

**Health and Wellbeing advice and  
information for students**



**Please keep this leaflet in case you need to refer to it.**

## **Look After Your Health**

Whilst at the University of Chichester we support and encourage students to look after their health and wellbeing. This booklet aims to help inform you of the resources available and how best to access them.

### **The University Student Health Service**

The Registered Nurse Health Advisers are approachable and willing to listen to any concerns in confidence. These may include issues such as:

- 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

**Please contact student health if you have pre-existing health problems that may require support or first aid intervention whilst at University, for example epilepsy or diabetes. This enables us to provide support tailored to your individual needs and academic requirements**

**You can contact the University Nurse Health Advisers:**

**Email:** [studenthealth@chi.ac.uk](mailto:studenthealth@chi.ac.uk)

**Telephone:** 01243 816111 – mobile 07739 983703

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

### **Immunisations**

The University recommends all students are up to date with vaccinations. Please check with your GP surgery prior to starting. Please ensure you are up to date with your **MMR** and **Meningitis ACWY vaccination**.

### **Registering with a Doctor (GP)**

We generally encourage students to **register** with a GP local to the University Campus. It will still be possible for you to see your 'home' GP during holidays as a temporary patient.

As an exception, if you awaiting referral to specialist services via your home GP, for instance for an eating disorder or autism assessment, please discuss this with your GP and student health before registering locally as this may prolong referral.

### **Considerations for changing GP?**

Since the pandemic many surgeries are more able to support patients remotely and can provide remote appointments via e-consult and over the phone.

If you regularly need to see a GP or have a chronic health condition that may require assessment or medication, we recommend that you register with a surgery near the Uni, as you may otherwise have difficulty getting an appointment.

If you may require the support of services such as the Diabetic or Asthma teams, whilst at University, we recommend that you register with a GP near the University as this will enable you to access these services.

The University has links with 3 local GP surgeries see details below. Students can however choose a surgery more convenient to their residence, using the link [Find a GP - NHS \(www.nhs.uk\)](http://www.nhs.uk)

The Online registration forms are generally user friendly, if you do feel you need support, the University Nurse Health Advisers can assist you to register.

**Lavant Rd Surgery** is the nearest for students living on or near the Bishop Otter Campus (north of the market cross).

**Lavant Road Surgery**

8 Lavant Road

Chichester PO19 5RH

01243 527264

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

[Lavant Road student new patient registration](#)

[Google maps link](#) or see page 19 for a map.

**The Cathedral Medical Group**, Cawley Road, is the nearest for students living off campus in accommodation at Stockbridge Road Halls and Fishbourne Halls (south of the Market cross).

**Cathedral Medical Group**

Cawley Road,

Chichester, PO19 1XT

01243 813450

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

[Register as a New Patient - Cathedral Medical Group](#)

[Google maps link](#) or see page 18 for a map.

**Maywood Healthcare Centre** is recommended for students living at Bognor Regis Campus.

**Maywood Healthcare Centre**

225 Hawthorn Rd,

Bognor Regis

PO21 2UW

01243 829141

[www.maywoodsurgery.com](http://www.maywoodsurgery.com)

[Maywood Surgery for university students](#)

[Google maps link](#) or see page 20 for a map.

**General Practitioner out of hours service**

If you need to see a GP out of surgery hours contact NHS 111 service and speak to an operator who will advise you (Dial 111).

### **How do you make an appointment?**

Same day appointments are usually made by telephoning the surgery early in the morning. You need to check with your chosen surgery as different systems are in operation. It is usually possible to pre-book appointments for up to 2 weeks in advance, however fewer of these appointments are available.

### **NHS services fees**

Patients usually have to contribute towards NHS costs with prescription fees for medications, dental fees and optician's fees. You may be able to claim exemption if you have a low income, see the NHS webpage:

[NHS prescription charges - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Getting medical care as a student - NHS \(www.nhs.uk\)](http://www.nhs.uk)

### **Getting the most from your Pharmacist**

Pharmacists provide a range of services including fulfilling prescriptions, giving advice on how to treat and recognise minor illnesses and sexual health and contraceptive advice; this could save you a trip to the GP. The pharmacist should be able to tell you if you need to see your GP. If you need to talk in confidence ask the pharmacist if there is somewhere private where you can talk.

The pharmacy sells some medication over the counter, without a prescription. The contents and action of the medicine will be the same as the prescribed medicine but it may be cheaper. Ask your GP if the medicine that has been prescribed for you is available over the counter or ask the pharmacist when you hand your prescription to them. Most pharmacies offer the morning after pill for a charge, following a consultation with the pharmacist, some will provide the medication for free of charge (there may be age restrictions).

### **Medical Emergencies**

Anyone who is involved in a medical emergency should Dial 999; ask for an ambulance and say where you are and what is wrong. The ambulance should take you to the nearest Accident and Emergency department. This service is free but should only be used for life threatening emergencies or when emergency treatment is needed immediately.

