

# The University Health Centre



Tel: 01484 430386  
Website: [www.universityhealthhuddersfield.co.uk](http://www.universityhealthhuddersfield.co.uk)

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Facebook: [www.facebook.com/universityhealthcentrehudd](http://www.facebook.com/universityhealthcentrehudd)

**We are an NHS General Practice, providing Personal Medical Services to our registered patients.**

## Health Centre Office Opening Hours

**Monday – Friday 8:15am – 6:00pm**

The Health Centre is open all year round, but surgeries may be shorted during vacation period.

## Extended Surgery Hours

Late evening surgery – Thursday 6:30pm – 8:15pm

## Appointment System

There are several ways to make an appointment with the doctor – appointments can be made in person, by telephone 01484 430386 or on line [www.universityhealthhuddersfield.co.uk](http://www.universityhealthhuddersfield.co.uk)

There are two types of appointments:

- **Pre-bookable appointments** – available in advance
- **Book on the day appointments** – available Monday to Friday from 8:15 a.m.

## Online Access

You are now able to book appointments, order repeat prescriptions and update your contact details online. To register for this service, please visit reception and ask for your online access login details to activate your account. Please note access codes cannot be issued until your registration has been accepted by the Health Authority.

## Emergencies and out of hours calls

Between 6:00 pm and 8:15 am the following day, and at weekends - **Do not call the Health Centre for routine or non-urgent matters but if you do need medical advice when the surgery is closed – Call 111 this is a free call.**

The nearest Accident and Emergency Department is at Huddersfield Royal Infirmary, Acre Street, Lindley, Huddersfield. The Accident and Emergency service should be used only when it is an emergency.

## Home Visit Request

If you think you are too ill to come to the Health Centre then ring us on **01484 430386** and ask for advice. If a friend has to ring for you, they need details of your problem. The Doctor will decide whether a visit is necessary. Please ring before 10:30am whenever possible. Please note patients are expected to attend the surgery in all but exceptional circumstances. This offers better and more prompt facilities for assessment, treatment, observation and review.

## Dental Advice

Doctors are not trained to deal with dental problems. You are therefore advised to register with a dentist as soon as possible after arriving in Huddersfield to avoid running into problems later.

- To register with an NHS Dentist call 111
- For emergency dental care please call 111

## Ordering A Repeat Prescription

At your registration health check details of on-going medication will be taken. When you need a new supply you can order on line or contact the Health Centre in person, or letter, giving details of your request. Your prescription will be ready 48 hours after the initial request (excluding weekends/Bank Holidays). Please note we no longer accept prescription requests over the phone.

*Please note - the 'pill' - oral contraceptive - is not automatically a repeat drug. Please request a Contraceptive Clinic appointment (clinics run daily) rather than a GP clinic appointment.*

## Your Named GP

All patients are allocated a named GP, upon registration, who is responsible for the patients' overall care at the practice. Patients are able to contact the health centre if they wish to know who their named GP is. If they have a preference as to which GP it is, the health centre will try to make reasonable efforts to accommodate the request.

## Blood And Organ Donation Register

If you would like to register for the blood and organ donation register please visit the following website [www.nhsbt.nhs.uk](http://www.nhsbt.nhs.uk).

## Car Parking

If you have parked on surgery premises please inform reception upon arrival. Please note parking is only permitted whilst you are in the surgery attending an appointment. Abuse of this service will result in you receiving a parking fine. Thank you for your co-operation.

## Confidentiality

**Total confidentiality** between doctor and patient is maintained at all times. **NO** information can or will be given to anyone e.g. the University, your tutor, your parents, partner/friend unless you request it and give your permission.

## Sick Notes

**Minor illnesses** and ailments should not normally prevent a student from handing in work to meet reasonable deadlines. The Doctor should not be asked to provide a note as a matter of routine (an unnecessary administrative task) and often a word between the student and tutor as adult to adult, is sufficient. **Notes will be given at the discretion of the doctor when circumstances warrant.**

**Longer illnesses** (over a week) and illnesses causing **absence from examinations** or **problems during an examination** are situations when a formal medical note will be issued.

NB. Sick notes **cannot be issued in retrospect** i.e. when the Doctor or Tutor is only informed of the illness or failure to meet a deadline after the event has passed.

**Employed or on Placement** - Self Certification (form SC2 from reception) is used for absence of under a week. The doctor must certify longer sickness absence.

