

Vol. 1 2022-2023

# Keeping up with MHSA



## Meet the Team

**President - Emily Abela**

**Vice President - Mattea Pulis**

**Secretary General - Duncan Munro**

**Treasurer - Kyle Cilia**

**Health Officer - Christina Simic**

**Education Officer - Kirsty Buhagiar**

**Media Officer - Rebecca Grech**

**International Officer - Yasmin Marie Abela**

**Social Policy Officer - Blake Cutajar**

**External Affairs Officer - Hugh Portanier**

**Mifsud**

# President Office

## Medical School

Over the past month I have been involved in the Student over Profit Protest (against the ultra-commercialisation of campus life at the University of Malta) and am currently tackling the Medical School situation.

When discussing points to mention during the protest, I spoke to MMSA regarding the possibility of mentioning the Medical School and to jointly speak out about it. After the protest, I had a meeting with a representative from the Vassallo Group to further discuss the way forward concerning the medical school. This led to MHSA and MMSA teaming up to tackle such a problem.

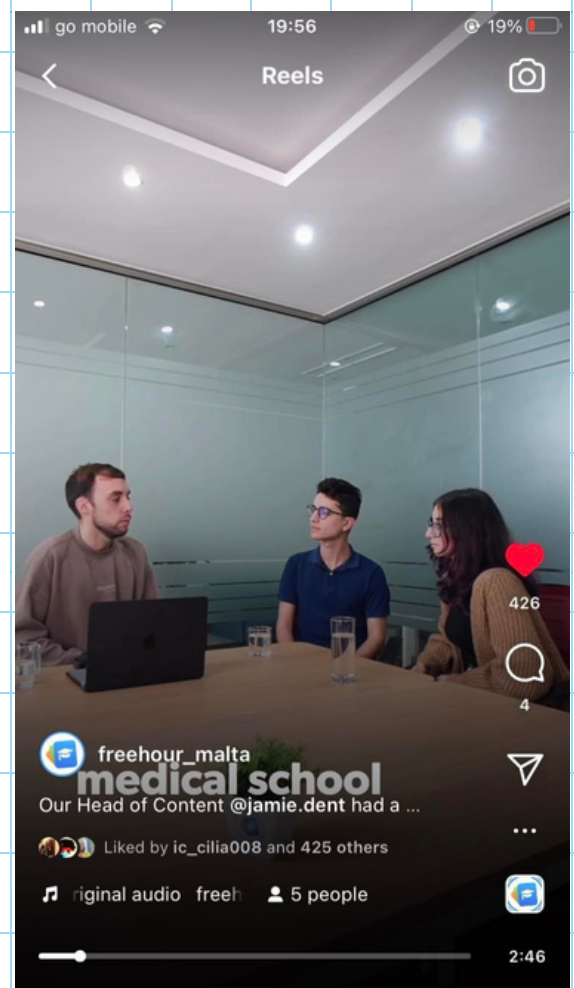


# President Office

## Medical School

After emailing the relevant authorities to request a meeting to discuss this urgent matter, we decided to release a statement to inform all students about the situation at hand and how we need their help to gather attention of relevant authorities to give us a date that is not 11 days away from our deadline. This deadline, which is the end of 2022, marks the fact that after this date, Vassallo group will have the authority to change the building into whatever they deem necessary, providing no guarantee that it will be a medical school.

After the statement was released, we contacted various media outlets to share our statement and, so far, we have been on the Times of Malta Newspaper, Lovin Malta, Newsbook and FreeHour. In the meantime, a video interview with FreeHour is being set up to help get more students to sign our petition that we created in order to reach more people with our statement.



# Vice President Office

## Sale of Secondhand Uniforms

This year, MHSA introduced a brand new system allowing the sale of secondhand uniforms.

Former students were contacted, and many reached out to us expressing their interest in selling their practical placement uniforms. These uniforms were collected by our executive members and were sold to freshers at a fraction of the original price.

This green initiative was a great success and will continue to grow along the years. In addition to reducing waste, it simultaneously helped students experiencing financial difficulties save money.

## Love Island Screening (1st Aug)

On the 1st of August, MHSA held a screening of the finale of the much-loved reality show, Love Island.

