

Welcome from the College Nurse

Welcome and congratulations on your place at Green Templeton Oxford University! I hope you will settle into your life here quickly and happily.

As your nurse I very much look forward to meeting you and help support you in your time here. For me to do that effectively, I need you to take some early action so that you can access care here promptly if you need it.

- Firstly, please register with the College Doctor (introduction letter and registration link on [To prepare before arrival](#) page). This will allow you to access care and prescriptions if you need them and will also allow for Hospital/ Consultant referrals.
- If you have any ongoing medical issues or medication needs, please ensure you bring enough medication to cover you **for at least 3 months** from your current GP or consultant from your country of residence, and a letter from that consultant to state the medication/treatment required, the diagnosis and an estimation of how long you will continue to need this medication/treatment. This should enable you to have a seamless transition while you register with the College GP. Your College GP is Rachel Hardwick at Beaumont Elms Surgery, although you may see other doctors as part of the team for appointments when you register.
- Please also ensure that you obtain a SIM card for a UK mobile number when you arrive. These are free to obtain from certain providers and you can choose pay-as-you-go or a monthly contract, but a UK mobile number is necessary to allow the GP to contact you promptly with advice/information or appointment availability.

Visiting me

If you are registered with the College GP, you can see me and I am based next door at Somerville College in Darbshire 16. You are welcome to pop over and see me for confidential mental and physical health issues, minor injuries and illnesses, sexual health/condom supplies, sign posting, medical evidence letters, chronic health issues and much more. You can simply come and have a chat if you are feeling anxious or sad and wish to speak to someone who is not directly involved with the academic side of college life.

As I work across three colleges it's advisable to email/phone me first if you can, as I may be out at another college, unless I know you are coming so we can arrange a mutually convenient appointment. **You will be able to access me daily in weeks 0 – 9 between 9am to 3pm Monday to Friday and I will also be available from -1 week in Michaelmas term.**

Some health tips for coming to Oxford/UK in autumn (fall)

It's a good idea to pack or buy some essentials on arrival such as a hot water bottle, a packet of paracetamol 500mg and a packet of ibuprofen 200mg, some Olbas oil or Vicks Vapour rub, throat sweets and a bottle of cough medicine should you wish. This will ensure that you have the basics to cover your busy first few weeks of term and the flu/cold season when the weather changes and temperatures drop.

Finally if you have any worries or concerns about your health, please contact me or pop in. Please be kind and look out for your fellow students and colleagues as you never know what is going on in anyone's life and a smile and friendly face can make all the difference to their day.

I wish you good luck in your first weeks and hope you enjoy your time with us. I very much look forward to meeting you at the beginning of term (I will be at the 0th week Welfare drop in Friday 10th October).

Best Wishes

Jenny Fitzgerald

College Nurse Somerville College, Keble College and Green Templeton College

Medical For medical advice and /or prescription advice for Green Templeton Students please contact - 19 Beaumont Street Surgery on 01865 240501.

Non-urgent health advice can be obtained via <https://111.nhs.uk/>

Out of hours, please call NHS 111. In a life-threatening emergency, call 999 and update the lodge if you are in college.

Use this link to register with the College Doctor <https://www.campusdoctor.co.uk/oxford/>

Mental Health Support:

University

University Counselling Services:

<https://www.ox.ac.uk/students/welfare/counselling/appointment>

Book an appointment by emailing: counselling@admin.ox.ac.uk

Sexual Health: <https://www.sexualhealthoxfordshire.nhs.uk/>

Dental Emergency: Studental (Damira) will do emergency appointments:

01865689997 reception@studental.co.uk

Oxford Brookes University, Headington Campus OX3 0TP