

The University Health Centre



Autumn Edition 2018

Welcome..

Welcome to the new edition of the Newsletter. For the majority of you it will be the first time you will be meeting staff and using the facilities we provide. We hope you have a good experience whilst you are with us.

Teaching Practice For Students

The University Health Centre is a training practice for both Medical Students and Student Nurses. This means the students will be sitting in on some clinics and they will be learning how to take detailed histories from a patient in order to make a diagnosis. If you do not wish for these students to be present during your consultation, please let the receptionist

Seasonal Flu!

The flu season is upon us again, If you are in an 'at-risk' category e.g. diabetic, asthmatic, impaired immune system etc., aged 65 years or over or a child aged 2 or 3 then it is important that you have a flu vaccine. Vaccines can be obtained from the Health Centre. Please speak to reception or visit our website for further information.



Drop In CASH Clinic (*Contraception and Sexual Health*)

Have you been checked recently?

If not come along to our drop in CASH clinic (*Contraception and Sexual Health*). The CASH clinic runs 5 days a week, Monday-Friday between 9:30am—11.30am (no appointment necessary). The clinic is run by our Practice Nurses with support from the Doctors. The nurses who work in the clinic are fully trained in Sexual Health. It is a confidential free service available to both men and woman. The clinic offers:

- Investigation and treatment of STIs (*sexually transmitted Infections*)
- Contraceptive advice (pills, implants, depo, IUD's etc.)
- Morning after pills (MAP's)
- Free pregnancy testing
- Sexual health advice and promotion
- Blood test & counselling for Hep B, Hep C, HIV & Syphilis.

If you require any more information please contact the Health Centre on 01484 430386.



MenACWY Vaccine

(*Meningococcal ACWY Conjugate Vaccination*)

Meningitis and Septicaemia can kill very quickly! As a fresher you are in a high risk group, particularly in the first few weeks of term. **Have you had your Meningitis ACWY vaccine before coming to university?**

YES - Brilliant, the vaccine will protect you against some of the most common causes of bacterial meningitis in the UK. (*You still need to register with us as you never know when you might need us*).

NO - You need to get it NOW! Please come to the health centre to register and if you are under the age of 25 ask for your Meningitis ACWY vaccine.

MMR Vaccine

(*Measles, Mumps & Rubella*)...

If you are aged 16 or over it is important that you have had 2 MMR vaccinations to ensure that you are covered. If you have not been fully immunised (2 x MMR injections) you are at risk! **Please book an appointment with the nurse now.**



Play Safe, Stay Safe!

The University Health Centre has, within the last year, successfully introduced The Play Safe, Stay Safe project. Our aim is to deliver discreet Sexual Health screening through self-screening packs which are available in the student Union and The University Health Centre.

Collect your **FREE** screening pack from one of the collection points **NOW!**



How To Get Help When We Are Closed ...

The Health Centre is open from 8.15am—6pm, Monday to Friday. We also offer early appointments on Tuesday from 7am & later appointments on Thursdays until 8.15. Outside of these hours on weekdays, weekends and bank holidays, if you feel your problem can not wait until the surgery reopens you can either see your local pharmacy who can give you advice on common ailments or contact the NHS urgent care line on

111 who will be able to offer you advice or refer you to a Doctor if necessary. Please be aware that this line can sometimes be very busy but your call will always be answered.

If you feel your problem is an emergency (life threatening) then



you may wish to call 999.

Where do I go for what problem?

- A&E department or 999 - Chest pain / choking / blacking out / bleeding / severe pain
- NHS Urgent Care Line 111 - Unwell? / confused? / unsure? / need help?
- Pharmacy - Diarrhoea / cough / cold / headache / grazed knee / sore throat

Your 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.

If you experience any problems please ring The Health Centre on 01484 430386.

Viewing Your Electronic Records Online

You can now see your **FULL** Electronic Health Record via the internet if you have the right equipment (for example a home computer or laptop). This will allow you to see a summary of your diagnoses, allergies, medications, consultations, letters and test results. If you feel that having access to your Electronic Health Record is right for you please visit our website for further details :- www.universityhealthhuddersfield.co.uk or ask at reception for the relevant forms which you need to complete.



Car Parking

We are now operating an Automatic Number Plate Recognition camera controlled car park management system. It is important that you put your car registration details into the terminal on the reception desk which will entitle you up to one hour free car parking whilst in the Health Centre only. We do have an agreement in place for a company to issue a parking fine to anyone who parks in the car park without an appointment at the Health Centre. We are unable to rescind any car parking tickets issued. If you will be at the Health Centre for more than 1 hour please inform reception. Thank you for your co-operation.



Ordering Of Repeat Medication

There are several ways to order your repeat medication:

- Online: register for online request of repeat medications and appointments.
- Once you have online access, you can use the patient access app to request your medication. (*Visit our website for our QR code*)
- Written request (posted to the surgery).
- Ordering your request in person, at the reception desk. (*If you do not have access to the internet you may continue to telephone your repeat prescription request*). **Please allow at least 48 hours for prescriptions to be processed and remember to take weekends and bank holidays into account.** For more information please visit our website or call the health centre on 01484 430386 and speak to our reception staff.



Staff Changes

Our Practice Manager Janet Hallam has now retired prompting a change in our management structure and our Business Manager is Nicola Toner, our Nurse Manager is Samantha McNeely, our Operations Manager is Nicola Kelly and our Patient Experience Manager is Rita Taylor.

Free Guest Wi-Fi

Free Guest Wi-Fi is now available at The Health Centre. To get connected please select the NHS Wi-Fi Network and follow the steps below:-

1. Register
2. Sign In
3. Surf

If you would like to leave feedback please tell us about your experience by emailing:

Health-Centre@GP-B85062.nhs.uk

Communication Needs

Do you have a disability, impairment or sensory loss and need to receive information in a way you can easily understand? For example: large print, braille, via email, hearing impaired or alternative languages. If **YES** please inform us at reception so we can make sure you have access to information you understand.

