before signing or parting with any money.

Student housing providers:

The following providers offer private student accommodation in London:

- unitestudents.com
- unilodgers.com
- studentroost.co.uk
- downingstudents.com
- vitastudent.com
- crm-students.com
- thisisfresh.com
- sanctuary-students.com
- host.students.com

Please note:

The UCO is not affiliated with any of the accommodation providers in this list. Any contract will be with the accommodation provider. You are advised to conduct your own research and thoroughly check the terms and conditions before paying a deposit and/or signing a contract.

For more tips and information check out our accommodation info sheet:



“Start early. Message friends/family. Post stories on instagram- more people than you think reach out.”

Planning on living at home?

Don't worry, you won't be alone! Lots of our students live at home and commute to the UCO for their studies. We have shaped our timetable to minimise the costs of travelling to and from uni for those that choose to do this.

You'll still have plenty of contact with other students when you are at the UCO and lots of opportunities to socialise, plus London's transport network makes it easy to get home after the odd late night out!



Getting around

London's transport network makes it super quick and easy to get around, or to commute from further afield.

The London Underground, also known as the Tube, provides quick and easy access to virtually every corner of London and Borough tube station is less than a minute's walk from the UCO. Students can save money by purchasing an Oyster card or using contactless payment, which offers discounted fares compared to paper tickets.

In addition to the Tube, London boasts an extensive bus network, with over 8,000 buses operating on more than 700 routes. Buses provide a flexible and scenic way to travel around the city, with frequent services running throughout the day and night. Students can also take advantage of the Hopper fare, allowing unlimited bus transfers within one hour for the price of a single fare.

It's often easy to think that you need to use the tube or bus to get around, but in reality lots of London landmarks are closer together than you think and are easily reachable on foot or bike. Travelling to uni or exploring London via bike or foot will save you money, reduce your carbon footprint and help you discover hidden gems tucked away in the city's maze of streets and alleyways.



Visit TfL's guide to student travel in London



"If you travel into London by train, look at buying tickets directly from train company. Most won't charge a transaction fee and it can be quicker to reclaim money back for delayed or cancelled trains!"

Also... get a Railcard if you can. Network Railcards are available for those who don't qualify for an age related card & you'll make the cost back in no time at all. And double check to see if you can get day travel cards cheaper than it would be to get normal tickets and then transport in London. Every saving helps, so it pays to double check!"

"Cycle! If you live in the city and are a confident cyclist, it's obviously much cheaper and often much quicker than public transport. I've really enjoyed my cycles and commuting outdoors, it helps clear the lungs and wakes me up."

"Use the off peak times at the end of the day as an excuse to stay in the library until 7am. While studying you can also socialise more."

"Walk! It's cheap and fun."

"Depending on how far, invest in a bike. Always check train updates. Use student discount to save money."

Exploring the area

Take a walking tour of some of our favourite places and sights within easy reach of the UCO with our handy map.

1. UCO teaching site

2. Mercato Metropolitano

A favourite haunt of UCO students and staff during the warmer weather, this street market is home to a selection of street food stalls, bars and breweries. A great place for al-fresco eating and drinking!

3. UCO Clinic

4. Mint Street Park

One of many green spaces close to the UCO, ideal for al fresco lunches in the warmer months.

5. Tate Modern

Home to some of the world's best contemporary art, take a wander round some of the free galleries or check out the view from the Terrace Cafe.

6. Shakespeare's Globe

This beautiful reconstruction of the original Elizabethan Globe Theatre, home to some of Shakespeare's greatest works, offers regular tours and open-air performances throughout the year*. Choose between the comfort of a seat in the circular galleries or get up close to the action with a standing ticket, but come prepared for the weather!

7. The Golden Hinde

Visit Sir Francis Drake's galleon* for a spot of nautical history, followed by a drink at the neighbouring Old Thameside Inn while watching the RIB boats whizz by on the River Thames.

8. Borough Market

A haven for food lovers, Borough Market is famed for its excellent produce, from fresh fruit and veg to worldwide cuisines. Pick up some lunch or some treats for later, and keep an eye out for free samples!

