



Health and Wellbeing Resources for Students

**A guide to everything you need for your
health at University.**



Be Supported



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studenthealth@chi.ac.uk



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What the health team can help you with

The Registered Nurse Health Advisers are approachable and willing to listen to any concerns in confidence. These may include issues such as:

- Health concerns and information on a variety of health issues
- Minor injuries and illness
- Self-care advice
- Concerns regarding friends, family or other students
- Academic issues relating to health and wellbeing
- Mitigating circumstances
- Healthy eating / eating disorders
- Drug, alcohol support and smoking cessation
- Self-harm
- Sexual Health / condoms / screening
- Sexuality and gender
- Pregnancy (planned or unplanned) including undertaking a risk assessment
- Pregnancy loss
- Sexual Assault, issues around consent and healthy relationships
- Sign-posting to other Professionals, within and external to the University

Please contact student health if you have pre-existing health problems that may require support or first aid intervention whilst at university. This enables us to provide support tailored to your individual needs and academic requirements



You can contact the University Nurse Health Advisers:

Email: studenthealth@chi.ac.uk

Telephone: 01243 816111 – mobile 07739 983703

Use the QR code on this of this page to access the student support portal.



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Considerations for changing GP?

Since the pandemic, many surgeries can support patients remotely through e-consult or by phone.

If you regularly need to see a GP or have a chronic health condition that may require assessment or medication, we recommend that you register with a surgery near the Uni, as you may otherwise have difficulty getting an appointment.

Download the NHS app to access records and check prescriptions.

The NHS intends to add further services to the app, so it is worth the effort. <https://www.nhs.uk/nhs-app/nhs-app-help-and-support/getting-started-with-the-nhs-app/>



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Registering with a Doctor (GP)

Students can register with a GP local to the University Campus. It will still be possible for you to see your 'home' GP during holidays as a temporary patient.

As an exception, if you are awaiting referral to specialist services via your home GP, e.g. eating disorders, mental health providers or autism assessment, please discuss this with your GP and student health before registering locally as this may prolong referral.

Local GP's

The University has links with 3 local GP surgeries see details below. Students can however choose a surgery more convenient to their residence, using the link Find a GP - NHS (www.nhs.uk)

The Online registration forms are generally user friendly, if you do feel you need support, the University Nurse Health Advisers can assist you to register.



Lavant Road Surgery

Lavant Rd Surgery is the nearest for students living on or near the Bishop Otter Campus (north of the market cross).

Lavant Road Surgery

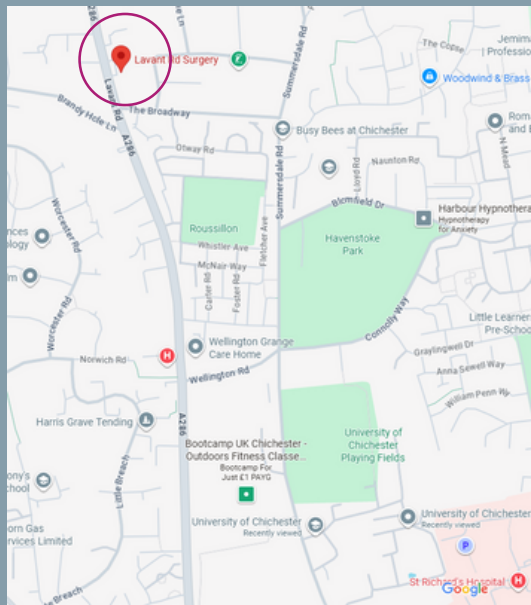
8 Lavant Road

Chichester PO19 5RH

01243 527264

www.lavantsurgery.co.uk

[Lavant rd registration link](#)



Cathedral Medical Group

The Cathedral Medical Group, Cawley Road, is the nearest for students living off campus in accommodation at Stockbridge Road Halls and Fishbourne Halls (south of the Market cross).

