

## Health When you Arrive

**All students must register** with a Cambridge doctor (General Practitioner/GP) as soon as possible after arrival. In the UK, general medical care is provided by the National Health Service (NHS). Only once registered with a GP, will you be eligible for full NHS cover and avoid costly charges. The nearest GP Practise is Newnham Walk Surgery. Registration forms for Newnham Walk Surgery are in your Freshers Pack. Please complete and return these to the surgery on arrival to College. <https://www.newnhamwalksurgery.nhs.uk/>

### Vaccinations

The Meningitis ACWY vaccine is offered free by the NHS to new students under 25 years old, including overseas students. Under-25s can make an appointment with the GP's Practice Nurse to be given the MenACWY free of charge as soon as possible, ideally before arrival to College, or else once registered with a Cambridge GP.

Adults who missed out on the MMR vaccination without natural immunity to Measles, Mumps and Rubella can have the MMR vaccine on the NHS from their GP's Practice Nurse. It is given to adults as two doses; the second at least a month after the first.

[https://www.studentwellbeing.admin.cam.ac.uk/files/advice\\_to\\_new\\_student\\_entrants\\_uoc\\_easter\\_2019\\_update.pdf](https://www.studentwellbeing.admin.cam.ac.uk/files/advice_to_new_student_entrants_uoc_easter_2019_update.pdf)

### Disability Resource Centre (DRC)

If you have a recurrent mental health condition, a chronic physical illness/disability, a special learning difficulty or an autistic spectrum disorder then, if you have yet to do so, please contact the DRC <https://www.disability.admin.cam.ac.uk/students/advice-support-for-students> and the College Disability Liaison Officer, Rajashree Dhanaraj (tutorial-manager@wolfson.cam.ac.uk) for the specialist advice and support they can offer. Please also tell your College Tutor and the College Nurse so that any special arrangements for your accommodation, study, examinations, etc. can be made as soon as possible.

### Allergies

If you have had a serious allergic reaction or a food allergy, you should provide written information about this on your College Health Form if you are asked to complete one. Otherwise you should speak about it to the College Nurse as soon as possible. If you have a food allergy or special dietary requirement, please be sure also to:

- introduce yourself to the serving staff/head chef at your earliest opportunity, once in College, and let them know about your allergy
- declare your allergy when you sign up for Formal Hall dinners and other organised meals in College.

## Health and Wellbeing

### College Nurse

An experienced College Nurse, Sally Maccallum offers confidential help with a range of health problems. This includes assessment, advice and treatment for minor injuries and illnesses, as well as support with wellbeing issues. She can also refer you on to other health services, if required. As with all health care environments, information shared is kept strictly confidential and sharing information without consent would only occur in exceptional circumstances. Students feeling unwell or who have a health/welfare need are encouraged to inform the Porters, the College Nurse and/or access help from their GP, as appropriate.

**Sally Maccallum**, College Nurse

e. [nurse@wolfson.cam.ac.uk](mailto:nurse@wolfson.cam.ac.uk)

t. 01223 335901

**Clinic open:** Morrison House (no appointment required)

Monday	11am-12pm
Tuesday	11am-12pm
Wednesday	11am-12pm
Thursday	10am-12pm, 3pm-4pm
Friday	11am-12pm

### Mental Health

Support is available from your College Tutors and the College Nurse. If you need specialist support, they can help you access this from the University Counselling Service, the College Mental Health Nurse, the NHS via your GP or calling NHS 111 option 2, or privately. Further information about support options is available on the website.

<https://www.wolfson.cam.ac.uk/current-students/support/health-wellbeing/mental-health>

### Out-of-Hours

Overnight, at weekends and on Public Holidays, there is an out of hours GP service located at the Urgent Treatment Centre (Clinic 9) at Addenbrooke's Hospital. This service does not offer walk-in appointments. To contact the service you will need to call NHS 111.

- For out-of-hours GP consultations, call NHS 111
- If you or someone you know needs support for a mental health crisis 24/7, call NHS 111 and select option 2
- For general health advice and information, call NHS 111
- Wolfson Porters can help you with first aid
- Pharmacists at local Chemists can provide advice about over the counter medication and minor illness

### A&E or 999

Only call 999 in an emergency. If it is not a life-threatening situation, consider the options above. In an extreme emergency (suspected broken bone, road accident, a wound that requires stitching, suspected heart attack or other life-threatening condition) the nearest Accident & Emergency Department is at Addenbrooke's Hospital. If you are not sure what to do, the Porters or NHS 111 can advise.

### Travelling in Europe

Once registered with a UK GP, if you intend to travel in Europe, you can apply for a European Health Insurance Card (EHIC): <https://www.postoffice.co.uk/health-insurance-card> A valid card gives holders the right to access state-provided healthcare for temporary stays in other European Economic Area countries or Switzerland. The card is not an alternative to travel insurance so you should have both an EHIC and valid private travel insurance in place before you travel. *This scheme will not be available in the event of a no deal Brexit.*

<https://www.ehic.org.uk/Internet/startApplication.do>