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# UNIVERSITY OF CHICHESTER

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Be Prepared webinar:  
Healthcare and registering with a doctor

| 9th Sept 2024 |

NHS SURCHARGE?  
IMMIGRATION HEALTH SURCHARGE ?  
WHAT DOES YOUR PAYMENT COVER?



What about students  
on visitor visas?

# National Health Service (NHS)



## **NHS covers:**

- Emergency services – A&E and 999
- Urgent treatment centres
- 111 Service
- GP services (doctor)
- Sexual Health services
- Mental Health Services

You will need to pay for prescriptions (medicine), dental care and eye tests.

Who can help?

**Eye care:** Most eye tests, spectacle lens prescriptions and frames have to be paid for

**Dental care:** This is not a free service. NHS (lower cost) dentist are not easy to find in the UK. Find a dentist.

**Symptoms that do not go away?**  
E.g. skin conditions, back pain, low mood:  
Visit your GP

**Emergency:**  
999

**Urgent, but not life-threatening:**  
A&E

**Sexual Health:** free contraception testing, advice and guidance are available at free confidential clinics . You can also talk to our Nurse Health advisers.

**Want advice on how to make yourself feel better?:** Visit a Pharmacy! Advice and treatment available.

**Mental health and low mood and anxiety:**  
Contact your GP or connect with our wellbeing team. \*

**Need advice fast about non-urgent health concern?:**  
Call 111. Or access NHS 111 online 24/7 service

# Emergency

999

Fire, Police, Ambulance

# Mental health emergency

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:

- 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.

**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.**

# How to register with a doctor = GP

- You should register with a GP as soon as you arrive in the UK. This is important as you can't book an appointment to see a GP unless you have registered.
- It is your responsibility to complete the registration form. If you are unsure what to do, our nurse health advisers are happy to assist.
- Why do you need a GP?

Your GP looks after your health and wellbeing needs and is your first point of contact for non-emergencies and can refer you for specialist treatment. Most health concerns can be treated by a GP.

What is the difference between the local hospital (St Richards) and a GP?

- The hospital is where you go in an emergency or if your GP has referred you to see a specialist there.

# Lavant Road GP



# St Richards Hospital





# How to register with a doctor = GP

We have an agreement with 3 local GP centres/surgeries where our students can register. If you do not live near the campus, you will need to register with a GP close to your accommodation.

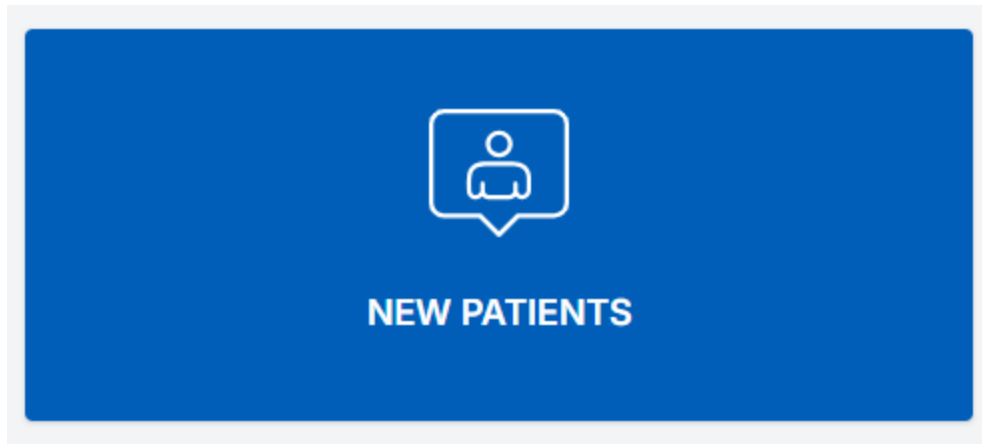
## **Steps to take to register with a GP:**

1. Choose your GP based on where you live
2. Complete the online registration form
3. Be prepared to answer questions relating your medical history, including your vaccinations records.

