Newsletter Autumn 18 10 September 2018



# **Bradford Student Health Service**

## **REGISTERNOW!**

#### **Coughs & Colds**

#### **CATCH IT**

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

#### **BIN IT**

Germs can live for several hours on tissue bin it as soon as possible.

#### **KILL IT**

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

#### Flu vaccinations

Don't wait until there is a flu outbreak this winter:

Contact us on 01274 371380 now to find out if you are eligible for a free flu jab and make an appointment.

#### **Meningitis ACWY**

All Freshers aged between 16-25 years are advised to have a Meningitis ACWY vaccination to boost their immunity as soon as possible after starting University.



# Welcome to Bradford Student Health Service

Moving away to University is both exciting and daunting and we know that the last thing on your mind is visiting a doctor's surgery, however as a new student at University or College you NEED to register with a local GP to ensure that you can access the full range of services that the NHS has to offer, and it's FREE.

We specialise in student health, offering a confidential service but we can liaise with University departments should there be any health issues affecting your studies (only with your consent) and will look after all your health needs while you study in Bradford.

#### **Healthy Body, Healthy Mind**

Things to do to stay well at University

**Register with a local GP** You never know when you might need one, so register as soon as you arrive on campus and put your safety net in place.

**Have any immunisations you are due** Get vaccinated for Meningitis ACWY and MMR when you arrive at University if you haven't done it already. Living in large communities puts you at risk of infections you may not have previously considered.

Check out the counselling service and any other support services/peer support on offer. Just in case...

**Download useful IT** Save your GP practice website to your favourites and apply for an online appointment booking password. Take control of your health and download the Evergreen Life app www.evergreen-life.co.uk

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# **Emergency and urgent care services**

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life threatening situation.

#### Call 111 if:

- You need medical help fastbut it's not a 999 emergency
- You think you need to go to A & E or need another NHS urgent care service
- You don't know who to call or you don't have a GP to call
- You need health information or reassurance about what to do next

For less urgent health needs, contact your GP of local pharmacist in the usual way.

### Useful contacts

Counselling service 01274 235750

Students union 01274 233300

InformationShopforYoung People 01274432431

Sexual Health Clinic 01274 200024

NHS www.nhs.uk

# **Patient Engagement**

Your feedback and views are important to us. We use them to shape the services that we provide and commission. We will keep you informed about what is happening within the practice and important changes happening within the NHS. You can join our Patient Engagement group by contacting Elaine on 01274 371380, follow us on Twitter @BSHSDOCS, or call in to the practice and post a suggestion in the suggestions box in the waiting area.

Positive patient experience is our main aim and we would like to hear all your views from things you think we do well to things you think we can do better.

# IMPORTANT HEALTH MESSAGES

#### Measles

You may be aware of the recent Measles outbreak in Bradford. If you are unsure as to whether you have had the MMR vaccination please ring the Health Centre on 01274 371380 as soon as possible so that we can arrange this.







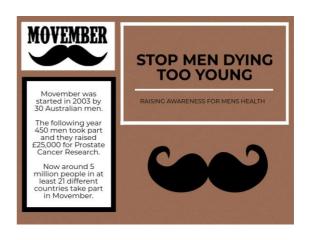
# **Awareness Days**











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