This event was a great success with dozens of students from all faculties joining us on the day. Additionally, soft drinks were not provided in order to encourage water as a refreshing drink instead of sugary fizzy drinks.

The students who attended all seemed to have a good time and this event will surely be repeated next year!





# Education Office

## Faculty Talks (19th July)

Faculty talks were held for prospective Health Sciences students by graduates and students from courses offered by the Faculty of Health Sciences. This was done to help with the application process and to clarify what each FHS course entails from a student's point of view.

## Faculty Tours (5th Oct)

Through our annual faculty tours, freshers can find their way around University Campus, Mater Dei and the Faculty of Health Sciences which is situated off campus. The tours were given by MHSAs and act as a chance for students to familiarize themselves with us as an organization and eventually with other students.



## Pink October (21st Oct)

Throughout Pink October, MHSA held a fundraiser for the Action for Breast Cancer Foundation, released infographics about this disease and even interviewed survivors who shared their experience with us.

Through collaborations with various sponsors, such as Accessorize-Monsoon, Women' Secret, The Cake Box and Take one Stationers, we were able to raise money, educate students and have fun whilst doing it!



## **Awareness Days**

Throughout every month, there are days which act to serve as awareness for various diseases and illnesses. MHSA shares information about these days on our Instagram stories where students can read about and learn via interactive posts.

## **World Profession Days**

MHSA notes professions which, fall under the category of Health Science and are also offered by the University, and shares information about them on the days in which they are celebrated. Here we give an overview of the profession and also explain what one might require to opt for such a profession.



# Health Office

## **VA, VR Talk in collaboration with MedTech (28th July)**

The VA, VR Talk in collaboration with MedTech gave students the opportunity to learn more about the new advances in health-related technology. This event included a VR workshop along with a giveaway at the end.



## **Blood Drive (2nd Sept)**

The Health Office took the initiative of organizing a blood drive in order to motivate people to donate blood. It also helped to share the pressing matter that of donations being provided and how significant it is to patients in need.



# Health Office

## Physiotherapy Day Event (9th Sept)

Another event held was the World Physiotherapy Day event. This was done in collaboration with Platinum Health and Fitness center. All participants took part in a one-hour exercise class and awareness was raised about Osteoarthritis.



# External Affairs Office

## Meet the Exec (25th Aug)

Meet the Exec was held at Kuncett Art Valletta during August. This vital event was created with the purpose of introducing student organizations, as well as University students, to the brand-new team.

In furtherance to this, it was also in hopes of establishing new friendships for those who might struggle to do so. A number of food platters were shared between the attendants along with two soft drinks per person.





# External Affairs Office

## Science in the City (30th Sept)

MHSA gladly participated in this year's Science in the City, which was held at Malta's historical site, St. Elmo.

The principal focus was creating awareness about obesity and healthy eating. A PowerPoint with various videos and quizzes was compiled to promote interactive learning. It also held an efficient means of capturing the audience's attention. Towards the end, leaflets and pamphlets were provided to those visiting the stand.





# External Affairs Office

## Freshers' Week (3-7th Oct)

MHSA held a stand throughout the above-mentioned week. For two consecutive days we were situated at quadrangle whereas for the remaining days, we were located at the Faculty of Health Sciences.

A number of students, herein, had the opportunity to meet the team, as well as discuss how our organization could be of help.

A substantial number applied to join our subcommittee, purchased our memberships, and finally ordered a hoodie. Alongside this, two giveaways were given.



## "Before You Go" (9th Aug)

On 9th August, an information meeting for outgoing Erasmus students was held with the name "Before You Go".

This meeting provided information regarding Erasmus paperwork, what should be done, etc. This information was presented through representatives from the Erasmus office. Students who went on Erasmus in recent years were also present to provide beneficial guidance and share their experience. A space to ask questions was also arranged.

The initiative for this meeting was to ease the departure for Erasmus as prepping for it can be quite overwhelming and departing your home country can get immensely stressful.



The graphic features a large, stylized blue letter 'M' in the background. Overlaid on the 'M' is the text 'BEFORE YOU GO!' in white, bold, uppercase letters, followed by 'Erasmus Information Meeting' in a smaller white font. Below this, the meeting details are listed: 'Date: 9th August', 'Location: Zoom', and 'Time: 9am'. At the bottom, there are logos for PISAN, the website www.mhsafhs.org, MC Pharmacy, and MHSFA.