# Living in Bognor Regis?

Register with Maywood Health Centre

<https://www.maywoodsurgery.com/>



## 4 University Students

The surgery hopes that local university students can register with us. This is why we have put together this informative page [more information on our Student page](#)

## How can I register as a patient?

To register with us [you just need to fill out our registration form](#)

Once you have registered with us your previous medical record

# Living in Chichester?

**Chichester Campus, Havenstoke,  
Pinewood.**

Register with Lavant Road  
Surgery

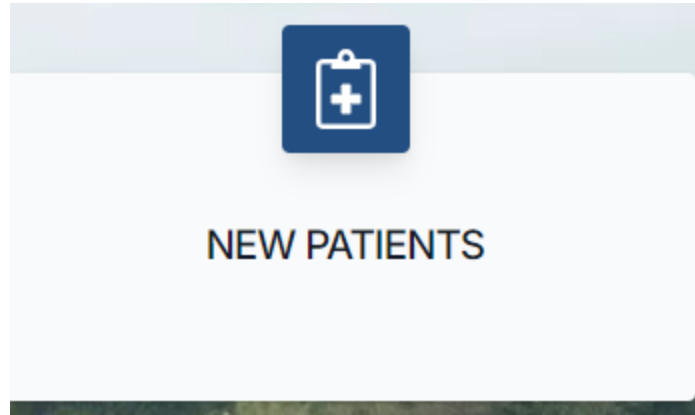
<https://www.lavantsurgery.co.uk/>

**Off-campus university  
accommodation, e.g.  
Fishbourne, Stockbridge.**

Register with Cathedral Medical  
Group

<https://www.cathedralmedicalgroup.nhs.uk/>

# Lavant Road Surgery

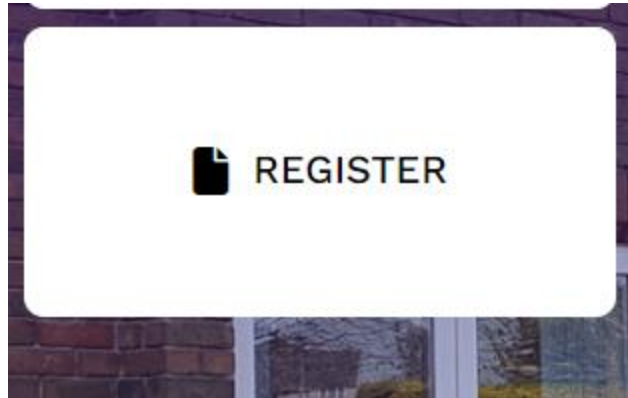


➔ [Adult Registration Form](#)

➔ [Students' Registration Form](#)

➔ [Child Registration Form](#)

# Cathedral Medical Group



You can also register to become a patient using the button below.

**REGISTER TO BECOME A PATIENT**

# NHS Number?

If you have never lived in the UK before, you do not have an NHS number. You can ignore this question on the GP registration form.

You will be given an NHS number as part of the registration process.

# How to book an appointment with a GP?

Contact the GP you have registered with.

You can usually see booking instructions on their website.

You may need to call the GP surgery/medical centre. Or visit their reception desk.

Some centres/surgeries have specific instructions relating to the time of the day you need to call to book your appointment.

Remember the alternative if it is not an urgent/serious health concern:

- NHS 111
- University Health Centre
- Pharmacy

# University Student Health service

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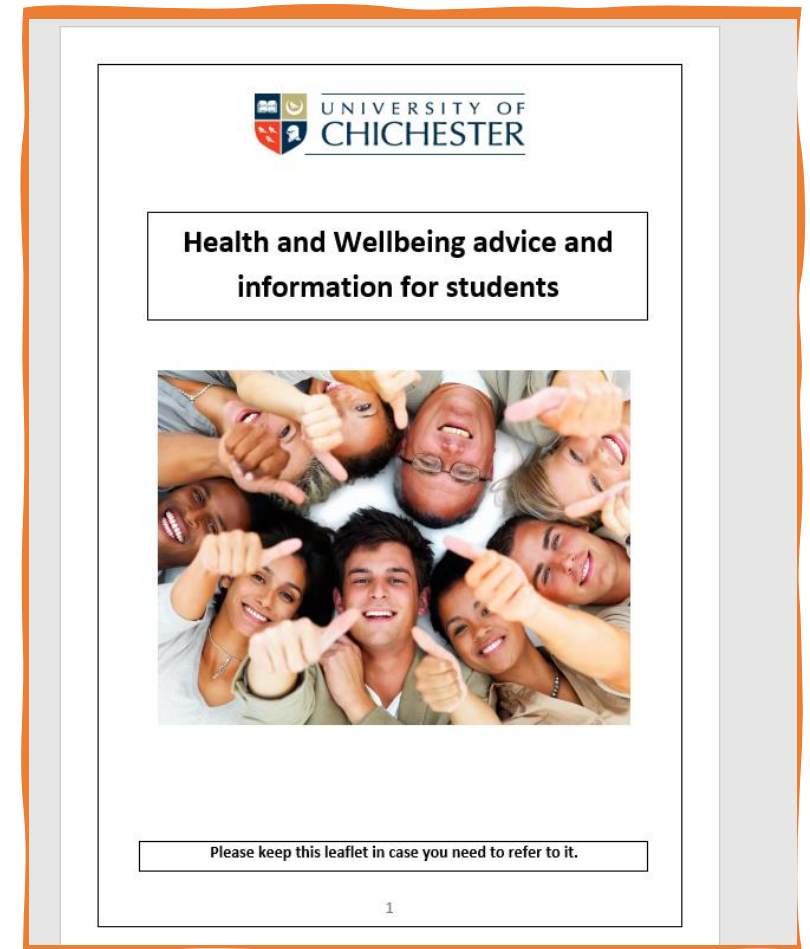
The Registered Nurse Health Advisers offer the following support:

