

Welcome from the College Nurse

Welcome and congratulations on your place at Green Templeton! 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 recommend some pre-arrival action so that you can access care here promptly if you need it.

- Firstly, please register with the College Doctor, Beaumont Elms Practice (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.
- To protect yourself and those around you, the University strongly recommends before arriving at Oxford that you receive the [MenACWY](#) vaccination for meningitis if you are under 25 years old, and two doses of [MMR](#) for measles, mumps and rubella. The NHS is also offering free [MenB vaccinations](#) for all students starting university this year. You will need two doses of the MenB vaccine, at least 28 days apart, so it is recommended you arrange your first vaccination appointment as soon as possible.
- You should also check that your vaccinations for [tetanus, diphtheria and polio](#), and human papillomavirus ([HPV](#)) are up to date. Where possible, international students should receive immunisations in their home country, including the first dose of the MenB vaccination if available.
- Please take the time to review the [information about recommended vaccinations](#) available on the University's website, as well as [advice about registering with a GP](#) once you arrive at Oxford.

Visiting me and contact details

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 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.

However, 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.**

Email: pml.greentempletonnurse@nhs.net

Tel: 01865 270608 or work mobile: 07581 072299

During the vacations and outside term time (i.e. outside weeks 0-9) I work reduced hours in a welfare capacity only. I will respond to emails once a week on Mondays 9:00 to 11:30 for any advice that is not of an emergency or acute nature.

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.

We have epi-pens available at the Lodge for anaphylaxis emergencies, but please ensure you bring and keep your own with you if required.

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 on Friday 9th 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 Beaumont Elms Practice on 01865 240501.

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

Out of hours, please call 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 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:
01865 689997 Email: oxford.reception@damiradental.co.uk
Oxford Brookes University, Headington Campus OX3 0TP