Additional details of the Practice can be found on the following websites:-

[www.universityhealthhuddersfield.co.uk](http://www.universityhealthhuddersfield.co.uk)

[www.hud.ac.uk](http://www.hud.ac.uk) - click on support services, followed by health centre

[www.foi.nhs.uk/practice](http://www.foi.nhs.uk/practice) (Freedom of Information)

[www.nhs.uk](http://www.nhs.uk) – Choices Website

**Health Centre Staff will advise on many matters outside the scope of General Practice and work to promote the health of registered students and staff in the widest sense.**

## Clinics

<u>Clinics</u>	<u>When Are They...?</u>
Contraception Clinics	Monday to Friday 'Pills', 'morning after' pill, condoms, injections, Implants available – ask at reception
Coil/Implant Clinics	Ask at reception for appointments.
Sexual Health Clinics (CASH)	Monday to Friday mornings. <b>STI screening for both male and female patients</b> by appointment with the Nurse. <b>Free Service.</b>
Cytology Clinic	Various by appointment with the Nurse.
Condoms/Safer Sex	<b>No appointment necessary.</b> <b>Free Service</b> ask at reception.
Minor Injuries	We offer treatment for burns, cuts, ankle and knee injuries and head injuries. Please ask for further advice at reception.
Travel Clinics (including vaccinations)	Various by appointment with the Nurse.
Weight Reduction Clinic	Various - by appointment with the Health Care Assistant e.g. weight loss, weight gain, low fat, vegetarianism - any eating issues.
Alcohol Support	By appointment with the Health Care Assistant e.g. counselling and support.
Asthma	Various by appointment with the Nurse or Doctor.
Minor Operations	Weekly by appointment.
Baby Immunisation Clinic	By appointment with the nurse.
Antenatal Clinic	Wednesday afternoon 1:30 p.m. – 3:30 p.m.
Late Clinics	Available by appointment. Telephone for availability or check the website.

## Health Promotion and Preventative Medicine

We believe strongly in preventative medicine and offer advice (and much printed material) on exercise, heart disease risk reduction, healthy eating including eating disorders, stress management, relaxation, alcohol misuse and drug misuse as well as teaching breast and testicular 'self' checks, taking cervical smear tests and immunising. Our aim is to keep you fit and healthy, as well as treat your illness.

## Contraception and Sexual Health

Your sexual health is an important factor in your health and wellbeing and requires a positive and a respectful approach. We run a contraception and sexual health (CASH) clinic every morning which is available to all registered patients. The CASH Clinic offers:

- **Investigation and treatment of sexually transmitted infections (STIs)**
- **Sexual health advice**
- **Treatment of warts**
- **Contraceptive advice/counselling (pills, depots, implants, IUS, free condoms etc.)** – We can make arrangements for the implant/intrauterine contraceptive device (IUCD) to be fitted here at the health centre.
- **Morning after pills** – These should be given in the first 12 hours, but can be given up to 120 hours. For emergency contraception contact reception and advise them that you require emergency contraception and we will always try to see you within 24 hours. Did you know the local Superdrug Pharmacy provides emergency contraception free of charge. The Pharmacist has to be on site.
- **Free pregnancy testing** – If you think you are pregnant you can ask to do a test at reception. They will ask you to complete a small form stating the date of your last menstrual period (LMP) and to bring in a urine sample which is the first urine (pee) of the day. You will be requested to phone back after lunch for the result. If you would prefer to have a chat with a nurse just book an appointment either a routine appointment or into the CASH clinic. Please remember to bring a urine sample (pee) with you and it must be the first urine (pee) of the day.
- **Blood tests and counselling for HIV, Syphilis, Hep B and Hep C**

If you are or have been sexually active and have never had screening then book now. The CASH clinic is staffed by discreet and friendly staff who are non-judgemental and look forward to seeing you.

### Smear Test

Are you female and aged between 25 and 64? If the answer is yes, then you are eligible for cervical screening (smear test). This is a simple test to check the health of the cervix, which is the lower part of the womb (often called the neck of the womb). The smear test is part of the NHS cervical screening programme; it is free to all eligible women. This is a relatively simple test which takes only a few minutes to perform. If you have never had a test and you are 25 years or older please make an appointment with the nurse. When you are due a repeat test you will be automatically called for. If you have had a test in your own country please bring a copy of the result to reception or the nurse. If you would like more information please make an appointment with the nurse, visit the website [www.nhs.uk](http://www.nhs.uk) or [www.cancerscreening.nhs.uk](http://www.cancerscreening.nhs.uk) or make an appointment at The Princess Royal Community Health Clinic.

### Healthy Eating

Whilst at University it is important that you eat a healthy diet to maintain your health and wellbeing. Food is your body's fuel and gives your body what it needs to function. When we are busy and stressed we often turn to highly refined sugar laden foods and then our health suffers. It is important you find time to eat a well-balanced diet. Why not try the healthy eating test on the NHS choices website [www.nhs.uk](http://www.nhs.uk).

Useful Links:- BBC Food website, student cooking ([www.studentcooking.tv](http://www.studentcooking.tv)), nutrition website ([nutriton.org.uk](http://nutriton.org.uk)).