- 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 / chlamydia 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



# Student Health & Wellbeing Advice booklet

<https://help.chi.ac.uk/student-health-service>



# Pre-existing medical conditions

Please contact our student health team if you have any pre-existing health conditions, which means that you may require support or first aid intervention whilst at University, for example epilepsy or diabetes.

Knowing your condition, enables us to provide support tailored to your individual needs and academic requirements.

[Studenthealth@chi.ac.uk](mailto:Studenthealth@chi.ac.uk)

# GP Registration sessions

## Confused about GP registration?

Come along to our registration session to get help!

### Tuesday 24 September

8-9 am

Chichester Campus, Library training room, 3rd floor, Learning Resource Centre,  
Chichester

(you will need to bring a laptop or a smartphone with you)

### Wednesday 25 September

8-9 am

Bognor Regis Campus, room to be confirmed

(you will need to bring a laptop or a smartphone with you)

### Wednesday 25 September

3-4 pm

Online Session – [TEAMS LINK](#)

### Friday 27 September

8-9 am

Online Session – [TEAMS LINK](#)

## What about a private medical insurance?

NHS will not cover things like:

- lost fees if you are unable to complete your course;
- costs of returning home if a relative is ill;
- costs of a relative visiting you in the UK if you fall ill;
- cost of returning to your home country for treatment;
- Or, in the worst possible situation, returning a body home for burial.

There is often a long wait for NHS treatment, sometimes many months. An insurance policy which gives you access to private medical care could give you much quicker access to the treatment you need.

If you already have medical insurance in your home country, check whether you can extend it to cover your stay in the UK, as well as looking at options available from UK insurers.

We can't recommend specific insurance providers.

# What's Next? Be Prepared Webinars

[BOOK YOUR PLACE: https://beprepared.chi.ac.uk/be-prepared-webinars/](https://beprepared.chi.ac.uk/be-prepared-webinars/)

BRP collection and eVisa explained	Päivi Leivo de Lacy	Tuesday, 10 September at 13:00 - 13:30 UK time
Prepare for Academic Study	Sue Lavender	Friday, 13 September at 13:00-13:30 UK time
How much does it cost? Managing your Finances in the UK	Ali Collins	Monday 16th September at 13:00 - 13:30 UK time

# Useful websites

<https://www.nhs.uk/nhs-services/>

<https://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/>

<https://www.nhs.uk/service-search/find-an-optician>

<https://wellbeing.chi.ac.uk/>

<https://www.nhs.uk/service-search/find-a-gp>

<https://www.chi.ac.uk/international/international-student-support/international-student-health-0>

<https://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Health-and-healthcare>

<https://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Mental-health-support-in-the-UK>

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<https://wellbeing.chi.ac.uk/>

<https://www.nhs.uk/service-search/find-a-gp>

<https://www.chi.ac.uk/international/international-student-support/international-student-health-0>

<https://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Health-and-healthcare>

<https://www.ukcisa.org.uk/Information--Advice/Studying--living-in-the-UK/Mental-health-support-in-the-UK>

# Questions?



