Cardiff Dental Students' Society

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President — Natasha West

Welcome First Years!
Congratulations on getting a place in Cardiff, a fantastic uni, with an even greater Dental Society (as you'll soon find out). Essentially, I'm here to ensure that you have the best possible experience, encompassing everything from sport, academia, wellbeing and of course socialising. Work and play come in equal measures in Cardiff, so have a browse and see what CDSS can offer you! If you have any questions please message me on Facebook or email, I'll be more than happy to help. See you in September!

Hygiene & Therapy President — Elana Phillips

Hi everyone. I'm Elana, your Hygiene and Therapy President.
I aim to:

- Get your voices heard and make positive changes.
- Establish a wider and greater link between DHT and BDS students.
- Get everyone involved in social events throughout the year!

If you have any questions please contact me and be sure to join the CDSS and Dental Hygiene & Therapy Facebook pages to keep yourselves up-to-date on the social agenda!

Vice President — Emily Fell

Hello Freshers, hope you're all excited to come to Cardiff! I'm Emily, your Vice President and I can assure you we have some amazing things planned this year including careers evenings, trade fairs and the infamous Dental Ball which is definitely not to be missed! We've also arranged some amazing discounts at local restaurants and shops so make sure you get your CDSS membership so you don't miss out!
Feel free to email me or add me on Facebook if you have any questions!
Looking forward to meeting you all soon!

The Cardiff Sporting Scene — Gaby Webb & Jake Harrison

Being a member of CDSS means you can claim a **20% discount** on **Cardiff Uni Gym Membership**

Hi everyone, hope you're ready for a busy year with all of this in store:

Events

- Inter-year student & staff sports day - This year with more events than ever before so everyone can showcase their talents.
- Alumni Sports Day - A fierce battle between graduated and current students in Rugby, Netball and Football.

Sports Teams: Both play weekly against other university societies' teams

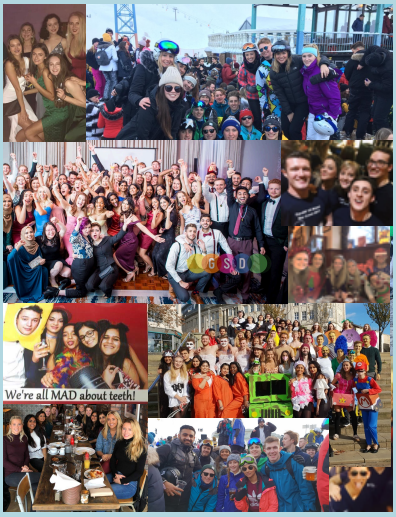
- Dental football (current title holders) and Dental netball.
- All abilities are welcome, and we encourage you to get involved whether it's for fitness, improving your skills, or just for fun!
- Tennis league open to all years plus free group tennis lessons.
- Dental school fantasy football and rugby world cup competitions.

These sports teams & socials provide a great opportunity for you to make some great friends in your own year, and other years. Please message either of us if you have any questions!

The Cardiff Social Scene — Meg Gamble & Greg Cleland

We are Meg and Greg, your social secs for the year, and our job is to make your first year at Cardiff as fun as possible.

- CDSS socials are designed to take your mind off teeth, help you unwind and get to know everyone, especially amongst different years!
- Highlights include; **The Mumbles Mile:** We take a trip to the pubs & clubs of Swansea - fancy dress is essential and very competitive.
- **The dental Ski trip:** We guarantee you a perfect week of sun, ski & fun in the snow. Ditch your tunics and don your salopettes.
- We can't wait to meet you in October for Primary Impressions, with our dental families for the first social of the year. Welcome to the CDSS family!



British Dental Students' Association (BDSA) — Tom Bray & Rebecca Thompson

Hi, we are the Senior and Junior BDSA Representatives for Cardiff.

- The BDSA is a platform that students can use to campaign their views, helping bridge the gap between students and dentists.
- We help to organise the annual BDSA Sports Day and the BDSA Conference, held at different dental schools each year.
- Get ready for lively weekends featuring sports competitions, workshops, educational lectures, a themed ball, awesome nights out and some pretty memorable coach journeys.
- These events are great opportunities to integrate with other dental students from around the UK.

We're both really excited to be part of the committee this year, and look forward to meeting you all!

Membership

Being a member of CDSS is a must as a Dental or Dental Hygiene and Therapy student.
As a member, benefits include:

- Discounted social events.
- Discounted tickets for the Dental Ball.
- Discounts at restaurants & shops around Cardiff.
- Dental Ski Trip.
- Members have 20% off gym membership at the university gyms (Send Gaby or Jake a message if you're keen).

As we're not a part of the Cardiff University SU you cannot pay on their website, membership is purchased via bank transfer in September/October when you're at uni.
We will be around to give a talk in the next few weeks, where we can give you more information on membership.

Membership Price:
BDS: £50 for 5 years or £15 per year. DHT: £30 for 3 years or £15 a year. DH: £20 for 2 years or £15 a year.