

Bradford Student Health Service



REGISTER NOW!

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



when it's less urgent than 999

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 fast but 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 or local pharmacist in the usual way.

Useful contacts

Counselling service 01274 235750

Students union 01274 233300

Information Shop for Young People 01274 432431

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.



Can the Pharmacist help with your symptoms?

The pharmacist is an excellent source of advice for many common ailments, such as:

- Low Back Pain
- Eczema
- Heartburn and Indigestion
- Fever in Children
- Constipation
- Headache
- Coughs in Adults
- Aone (spots)
- Sprains and Strains
- Sore Throat
- Ear Ache
- Common Cold
- Sinusitis

Self Care Forum
Embracing Self Care for life
12-18 November 2018
www.nhs.uk/selfcare

Be prepared... To make over your medicine cabinet

Coughs, colds, headaches and other common illnesses can leave you feeling unwell and disrupting to carry on as normal. Be prepared by having a well-stocked medicine cabinet at home.

It is better to put 5 minutes to make sure your medicine cabinet is ready to help you manage common illnesses. It's recommended your medicine cabinet should contain the following:

- ✓ A self care guide
- ✓ Paracetamol, such as paracetamol or Dagesin
- ✓ Antihistamines for allergies
- ✓ Analgesic cream for bites and stings
- ✓ A lubricant to help constipation
- ✓ Band-aids
- ✓ A first aid kit with plasters and bandages to manage cuts and sprains

Always be careful to follow the product instructions and regularly check medicine use and expiry. If you're not sure what medicines to use or how best to treat the symptoms of common health problems, ask your pharmacist for advice.

Self Care Forum

Awareness Days

CONSENT
 WE'RE SUPPORTING SEXUAL
 HEALTH WEEK
 24 - 30 September 2018
 www.fpa.org.uk/SHW18
 #SHW18

VFP
 the sexual health charity

STOP TOBER IS BACK

Search **Stoptober** for help and support to quit smoking.

supported by the BLF
 British Lung Foundation

BECAUSE THERE'S ONLY **ONE YOU**

World Mental Health Day
 10th October

Disorder
 Grief Obstacles
 Awareness Illness
 Ashamed Depression
Mental Health
 Anxiety Discrimination
 Distressed Understand
 Stigma Treatable
 Anxiety

Mental Health Foundation

MOVEMBER

STOP MEN DYING TOO YOUNG
 RAISING AWARENESS FOR MENS HEALTH

Movember was started in 2003 by 30 Australian men.

The following year 450 men took part and they raised £25,000 for Prostate Cancer Research.

Now around 5 million people in at least 21 different countries take part in Movember.

PAYING THE PRICE OF ALCOHOL

IMPACT ON THE UK

- 1.6M PEOPLE ALCOHOL DEPENDENT
- 9,990 DRINK DRIVING CASUALTIES PA
- 917,000 VIOLENT INCIDENTS PA
- 24% OF DRINKERS CONSUME ALCOHOL IN A HARMFUL WAY
- £ COSTS TO EACH TAX PAYER £126 PA
- ANNUAL COST OF INSURE: £21B

IMPACT ON THE NHS

- 1.2M ALCOHOL RELATED ADMISSIONS PA
- 49,406 ADMISSIONS FOR LIVER DISEASE PA
- 117% INCREASE IN UNDER 20s ADMISSIONS PA
- 13,290 UNDER 16s RECEIVE SPECIALIST HELP FOR ALCOHOL PROBLEMS PA
- 157% INCREASE IN ADMISSIONS 60-74 AGE GROUP
- ANNUAL COST £3.5B

RISKS

- HIGH BLOOD PRESSURE
- CIRRHOSIS OF THE LIVER
- STOMACH CANCER
- DEPRESSION
- MOUTH CANCER
- THROAT CANCER
- BREAST CANCER
- LIVER CANCER

2ND BIGGEST RISK FACTOR FOR CANCER (AFTER SMOKING)

ALCOHOL CAN BE THE CAUSE OF UP TO 60 MEDICAL CONDITIONS

NHS

SOURCE: ALCOHOL CONCERN (WWW.ALCOHOLCONCERN.ORG.UK)