Cathedral Medical Group

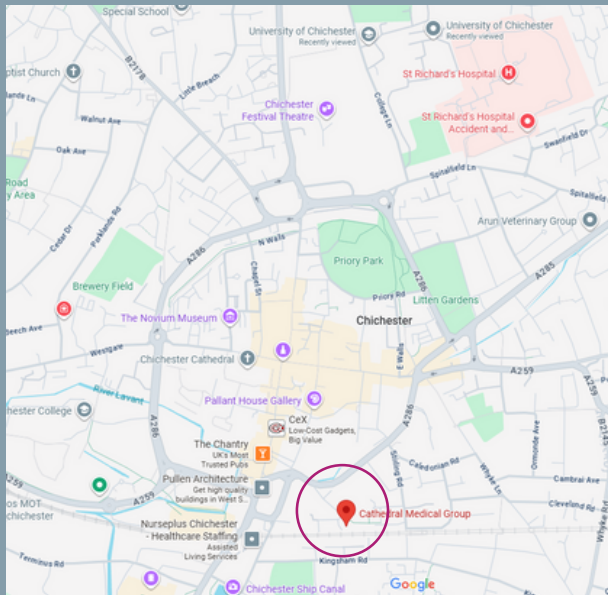
Cawley Road,

Chichester, PO19 1XT

01243 813450

www.cathedralmedicalgroup.co.uk

Register as a New Patient - Cathedral Medical Group



Cathedral Medical Group is about 10 minutes' walk from Stockbridge Halls passing the bus station and then walking down Market Avenue.

From Fishbourne halls the surgery is about a 30-minute walk, or you can catch the U7 bus from the Tesco store to Avenue de Chartres Westgate and walk towards the bus station and follow Market Avenue.



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Maywood Health Centre

Maywood Healthcare Centre is recommended for students living at Bognor Regis Campus.

Maywood Healthcare Centre

225 Hawthorn Rd,

Bognor Regis

PO21 2UW

01243 829141

www.maywoodsurgery.com

Maywood Surgery for university students



Walk from the University to the Hotham Park bus stop (Butlins side) and get on the 600-bus service for Chichester and this will take you to the Hammonds roundabout and then simply walk to the surgery at 225 Hawthorn Road (5-minute walk).

Immunisations

The University recommends all students are up to date with vaccinations. Please check with your GP surgery prior to starting. Please ensure you are up to date with your MMR and Meningitis ACWY vaccination.

How do you make an appointment?

Same day appointments are usually made by telephoning the surgery early in the morning (8am). You need to check with your chosen surgery as different systems are in operation. It is usually possible to pre-book appointments for up to 2 weeks in advance, however fewer of these appointments are available.



NHS services fees

Patients usually contribute towards NHS costs for prescription fees for medications, dental fees and optician's fees. You may be able to claim exemption if you have a low income, see the NHS webpage:

[NHS prescription charges - NHS \(www.nhs.uk\)](https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/)

[Getting medical care as a student - NHS \(www.nhs.uk\)](https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/)



Getting the most from your pharmacist

<https://www.nhs.uk/nhs-services/pharmacies/how-pharmacies-can-help/>

Pharmacists provide a range of services including fulfilling prescriptions, giving advice on how to treat and recognise minor illnesses and sexual health and contraceptive advice; this could save you a trip to the GP. The pharmacist should be able to tell you if you need to see your GP. If you need to talk in confidence, ask the pharmacist if there is somewhere private where you can talk.

The pharmacy sells some medication over the counter, without a prescription. The contents and action of the medicine will be the same as the prescribed medicine, but it may be cheaper. Ask your GP if the medicine that has been prescribed for you is available over the counter or ask the pharmacist when you hand your prescription to them. Most pharmacies offer the morning after pill following a consultation with the pharmacist, some will provide the medication free of charge (there may be age restrictions).



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Medical Emergencies

Anyone who is involved in a medical emergency should Dial 999; ask for an ambulance and say where you are and what is wrong. The ambulance should take you to the nearest Accident and Emergency department. This service is free but should only be used for life threatening emergencies or when emergency treatment is needed immediately.

Mental Health Emergencies

If a person's mental or emotional state deteriorates quickly and this places them or someone else at risk, this is often called a mental health crisis. In this situation it is important to get help quickly.