9. The Monument

Take a stroll over London Bridge to visit the monument to London's Great Fire of 1666. If you are feeling energetic climb the 311 steps to the top of the monument and enjoy panoramic views of London*.

10. The Shard

Opened in 2013, The Shard towers above most of London's architecture and offers spectacular 360-degree views from its viewing gallery*. It's also home to several high-end bars and restaurants for special occasions.

11. Hay's Galleria

Once a warehouse and wharf from London's days as a busy port, this riverside location is now home to a selection of cafes and restaurants.

12. HMS Belfast

Follow the River Walk from Hay's Galleria past HMS Belfast, once the largest and most powerful cruiser in the Royal Navy. It is now permanently moored as a floating museum*.

13. Tower Bridge

Grab a selfie with London's most iconic bridge! The drawbridge only opens twice a day on average (you can find times online) but there is also a visitors museum where the brave-at-heart can cross a glass floor running between the two towers*.

14. Tower of London

This historic castle has served as a royal palace, an armoury, prison, treasury and even a zoo. Today it is one of London's most popular tourist attractions* and home to the Crown Jewels and the famous London Beefeaters!

* Ticket purchase may be required.



Managing finances

Keeping on top of your your finances as a student can be challenging, particularly if you have never had to manage a budget before. To help, we've compiled some top tips to help you take control of your money and make every penny count!

Start with a budget

It may not be exciting, but planning a budget for your time at uni will save you headaches in the long run. Think about what you'll have coming in – everything from your student loan, wages, parental contributions or savings – and any essential outgoings. The big costs are likely to be your course fees and accommodation, but don't forget to factor in travel, food, utility costs, mobile costs, insurance, study materials and a budget for socialising and going out. A small contingency fund is always a good idea if you can afford it so that you can cover any unexpected costs that occur.

Track your spending

Once you have set a budget try to stick to it if you can, or adjust it if you are regularly spending more or less than you thought. There are lots of apps you can use to help you track how much you are spending and to help you identify where you can cut back if you need to.

Take advantage of discounts and budget-friendly options

There are lots of ways to save on your regular outgoings, from supermarket loyalty cards to student discounts in high street shops and entertainment. *Student Beans* and *UniDAYS* are both free to join and provide deals for students on everything from fashion and entertainment to electronics or travel. UCO students can also join the local *Buzz Card* scheme to access discounted rates for local shops and services.

London's many markets and second-hand shops are also fantastic places to grab a bargain or two and can be a great way to spend an afternoon. Don't forget that there are plenty of other free and affordable ways to enjoy London – from checking out the spectacular views at *Sky Garden* or watching the street entertainers on the South Bank to soaking up the atmosphere at one of the many festivals and celebrations that take place in the capital each year.

Don't overspend before you arrive

Although it's tempting to go on a spending spree before term starts it's often better to stick to the absolute essentials until you have settled in a bit. You may find you don't need some of the things on your shopping list at all.

As part of your enrolment pack you will be sent a list of items you may need for your studies, including scrubs and other equipment, but you don't need to rush out and buy them straight away. UCO staff will be able to advise you on what and where to buy these so you can avoid costly mistakes - you may also be able to be able to buy some items second-hand from current students.

Earn while you learn

While balancing a job and studying isn't ideal we recognise it is a necessity for lots of students.

We have structured our timetable to give you time away from your course if you need to work and have introduced an optional extra qualification in Sports Massage for M.Ost students so that you can earn an income in a related

“Make your own food, have a reusable mug and water bottle and don't buy tea & coffee from a shop... it all adds up very quickly!” - Viv

discipline while you study. This is offered for free at the end of your first year. There are also opportunities to undertake paid work as a UCO Student Champion.

International students are advised to check the terms of their visa before undertaking any work as restrictions may apply.

Ask for help

Financial worries can have a significant impact on mental health and your ability to make the most of your student experience. If you are struggling financially don't be afraid to ask for help – ignoring the problem will often just make it worse.

Our Student Support team can provide money management advice and support, and may be able to help students experiencing short-term financial difficulties to access hardship funds.

