

STUDENT HEALTH OPENING HOURS

Student Health is open from 8.30am – 4.00pm. Please note “drop in” sessions are held to make GP appointments and for general queries between 10.00am and 12.00pm on weekdays, during term time or by email: l.green@leedstrinity.ac.uk.

In an Emergency only, if the Health Adviser is not available, please go to the Reception. You could also email the Health Adviser on l.green@leedstrinity.ac.uk or leave a message in the postbox outside her office.

GP APPOINTMENTS

All consultations with the doctor are by appointment only.

To make an appointment with the GP during their time on campus you must see the Health Adviser first, at the earliest drop-in opportunity. Same day appointments cannot be guaranteed.

Please note that the GP is only on campus during the GP appointment times which will be detailed in September on the Student Health Intranet.

NB: Appointment times are occasionally subject to unavoidable change. Any changes are notified on the Student Health intranet and in the Student Health waiting area.

VACATIONS

Student Health is closed for advertised periods during vacations. If you need to speak to someone urgently during those times, please contact the Reception.

If you are staying in Leeds during vacations and need to see a GP out of term-time you should contact The New Croft Surgery.

If you need to see a GP when you are not at Leeds Trinity (e.g. at your home address), you can temporarily register with a GP in that area.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1pm - 2pm	No Gp on Site	1pm - 2pm	1pm - 2pm	1.40pm - 2.40pm

CONTACT DETAILS

	Contact	Internal Phone	External phone	Info
STUDENT HEALTH	Health Adviser Room AG-05B	ext 262	0113 2837262	l.green@leedstrinity.ac.uk
	New Croft Surgery Golden Bank House Broadgate Lane, Horsforth, Leeds, LS 18 4SE	-	0113 2395550 (up to 18.00)	An emergency out of hours service operates from 18.00
EMERGENCY	Reception	ext 100	0113 2837100	Weekdays 08.30 – 17.30
	Security: 24 hour	ext 203	0113 2837203	07860 383434 (10.00pm – 6.00am)
	NHS Direct:	-	0845 46 47	www.nhsdirect.nhs.uk
	Ambulance:	111	999	

IMPORTANT:

Please remember to complete all relevant sections of your GMS1 form and Confidential Medical Questionnaire IN FULL and bring them with you on arrivals day, when you can register with The New Croft Surgery via Student Health.

WELCOME TO LEEDS TRINITY

I hope you have a happy and healthy time at Leeds Trinity. I would like to provide you with some information about Student Health and to make you aware of some very important health issues.

Student Health, situated in room AG-05B, is a confidential service for all students. It is staffed by a Registered General Nurse during term-time and forms part of Student Support: an extensive support network to help you make the most of your time with us.

All students living on campus or in Horsforth can register with the local GP service, The New Croft Surgery in Horsforth, via Student Health. The doctors provide a number of GP appointments on campus during term time.

Please take time to read the important information in this leaflet and complete all relevant forms before you come in September. (Please do not post these forms prior to your arrival, please bring them to register on arrivals day)

For more information about Student Health and useful website addresses, please go to www.leadstrinity.ac.uk/studenthealth.

I hope you enjoy your time as a member of our community.

Lisa Green
Health Adviser
[RGN RCGP Dip Asthma Cert Mental Health]

REGISTRATION

All students living on campus or in Horsforth are advised to register with the local GP (New Croft Surgery), via Student Health.

To register, you should do the following:

- Complete all sections of the enclosed GMS1 form.
- Complete all sections of the enclosed Confidential Medical Questionnaire. It is particularly important that you complete the vaccinations section: you may need to contact your current doctor for details of the vaccinations you have received
- Bring your completed GMS1 form and Confidential Medical Questionnaire with you on arrivals day when you can register.

IMPORTANT: If you live out of Horsforth, you must register with a GP in that area.