**BEFORE YOU GO!**  
**Erasmus Information Meeting**

Date: 9th August  
Location: Zoom  
Time: 9am

PISAN [www.mhsafhs.org](http://www.mhsafhs.org) MC Pharmacy MHSFA

# Social Policy Office

## **KSU Monthly Meetings**

Once a month, the Social Policy Officer has a meeting with KSU regarding ongoing problems and topics of the University such as mental health, pride month in Malta, study unit feedback and other related topics. We discuss potential solutions to these topics and relay them to KSU.

## **Medical School**

The Social Policy Officer was involved with helping the MHSA president with the Campus Hub Medical School not being built.



# Health Checks Co-Ordinator

## Health Check #1

On Saturday the 24th of September, from 6:30-11pm, a health check was done during the Zejt iz-Zejtun event. The health check included taking the blood pressure and blood glucose of the localists.



## Health Check #2

On Saturday the 12th of November, from 9:15-11am, a health check was devised at Zejtun. The health check, as per the above, consisted of taking the blood pressure and blood glucose of the localists.



A Teddy Bear First Aid was performed for young boys. Through the use of a Teddy bear, we were able to teach the necessities and basics of first aid and assist children to further their knowledge on how to perform first aid and what actions to take in real-life scenarios.

# Health Checks Co-Ordinator

## Health Check #2

On Tuesday the 6th of December, from 8-11am, a health check was carried out at a healthy eating event at the Radisson Golden Sands. The health check included taking the blood pressure and blood glucose for the attendees.



# Publications Co-Ordinator

Each month, MHSA collaborated with Third Eye Malta to submit and introduce articles about substantial themes and current matters.

Both Third Eye and MHSA concurred on 3 leading subject matters which included environmental health, physical activity, and present taboo subjects. The principal objective behind each article was to not only educate, but also to revoke the stigmas that come with certain topics.

## Article #1

The publication of the initial article, as planned, was on the 16th of September 2022. The article acknowledged diseases that are generated from poor environmental health.



The image shows a screenshot of a Twitter interface. On the left is a vertical sidebar with navigation icons. The main content area displays a tweet from 'Environmental Health Perspectives' (@EHPonline). The tweet text reads: 'From @UMmalta nursing student Deborah Ellul of the Malta Health Students Association: "We as humans ought to remember that how we impact and behave towards our environment, will be ultimately felt through our health and well-being." @ThirdEyeMalta'. Below the text is a photograph of a stethoscope with a small globe of the Earth in the center of its chest piece. The photo includes logos for 'MHSA' and 'THE THIRD EYE'. To the right of the tweet is a 'Relevant people' section listing three accounts: 'Environmental Health Perspectives' (which the user is following), 'University of Malta' (with a 'Follow' button), and 'The Third Eye' (with a 'Follow' button).

**Environmental Health Perspectives** @EHPonline

From @UMmalta nursing student Deborah Ellul of the Malta Health Students Association: "We as humans ought to remember that how we impact and behave towards our environment, will be ultimately felt through our health and well-being." @ThirdEyeMalta

**Relevant people**

- Environmental Health Perspectives** @EHPonline **Following**  
EHP is an Open Access journal publishing peer-reviewed research and news with support from the NIEHS/NIH/DHHS. Follow/RT=endorsement.
- University of Malta** @UMmalta **Follow**  
▲ The official #UM Twitter account  
▲ Follow us for the latest from #University of #Malta 🇲🇹 For admissions please contact us via info@um.edu.mt 📧
- The Third Eye** @ThirdEyeMalta **Follow**  
The students' voice at the University of Malta 🇲🇹 A group of students with a shared passion for journalism 🗣️



# Publications Co-Ordinator

## Article #2

Then, on the 10th of October, we decided to issue an article that explained the basis of breast cancer and create further awareness

## Article #3

For November 14th, as it was World Diabetes Day, we published an article with the aim to enhance the knowledge on this condition.



**THE THIRD EYE**  
THE STUDENTS' VOICE



### Diabetes Day And Its Significance - MHSА

🕒 November 14, 2022 👤 MHSА



*Written by Deborah Ellul*

**November 14th is the particular day in**



**Stay tuned for  
our next  
issue!**