Outside the UCO there are lots of other sources of information and advice on managing money matters, including *StepChange*, *MoneyHelper* and *National Debtline* for example.



Looking after your health

As future healthcare professionals we all recognise the importance of looking after our health and wellbeing. Read on for our top tips for managing your health during your studies.

Register with a GP and dentist

If you will be relocating for uni register for a local GP and dentist as soon as possible. That way you can access health services quickly and easily and receive emergency care if you need it.

Rest and eat well

It's easy to rack up the late nights and to fall back on ready meals when you are studying, particularly if you are also juggling work and other

commitments, but ensuring you take time to rest and nourish your body is the best defence against illness, stress and fatigue.

Exercise

Time to practice what you (will be) preaching! Getting a regular dose of exercise will keep you fighting fit and boost your mood.

Consider joining one of the student-led clubs and treat it as a chance to hang out with friends.

Manage your mental health

University life can be overwhelming. If you are struggling with your mental health, are feeling anxious, depressed, or are dealing with an eating disorder, there is help available.

Our Student Support team can provide support and advice on managing the causes and symptoms, and the UCO provides a free and confidential counselling service for students in need.

Student Minds is a great source of information, support and advice for students experiencing mental health difficulties.

Visit [studentminds.org.uk](https://www.studentminds.org.uk) for more information.



Support for disabilities

Students with visual impairments, hearing impairments, mobility difficulties, autistic spectrum disorder and other long-term health conditions can all be provided with tailored support during their time at the UCO. Students with Specific Learning Difficulties (SpLD) such as dyslexia, dyspraxia, ADHD and dyscalculia can also receive support with their studies.

You may be eligible for financial support through the Disabled Students Allowance (DSA). Visit [gov.uk/disabled-students-allowance-dsa](https://www.gov.uk/disabled-students-allowance-dsa) for more information.

Sexual health

Even if you do not plan to be sexually active while studying, it's good to be prepared.

Contraception and condoms are free for everyone from any GP – it does not have to be your own – or family planning clinic.

Our favourite ways to relax and manage stress

“Going to the gym. I follow a programme which allows me to switch off.”

“Going to the Student Union bar and playing snooker, and football after lectures.”

“Watching a comfort show in bed with a favourite snack.”

“Cooking a meal from scratch with fresh ingredients. It helps switch my brain off at the end of a busy day and I get a delicious dinner at the end of it!”

“A hot bath and meditation.”

“Walking, music, video games, reading books.”

“Grabbing an early night - I love my bed! I have an app which tells me how well I have slept and gives me tips for improving the quality of my sleep.”

“Sports (yoga, running, gym, walks in the parks...)”

“Spending time with family and friends.”



A day in the life



Izzy, second year, M.Ost FT

My alarm goes off...

at 5:50am, and I watch TV while eating breakfast and having a cup of tea.

I live...

at home in south east London with my mum, stepdad and brothers.

I travel to uni...

by bus or train – it's a nice journey and I often read or listen to music on the way.

My day starts...

at 9:30am – I have a technique class and a Clinical Skills class, where we learn how to take blood pressure, listen for respiratory pathologies and more!

At lunch...

I meet my friends and we all bring food from home – sometimes my friends bake cakes which is amazing, and we all chat and eat together.

In the afternoon...

I have a Technique class, and we learn new techniques each week.

After lectures...

I go to the SU. I have set up a netball club every Thursday and we have drinks and socialise – it's a really lovely way to begin the weekend.



My alarm goes off...

at 7am. I have a bowl of cereal and prepare my bag for the day ahead.

I travel to uni...

by bike when I can but otherwise it's a one hour bus journey where I use the time to answer messages and gather my thoughts around the pre reading materials.

My day starts...

with a Being An Osteopath lecture at 9:30am where we go over clinical interaction and what makes up a person/patient. This is then followed by a Neuro Muscular Skeletal lecture where we apply our anatomy knowledge from previous lectures to a more clinical setting through active examination.

At lunch...

I head down to the Student Union bar with my friends to eat lunch and play pool/snooker, darts and table tennis.