### Alcohol and Drugs

Most students coming to University may have already tried alcohol and some will have experimented with drugs. It is important when drinking alcohol to remain safe and have a sensible approach to consumption for your safety and wellbeing. Coming to university is an exciting time and introduces you to new experiences which may include alcohol and drugs. It is important that you are aware of all of the facts which are:

- Any substance that is intoxicating can be abused and can be addictive
- Any substance abuse can have very serious consequences for your physical and mental health, relationships, future career and in the extreme your future all together.
- The use of illicit drugs is illegal and can have serious consequences.

We all make lifestyle choices but it is wrong to pressurise others to use any kind of substance. Respect yourself and respect others point of views. If you feel you need help or advice please see the nurse or use the following links:- drink aware ([www.drinkaware.co.uk](http://www.drinkaware.co.uk)), Frank ([www.talktofrank.com](http://www.talktofrank.com)).

### Measles, Mumps and Rubella (MMR) Vaccination

Over the past few years we have had several outbreaks of mumps. This is an infection caused by a virus. It mainly affects the salivary glands but sometimes other parts of the body are affected. Mumps is normally a fairly mild disease, particularly in teenagers and adults. Outbreaks of measles in England have been increasing in recent years. In 2013 the concentration of cases of measles was in teenagers. It is most likely that the increase in this age group was due mainly to sub-optimal vaccine coverage. Measles is an infectious virus causing a rash and high fever. Adults will tend to be ill for longer and about 1 in 15 will develop serious complications. To be fully vaccinated against MMR, you require two injections. If you are aged 16 or over (not been born before 1970) and are not fully vaccinated against MMR then it is important that you book an appointment to see the nurse. Further information on measles, mumps or rubella can be found on [patient.co.uk](http://patient.co.uk).

## **NEW – Meningitis ACWY Vaccinations For First Time University Entrants**

Meningococcal meningitis occurs as a result of a systemic bacterial infection. Transmission is by droplet, aerosol or direct contact with respiratory secretions of someone carrying the organism. Transmission usually requires either frequent or prolonged contact e.g. in university halls of residence, shared accommodation or lecture theatres. Meningitis can be fatal if left untreated. In response to a rapid and accelerating increase in cases of highly aggressive form of Meningococcal group W (MenW) disease, all new university entrants, including international students, if they are a first year entrant and are aged under 25 are strongly encouraged to be vaccinated. New university entrants are at a particularly high risk in the first few weeks as they will be mixing with large groups of people, some of whom unknowingly carry the Meningococcal bacteria. All first year university entrants, as discussed above, who have not already been vaccinated against Men ACWY are strongly advised to be vaccinated on the day of registration at the health centre.

## **Alcohol – Know The Risks!**



Having a great night out, and feeling good about it the next day. You might find these things help ...

- Eat before you go out, or eat during the evening.
- Drink water regularly – rehydration will help prevent a hangover the next morning.
- Use soft drinks to pace yourself – a tonic looking just like vodka.
- Avoid salty snacks – they make you thirsty and you will drink more.
- Don't accept drinks from strangers; never leave your drink unattended.
- Avoid shooters they are designed to get you drunk faster.
- Carry a condom.

### **Getting drunk – why does it matter to me?**

**Drinking too much in ONE session – you've got a lot to lose. You are more likely to:**

- Get into fights.
- Hurt yourself physically (five times more likely to be involved in an accident).
- Be involved in sex you or they regret.
- Be involved in sexual assault (mostly it is friends that carry out sexual assault, not strangers).
- Catch a sexually transmitted disease (STI).
- Lose your self-pride and dignity.
- Lose your possessions.
- End up in casualty or a police cell.
- Lose thousands of brain cells.
- Feel terrible the next day.

### **Where to go for help:**

- The University Health Centre
- **The Base Kirklees** – 20 and under? Need support around your substance use? The Base are here to offer support. **Tel: 01484 541589**
- **CRI Kirklees Young Persons Service** – 2 Spring Bank, Halifax Road, Huddersfield, HD1 5NB **Tel: 01484 541589**. Confidential service for young people aged up to 24, offering support for alcohol and/or drug problems.
- **On-Trak (Adult Services)** – Dewsbury **Tel: 01924 486170**, Huddersfield **Tel: 01484 437907**. Confidential services for adults who have problems with alcohol use.
- **Useful Websites** – [www.drinking.nhs.uk](http://www.drinking.nhs.uk), [www.talktofrank.com](http://www.talktofrank.com), [www.drinkaware.co.uk](http://www.drinkaware.co.uk)



#### **Halls**

Bottle of Wine = 9 Units  
(700 cals)



#### **Bar**

1 Cocktail Jug = 3.5 Units  
(604 cals)



#### **Club**

2 Pints of Lager = 4.6 Units  
(364 cals)



#### **Hangover The Next Day**

17 Units and 1,668 Calories  
and increasing risk