- Call 111
- Make an emergency appointment with your GP.
- Go to the Accident and Emergency department at St. Richards Hospital, Chichester.
- Out of Hours: Call the NHS Sussex Mental Health line: 0300 5000 101. This telephone line is open 24 hours a day 7 days a week.



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If you feel someone is an immediate danger to themselves or others call for an ambulance and/or the police on 999.

If an ambulance is called on campus, please inform Security and the SIZ (Support and Information Zone) on 01243 81(6363) and they can direct the ambulance to the precise area to avoid delay.

Do not delay accessing urgent help straight away.

Accessing University Support

The Wellbeing team at the University is available for support weekdays term time only. There are drop-in sessions you can attend, or you can book an appointment using the student support QR code on the front of this booklet. You can see the timetable and other services offered on the webpage:

wellbeing.chi.ac.uk

If you need a First Aider or Security support, you can call the university emergency number **01243 816363**.

Accommodation 24/7 Phone Numbers

If you are in halls, you can get out of hours support from the Accommodation team:

Chichester campus	01243 793477
Bognor Regis campus	01243 793488
Stockbridge	01243 533356 / 07824 349543
Fishbourne	01243 790279 / 07791 692966
Westgate	01243 812931 / 07795 257068
Villa Maria, Prince of Wales, Garth House	01243 793488
Millfield Close, Lewis Road, Spitalfield Lane	01243 793477

NHS 111 Service, when to use it

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

- 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
- it's out of hours for your GP
- you need health information or reassurance about what to do next

There is also a free confidential interpreter service, which is available in many languages. Simply mention the language you wish to use when the NHS 111 operator answers your call.

Dental Emergencies

If you have severe toothache or dental trauma/bleeding it is advisable that you go to the nearest Accident and emergency unit at the local hospital.



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Otherwise contact the Jubilee dental centre for urgent dental care:

Jubilee Dental Centre (booked appointment only),

St Richards Hospital, Chichester.

Open Monday to Friday 5.30pm- 10.00 pm.

Phone **01243 831790/793697** after 5.30 for same day appointment.

Saturday, Sunday, bank holidays 8.30 am - 1.00pm.

Dental Treatment

The University advises all students to remain with their NHS dentist at home and to have regular check-ups and treatment during holiday times. NHS dentists are extremely difficult to find; you will have to pay for a private dentist. To find a dentist go to <https://www.nhs.uk/service-search/find-a-dentist> or the NHS dental helpline is **0300 311 2233**.

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Sexual Health

If you have concerns about sexually transmitted infections or would like information you can contact the University Nurse Health Advisers or visit the Sexual Health Clinic at St Richards Hospital.

www.sexualhealthwestsussex.nhs.uk

The Sexual Health Chichester clinic at St Richards (1st floor) offers a wide range of services where you can be seen for sexual health screening and contraception and specialist appointment sessions.

Central Booking Line **01903 285199**

Services offered:

- Sexually transmitted infection screening and treatment
- Chlamydia testing and treatment (available to all)
- HIV testing and treatment
- Pregnancy testing
- Termination/abortion referrals
- Free condoms
- Emergency contraception
- General Contraception
- Psychosexual counselling - by appointment

STI Testing

You can order online STI testing kits from this website:

<https://www.sexualhealthwestsussex.nhs.uk/online-testing/>

Reproductive choices. Including Abortion services.

[MSI Reproductive Choices UK - Your Choice, Our Support \(msichoice.org.uk\)](https://www.msichoice.org.uk/)

Pregnancy Options Centre - 01243 784177

Pregnancy Options Centre provides free, non-directive help and support to women and men facing unplanned pregnancy or struggling following an abortion or pregnancy loss.

<https://pregnancyoptionscentre.org.uk/>

The Esther Project offers information, advice, and confidential support around sexual health and contraception to students engaging in the sex industry with:

- Free condoms & lube
- Access to free Chlamydia tests
- Access to free HIV home self-test kits
- Free pregnancy tests
- Support to access specialist sexual health services

[YADA: Sexual Health \(esther-project.org\)](https://www.esther-project.org/)

Support for Sexual Assault and Misconduct

If you have any concerns around sexual misconduct or consent, the University sexual violence and misconduct liaison officer can be contacted during working hours on **07739 983703** or studenthealth@chi.ac.uk.

