

The University Health Centre



Tel: 01484 430386
Website: www.universityhealthhuddersfield.co.uk

Fax: 01484 440880

E-Mail: Health-Centre@GP-B85062.nhs.uk
Facebook: 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

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.

Practice Staff

Patients are free to consult with whichever Doctor or Advanced Nurse Practitioner they choose, irrespective of their named doctor. However, it is best if some continuity can be maintained by seeing the same Doctor/Advanced Nurse Practitioner for each problem. If you have a preference for a particular Doctor or Advance Nurse Practitioner, please inform our reception staff. All GPs are registered with the General Medical Council. Please be aware that our Advanced Nurse Practitioners are highly skilled clinicians and are able to deal with most routine consultations. If unsure please ask reception if your problem can be dealt with by them.

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.

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.

Download Our APP

Please have a look at our mobile APP. Call us, email us, book appointments online or rate us! There is lots of self-help information available. *(Please note that you will need to collect your online access passwords from reception to enable you to book online).*



Clinics

<u>Clinics</u>	<u>When Are They...?</u>
Contraception and Sexual Health (CASH) Clinics	CASH Drop In Clinic runs daily from 9:30am to 11:30am. 'Pills', 'morning after' pill, condoms, STI screening for both male and female patients. You do not need to book an appointment for this - just turn up! Pre-bookable CASH clinic appointments are available daily from 8:30am to 9:30am. *This service is for registered patients only*
Coil/Implant Clinics	Ask at reception for appointments.
Cytology Clinic	Various by appointment with the Nurse/ CASH Drop In Clinic
Condoms/Safer Sex	No appointment necessary. Free Service 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.
Psychotherapy	Mondays via Doctor's Referral
Late Clinics	Available by appointment. Telephone for availability or check the website.

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) drop in clinic every morning, from 9:30am -11:30am, which is available to all registered patients. Please note pre-bookable CASH clinic appointments are available daily from 8:30am to 9:30am. The CASH Clinic offers:

- **Investigation and treatment of sexually transmitted infections (STI's)**
- **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**
- **Cervical Smear Testing**

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 CASH drop in clinic, visit the website www.nhs.uk or www.cancerscreening.nhs.uk or make an appointment at The Princess Royal Community Health Clinic.

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.

Sickness Certificates

You do not require a doctor's sickness certificate for any illness lasting seven days or less. Your employer may however require you to complete a self-certification form (SC2) which is available from your employer or on the HMRC website.

Evidence That You Are Sick

If you are sick for more than seven days, your employer can ask you to give them some form of medical evidence to support payment of SSP (statutory sick pay). Your employer can ask you to confirm that you've been ill. You can do this by filling in a form yourself when you return to work. This is called self-certification. If you're sick and off work for more than seven days, your employer will probably ask for proof of your illness. Most employers ask for a fit note from your GP. However, this will also depend on your employer's company policy on sick leave (or sickness absence). This policy should tell you how many days you can be off sick before you need to provide proof of illness or a fit note. You could also provide evidence from someone who is not a medical practitioner, e.g. a dentist. Your employer will decide whether or not this evidence is acceptable. If your employer has any doubts, they may still ask for a medical certificate from your GP.

Medical Certificates for University

If you require an extension to your academic deadlines due to your circumstances you may be required to gather supporting evidence. You will need to submit an electronic request via the MyDetails link within your Student Hub and follow the prompts. If you are unsure how to do this you will need to see your tutor, School Office or the Students' Union Advice Centre. You will be informed on completion of your request as to whether you are required to gather medical evidence.

If you require "a letter due to extenuating circumstances" due to a missed deadline (i.e. a request for an extension was not submitted or approved) or where you could not sit an exam or had to leave an exam due to illness you will need to see a GP and request evidence to support this. Please note fees may apply for any letter/evidence provided by your GP/health practitioner.

You may require a letter/evidence for a CAB (Course Assessment Board) Appeal. A CAB Appeal is needed when you wish to query the marks or degree classification you have received. You must follow the guidance offered to you by the University under this procedure. This procedure requires more robust medical evidence therefore you will need to book an appointment with a GP/health practitioner to discuss this further. Please note fees may apply for any letter/evidence provided by your GP/health practitioner.

If you are unsure which medical certificate you require please speak to the Reception staff, your tutor or the Students' Union Advice Centre who will be able to help you further.

If you require a letter for Disability Services in order for support to be put in place for your studies, please speak to the Reception Team at the practice. This evidence can either be:-

- A letter which confirms your diagnosis, confirms how long you have been or are likely to be affected by the disability or condition and the impact this has on your day to day life.
- A disabled Students' Allowance (DSA) Disability Evidence Form which you can ask your GP or health practitioner to complete. The forms are available from this link http://media.sl.c.co.uk/sfe/nysf/sfe_dsa_disability_evidence_form.pdf or from the Wellbeing Disability Services Help Desk in Student Central.

This evidence can apply to a range of disabilities including medical conditions such as Diabetes or Epilepsy, specific learning difficulties such as ADHD, mental health issues physical or mobility disabilities, hearing impairments, visual impairments or social communication difficulties such as Autistic Spectrum.

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

www.universityhealthhuddersfield.co.uk

www.hud.ac.uk - click on support services, followed by health centre

www.foi.nhs.uk/practice (Freedom of Information)

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.

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.

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.

Useful Links:- BBC Food website, student cooking (www.studentcooking.tv), nutrition website (nutrition.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), Frank (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 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.

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 up to 25 years of ages 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!

UNITS

wines
3 UNITS (3 glasses)
9 UNITS (1 bottle 12%)

beers
2 UNITS (Bottle 5%)
3 UNITS (Pint 5.2%)

spirits
1 UNIT (single shot 25ml)

alcopops
1.5 UNITS

AN EASY WAY TO KEEP COUNT

Don't Drink and Drive
UNITS
SHOULD NOT REGULARLY EXCEED
WOMEN
2-3 UNITS DAILY
MEN
3-4 UNITS DAILY
Giving yourself two alcohol free days a week

01582 723434
alcohol services for the community
www.alcohol-services.co.uk

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
- **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, www.talktofrank.com, www.drinkaware.co.uk**

A Night Out

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