PRESCRIPTIONS AND NHS CHARGES

Students under 19 years old and in full-time education are exempt from charges. You can apply for exemption/reduced charges by completing an HC1 form, which you can obtain from the Health Adviser. The form should be returned in the prepaid envelope supplied with the form. You should also obtain a FP57 (NHS) receipt from the chemist when you pay for a prescription, then obtain an HC5 form to claim your money back from the local benefits office.

CHEMIST

The nearest chemists to campus are Lloyds Pharmacy on Broadgate Lane (off Town Street) in Horsforth and The CO-OP Pharmacy on Town Street. Please contact reception if you need directions.

DENTIST

For advice on dental matters contact the Dental Advice Line **Tel: 0800 2985787**

IMPORTANT HEALTH ADVICE

MENINGITIS

The following information has been provided by the medical practice closest to Leeds Trinity (The New Croft Surgery).

You may have read stories in the media over recent years that focus on rare cases of bacterial meningitis within student populations. This issue is brought to your attention so that you can be extra vigilant - early detection of symptoms and medical attention greatly increase the chances of full recovery.

All new students aged 18 years should have received the Meningitis C vaccination either through school, 6th Form College or GP surgery. If you have not yet received the vaccination, you are advised to contact your GP with a view to obtaining it prior to you coming to Leeds Trinity in September. Please contact the Health Adviser before you arrive if you have any queries or would like advice on this matter. It is important to note that vaccination does not offer complete protection against meningitis. So, please read the following advice even if you have been vaccinated. Statistics indicate that students who are new to colleges/universities are at an increased risk in comparison with the general population and students in later groups. Please remember that the risk is still very small, estimated at between 1 in 7,000 and 1 in 10,000.

You should make yourself aware of the symptoms of bacterial meningitis because, though very rare, the bacteria can strike suddenly and can even be fatal if not treated during the early stages.

The early symptoms of meningitis are often similar to those of flu: feeling feverish, back or joint pain, headache or stiff neck. It is possible that a meningitis sufferer in the early stages would have one or more of these symptoms at different times. Of course, the symptoms could simply denote a relatively mild illness and not meningitis at all. To be on the safe side, you should contact your doctor if you experience them.

As the illness progresses, symptoms can include vomiting, severe dislike of lights, disorientation, a bruise-like rash (may also be a pinprick or consist of larger spots) that does not fade when a glass is pressed against it. Should these symptoms be apparent, ensure a doctor is called immediately. If a doctor is unable to attend immediately, an ambulance should be called so that the symptoms can be treated at the hospital's accident and emergency department without delay.

Meningitis Trust:
0800 028 18 28 (24 hour helpline)
www.meningitis-trust.org
helpline@meningitis-trust.org

Meningitis Research Foundation:
080 8800 3344 (24 hour helpline)
www.meningitis.org.uk

MUMPS

The following information has been provided by the West Yorkshire Health Protection Unit.

There has been a steady rise in the number of young people in the UK suffering from mumps. In adults, mumps typically causes inflammation and swelling to organs of the body such as the pancreas, brain and testes (male) and ovaries (female). Death is fortunately very rare but distress can be considerable and permanent damage is common.

Mumps can be prevented by immunisation. Mumps is one of the components in the MMR vaccine; the other components being measles and rubella. Ideally, two doses should be given.

People born between 1 January 1982 and 31 December 1990 may not yet have received mumps vaccine. Where mumps vaccine has not been received or there is doubt as to whether it has been received, people are strongly advised to contact their GP as soon as possible, and certainly before going away to college. The GP will be able to advise on local Primary Care Trust arrangements, the appropriate level of vaccine and its availability. There is no charge for receiving the MMR vaccine.

West Yorkshire & Humber Health Protection Agency:
0113 2840600
www.immunisation.nhs.uk/Vaccines/MMR

The Health Adviser will be happy to discuss any concerns you might have and provide further information about bacterial meningitis and/or mumps.

Further information and advice can be found on our website: www.leedstrinity.ac.uk/studenthealth