You can download the Sexual Assault and Misconduct Policy, and the Procedure for Reporting and Investigating from here: <https://www.chi.ac.uk/about-us/policies-and-statements/academic-and-student-support/>

Our 'Help and Support after Sexual Assault' booklet can be downloaded here: <https://help.chi.ac.uk/help-and-support-after-sexual-assault>

The Sussex Police website is very helpful and informative: [How to report rape, sexual assault or other sexual offences](https://www.sussex.police.uk/how-to-report-rape-sexual-assault-or-other-sexual-offences) | [Sussex Police](https://www.sussex.police.uk/)

If you have been accused of sexual violence or misconduct our support booklet can be downloaded here: <https://help.chi.ac.uk/guidance-students-accused-sexual-violence-or-misconduct>



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SARCs (sexual assault referral centres) are specialist medical and forensic services for anyone who has been raped or sexually assaulted. They have specialist staff to help you make informed decisions about what to do next.

Saturn Centre Sexual assault and referral centre
01293 600469

In an Emergency contact the Police on 999

International Advice

International students may benefit from some additional support while studying in the UK. The International Student Advisers can provide help and support for all international students on a range of issues including, visas, immigration rules, funding options, home sickness/culture shock, academic and practical problems and more.

You can find our office location and drop-in hours on our Moodle pages.

Contact: **01243-812194 / 2192 /International@chi.ac.uk**
Moodle: **<https://moodle.chi.ac.uk/course/view.php?id=86214#>**

Additional Information for International Students
<https://beprepared.chi.ac.uk/register-with-a-gp/>



To access health care in the UK, you need to register with a GP when you arrive. You will be supported with this as part of the International Orientation. Arriving in a new country is a busy time for international students and there are a lot of changes to go through. In this type of situation, with all its stresses, you can find yourself paying less attention than usual to your health. Existing health problems can also be made worse by the effects of adjusting to unfamiliar food, a different climate and the emotional strains of being away from home.

The National Health Service (NHS) is the UK's state healthcare system providing a wide range of health care services including appointments with a doctor, hospital treatment and dental care. If your course is 6 months or longer, you will have to pay the NHS Health surcharge as part of your Visa application, which will entitle you to free healthcare whilst you complete your studies.

We advise that you still take our private medical insurance in addition to this as NHS treatment will not cover you for all eventualities, for example, if you get sick and want to be transported home or want to have a family member to stay in the UK to look after you, this will not be covered. Any treatment that you need to pay for will be charged at 150% of the national NHS rate.

Some EU students may be able to apply for a refund of the health surcharge once they arrive:

Students studying for more than 6 months - you may be eligible for a full or partial reimbursement if all the following are true:

- you're a full-time student in UK higher education
- your visa started on or after 1 January 2021
- you have an EHIC issued in an EU country or Switzerland (you MUST APPLY FOR THIS IN YOUR HOME COUNTRY prior to arrival in the UK)
- you do not work in the UK

For more information, see:

<https://www.gov.uk/guidance/immigration-health-surcharge-for-eu-students-in-the-uk>

Students studying for less than 6 months If your stay in the UK is 6 months or less, you do not need to pay the immigration health surcharge. If you have a valid EU or Switzerland-issued EHIC or are a Norwegian citizen with a valid Norwegian passport, you can access medically necessary treatment during your stay. If you're a citizen of Iceland or Liechtenstein, you may have to pay for any NHS healthcare you receive.

MENINGITIS AND SEPTICAEMIA CAN KILL IN HOURS

Remember, vaccines can't prevent all strains of meningitis.

You're fit and healthy - you think it's only flu, a hangover, or the effects of a heavy night out, but don't just leave it.

-
- Check out the symptoms
- If you are feeling bad, tell someone
- If a mate's looking rough, stick around
- If it gets worse fast, get medical help immediately

Symptoms can appear in any order.