In the afternoon...

I have a 10 minute yoga and body awareness session at the start of our Sensory Motor Development lecture. This week we went over the role of the thoracic (chest) cavity and finished by learning passive examination of the thoracic vertebrae.

After lectures...

I join the climbing society and head to the nearby climbing gym for a social bouldering session.

Rhys, first year, M.Ost FT

My alarm goes off...

at 7am, so I can quickly grab some breakfast before heading into uni.

My day starts...

with a 90 minute Anatomy lecture. We cover neurology in the upper and lower limbs. After the lecture I pop in to the Learning Hub to use the VR headset.

At lunch...

I go out with my friends from the course to grab something to eat from Tesco's or Sainsbury's. Sausage rolls are my favourite. We eat it in nearby Mint Steet Park to take advantage of the lovely weather before heading back to uni.

In the afternoon...

I have a lecture on palpation where we do different activities learning about being an osteopath and treating the whole body as a hands on, practical, holistic approach.

After lectures...

I play table tennis with my friends and then rush to get the train home at London Bridge. I spend the evening watching TV and chilling out ready for another busy day tomorrow!



Chloe-Marie, first year, M.Ost FT



Life as an overseas student

Studying in the UK as an overseas student can be both exciting and overwhelming. We chat to one of our students about her experience of moving to London, and also share some of our top tips to help you settle in quickly.

Open a UK bank account

Opening a UK bank account has lots of benefits: it will make it easier to pay bills and you'll avoid costly exchange rates and withdrawal fees.

Check the terms of your visa

Depending on the type of visa you require there may be restrictions on what you can do while you are in the UK, the most common one being the amount of paid work you are allowed to undertake.

Don't overpack

You'll be able to buy most things you need when you arrive. Focus on the things which will make you feel at home and bring clothing for a variable climate!

Embrace London's multicultural scene

London is a melting pot of different nationalities and cultures. If you are feeling homesick it is likely you'll be able to find restaurants and shops selling familiar foods and products from home.

It's also a great opportunity to explore other cultures and traditions and to make friends from around the world.

Ask for help

It is normal to feel lonely when studying away from home. If you experience homesickness remember that it is to be expected - you are undertaking a huge life-changing thing. Do reach out to other students as many will have experienced similar feelings and be able to offer you friendship and advice.

Our Student Support team are also on hand to provide support if you are struggling emotionally, and can provide practical academic support for students who are studying in a second language.



For information about studying in the UK as an overseas student visit the UKCISA website:



Ana, fourth year, M.Ost FT

Where were you living prior to coming to the UK to study?

In a small city in Brasil.

Why did you decide to study in the UK?

I moved with my family as my Dad was transferred to work here.

How did you find accommodation before you arrived?

My parents got here first, and they rented a short term flat for us while we looked for something more definitive.

Favourite thing about London?

The diversity of cultures and people. London really is a mix of everything and I think this is what makes it special.

Was there anything you wish you had/hadn't packed?

We brought three 23kg luggages for the four of us and at the time that didn't seem enough. I think we packed way more than necessary in terms of clothing. I definitely regret bringing four pairs of flip flops instead of my two favourite books!

What was your first impression of London and the UK when you arrived?

If you come from a small city like I did London can feel overwhelming. It's quite fast paced and it seems like everywhere you go there's tons of people around you. I got used to that but I make an effort to slow down whenever I can.

Top tip for overseas students

Be open to new opportunities and be patient about results. Changing countries brings lots of new prospects and we can get anxious about when things will happen. Trust that you're doing your best and that alone will bring what you wish!



Your time in clinic

The UCO Clinic is where you'll bring together all your other learning and put it into practice in a real-life environment.

It can be daunting working with patients at first and lots of our students and graduates describe having imposter syndrome from time to time, but your time in clinic will help to prepare you for professional life after graduation.

Our Practice Educators are always on hand to offer guidance and ensure your patient interactions are safe and appropriate, and they have all been in your position at some point!

Our current clinics include (please note these are subject to change):

General Clinic

Our main undergraduate clinic treating a wide range of patients.