Someone who feels ill needs medical help even if they have no rash or a rash that fades. Not everyone gets all these symptoms.



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- Meningitis and septicaemia can be hard to recognise at first. Symptoms can appear in any order, but the first symptoms are usually fever, vomiting, headache and feeling unwell, just like many mild illnesses
- Symptoms which are more specific to meningitis and septicaemia and less common in milder illnesses are Limb pain and cold hands and feet. These often appear earlier than a rash, neck stiffness, photophobia, and confusion.
- Not everyone gets all these symptoms
- Septicaemia can occur with or without meningitis
- In some cases of meningitis, a rash may not appear

See more at: <http://www.meningitis.org/symptoms/young-people/#>

Symptoms of meningitis and septicaemia



Fever and/or vomiting



Severe headache



Limb/joint/muscle pain
(sometimes with
pain/diarrhoea)



Pale or mottled skin



Cold hand and
feet/shivering



Breathing
fast/breathless



Rash (anywhere on the
body)



Stiff neck (less
common in young
children)



Dislike of bright lights
(less common in young
children)



Very sleepy /vacant
/difficult to wake



Confused /delirious



Seizures (fits) may
also be seen



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Be Alert for tiny red or brown pin prick marks which can change into purple blotches or blood blisters.

Tumbler test for septicaemia

If a glass tumbler is pressed firmly against a septicaemia rash, the marks will not fade. You will be able to see the rash through the glass. If this happens get medical advice immediately. It is harder to see on dark skin, so check paler areas. Remember someone who is ill needs medical help even if they have no rash or a rash that fades



Septicaemia rash on black skin -

A septicaemia rash can be harder to see on dark skin, so check for spots over the whole body, especially on paler areas like palms of the hands, the soles of the feet, on the stomach, inside the eyelids (conjunctiva) and on the roof of the mouth (palate).

- 1 in 10 of us at any time carry the bacteria which cause these diseases, and this is usually harmless
- We pass them on by close contact, such as kissing
- In a very few people the bacteria get into the blood stream and cause meningitis and/or septicaemia
- We do not know who is at risk - so get the symptoms sussed - you could save a life.

Meningitis - Symptoms - NHS (www.nhs.uk)

BAPAM – performing arts medicine and advice. Lots of free resources for musicians, dancers, and all performing arts students. They provide free confidential advice and guidance.
<https://www.bapam.org.uk/>

<https://studentspace.org.uk/advice-and-information>

If you would like to view this publication in another format (e.g. large print version) please request this by emailing StudentHealth@chi.ac.uk



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Contacts/useful Telephone Numbers/websites:

Bognor Regis War Memorial Hospital..... 01243 865418

Beat..... <https://www.beateatingdisorders.org.uk/>

Cathedral Medical Group..... 01243 813450
www.cathedralmedicalgroup.co.uk

Chichester Sexual Health Clinic..... 01903 285199
www.sexualhealthwestsussex.nhs.uk

International Advice..... 01243 812194
Email: international@chi.ac.uk

Jubilee Dental Centre..... 01243 793697

Lavant Road Surgery, Chichester..... 01243 527264
www.lavantsurgery.co.uk

Life Centre..... 01243 786349
Charity supporting survivors of rape and sexual abuse
info@lifecentre.uk.com

Maywood Healthcare Centre, Bognor Regis..... 01243 829141
www.maywoodsurgery.com

NHS 111..... 111

Pregnancy Options Centre..... 01243 784177

Saturn Centre - Sexual Assault and Referral Centre (SARC) 01293 600469

Student Money Team..... 01243 816038
Email: studentmoney@chi.ac.uk

Support and Information Zone..... 01243 816222

Email: help@chi.ac.uk (internal ext. 6222)

St. Richards Hospital, Chichester..... 01243 788122

Student Health Service..... 01243 816111
mobile (during office hours 9-5 semester time) 07739 983703

The Samaritans..... 116 123

University Disability and Dyslexia Service..... 01243 812076
Email: disability@chi.ac.uk

Wellbeing Service Website:..... www.wellbeing.ac.uk
Email: wellbeing@chi.ac.uk



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