Associates Clinic

Appointments delivered by recent graduates of the UCO.

Paediatric Clinic

Treating children from infants to 17 years of age.

1st Place Paediatric Clinic

Community-based clinic for children under 5.

Blackfriars Clinic

Serving older people in the community.

Blanchard and Royal Free Clinics

Delivering osteopathic care for patients living with HIV.

T-Flex Clinic

Our newest clinic, delivering specialised musculo-skeletal care for transgender and non-binary adults.

Expectant Mothers and Women's Health

Providing support and hands-on care for women throughout the different stages of their lives.



Luciane Aberto is a Practice Educator (PE) and Lecturer. As Practice Educator she supervises students working with patients in the UCO Clinic.

What do you like most about being a PE?

The interaction with students and patients, in a situation where I am the support and guidance for the student.

What do you do when you are not working as a PE?

I see my own patients in the days I am not at UCO. When I am off, I love to cycle and spend time with my dogs and friends.

What do you remember about your own first day as a student in clinic?

Terror, panic. But also a lot of curiosity about how I would apply the things I've learned in the classroom to help people.

Any top tips for new students?

Be curious, and be proactive in your learning journey.

What does a typical day in the UCO Clinic look like for you?
Chaos and craziness (LOL). Loads of interesting interactions with students, patients and colleagues.

"My favourite aspect of the course has been the practical learning and learning how to adapt it to patients. It's a big change from practicing on each other to then having real patients with real problems and having to adapt techniques for that patient as everyone is different." - Safia



What to wear

Scrubs

From 2024 we'll be transitioning from scrubs to polo shirts. All new students will be issued with branded polo shirts to wear when in clinic.

Footwear

Shoes should be flat, closed around the foot, washable and smart.

Jewellery and make-up

Only minimal make-up is acceptable and the use of strong perfume or aftershave is discouraged for the comfort of others in a close environment. Jewellery other than wedding/signet rings and simple hoop or stud earrings should not be worn.

Other things you may need to buy:

- Littman stethoscope
- Sphygmomanometer
- Patella hammer
- Tuning forks 128Hz & 512Hz (with base/foot plate)
- Pen torch
- Neurotips (neurological testing pins)

There is no need to buy these prior to starting the course unless you wish to.



What our students say...

We asked our students for some of their top tips and most memorable moments from their time with us so far. This is what they told us.

Top tips...

"Just go for it and embrace all opportunities, also practice makes perfect with technique!"

- Ailsa

"Go for it, put the work in and you'll be successful, don't worry if stuff doesn't come together straight away."

- Hannah

"Listen to The Tales of Osteopathy Students, Words Matter and Table Talks podcasts - all UCO linked and great insights before you get started."

- Viv

"Take each day as it comes. It's a marathon and not a sprint. Learn something valuable everyday."

- Patrick

"Enjoy it! Go to the SU, have fun and make the most out of it."

- Eloise

"Study a small amount on a daily basis. Practice at least weekly with your peers."

- Lucy

"Get into doing sports massage right away as this will open the most opportunities."

- Raul

"If you can, there are quite a few free online courses on anatomy and physiology, even on YouTube, which will help you get familiar with the body and it's processes regardless of how much you understand it."

- Rhys



Memorable moments....

"Going home after a day at the clinic and feeling a sense of joy and accomplishment - something I hadn't expected to feel despite how cliché it is."

- Rhys

"Connecting with the people who are now my friends. Building friendships that will last well after we finish the course."

- Jessica

"Finishing the first year with my colleagues. We had so much fun and then went for food after our last exam on such a lovely sunny day!"

- Viv

"The friends I've met and made. I came here not knowing anyone and now I have made friends who I know will be there for life. They've helped me through a lot and always have my back through the hard times."

- Safia

"Spending two weeks constantly revising and practicing for Osce and Ospes with a group of friends."

- Raul

"Picnics or lunches with students and/or tutors in May/June."

- Eloise



Contact us

Admissions

admissions@uco.ac.uk
020 7089 5316

Student Finance

studentfinance@uco.ac.uk

Student Support

studentsupport@uco.ac.uk