### **Mental Health Emergencies**

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.**

### **Accessing University Support**

The Wellbeing team at the University is available for support weekdays term time only. There are drop in sessions you can attend or you can book an appointment by emailing [wellbeing@chi.ac.uk](mailto:wellbeing@chi.ac.uk). You can see the timetable and other services offered on their webpages: [wellbeing.chi.ac.uk](http://wellbeing.chi.ac.uk)

If you need a First Aider or Security support you can call the university emergency number **01243 816363**.

### **Accommodation 24/7 Phone Numbers**

If you are in halls you can get out of hours support from the Accommodation team:

Chichester campus	01243 793477
Bognor Regis campus	01243 793488
Stockbridge	01243 533356 / 07824 349543
Fishbourne	01243 790279 / 07791 692966
Westgate	01243 812931 / 07795 257068
Villa Maria, Prince of Wales, Garth House	01243 793488
Millfield Close, Lewis Road, Spitalfield Lane	01243 793477.

### **NHS 111 Service**

#### **When to use it**

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

Dial 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to [A&E](#) or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- it's out of hours for your GP
- you need health information or reassurance about what to do next

There is also a free confidential interpreter service, which is available in many languages. Simply mention the language you wish to use when the NHS 111 operator answers your call.

The University Nurse Health Advisers or first aiders can provide support for minor injuries.

### **Dental Emergencies**

If you have dental trauma and bleeding following an accident it is advisable that you go to the nearest Accident and Emergency unit at the local hospital.

Otherwise contact the Jubilee dental centre for urgent dental care:

**Jubilee Dental Centre (booked appointment only),**

St Richards Hospital, Chichester.

Open Monday to Friday 5.30pm- 10.00 pm.

Phone 01243 831790/793697 after 5.30 for same day appointment.

Saturday, Sunday, bank holidays 8.30 am - 1.00pm.

**Dental Treatment**

The University advises all students to remain with their NHS dentist at home and to have regular check-ups and treatment during holiday times. NHS dentists are extremely difficult to find, you will have to pay for a private dentist. To find a dentist go to <https://www.nhs.uk/service-search/find-a-dentist> or the NHS dental helpline is 0300 311 2233.

**Sexual Health**

If you have concerns about sexually transmitted infections or would like information you can contact the University Nurse Health Advisers or visit the Sexual Health Clinic at St Richards Hospital.

The Sexual Health Chichester clinic at St Richards offers a wide range of services where you can be seen for sexual health screening and contraception and specialist appointment sessions. You can also order online STI testing kits from this website:

<https://www.sexualhealthwestsussex.nhs.uk/online-testing/>

This specialist team are based at:

Chichester Sexual Health Clinic  
St Richards Hospital  
Chichester  
PO19 6SE

Central Booking Line 01903 285199

Services offered

- [Sexually transmitted infection](#) screening and treatment
- [Chlamydia](#) testing and treatment (available to all)
- [HIV](#) testing and treatment
- [Pregnancy](#) testing



- [Termination/abortion](#) referrals
- Free [condoms](#)
- [Emergency contraception](#)
- General [Contraception](#)
- Psychosexual counselling – by appointment

### **Getting there**

The clinic is situated on the 1st Floor of St Richards Hospital within the Outpatients Department and is signposted from the Outpatients Department entrance.

For clinic venues and opening times please visit their website:

[www.sexualhealthwestsussex.nhs.uk](http://www.sexualhealthwestsussex.nhs.uk)

**The Esther Project** offers information, advice, and confidential support around sexual health and contraception to students engaging in the sex industry with:

- Free condoms & lube
- Access to free Chlamydia tests
- Access to free HIV home self-test kits
- Free pregnancy tests
- Support to access specialist sexual health services

[YADA: Sexual Health \(esther-project.org\)](http://www.yada.org.uk)

### **Pregnancy Options Centre - 01243 784177**

Pregnancy Options Centre provides free, non-directive help and support to women and men facing unplanned pregnancy or struggling following an abortion or pregnancy loss.

<https://pregnancyoptionscentre.org.uk/>

### **Support for Sexual Assault and Misconduct**

If you have any concerns around sexual misconduct or consent, the University sexual violence and misconduct liaison officer can be contacted during working hours on 07739 983703 or [studenthealth@chi.ac.uk](mailto:studenthealth@chi.ac.uk).

You can download the Sexual Assault and Misconduct Policy, and the Procedure for Reporting and Investigating from here:

<https://www.chi.ac.uk/about-us/policies-and-statements/academic-and-student-support/>

Our 'Help and Support after Sexual Assault' booklet can be downloaded here: <https://help.chi.ac.uk/help-and-support-after-sexual-assault>

The Sussex Police website is very helpful and informative: [How to report rape, sexual assault or other sexual offences | Sussex Police](#)

If you have been accused of sexual violence or misconduct our support booklet can be downloaded here: <https://help.chi.ac.uk/guidance-students-accused-sexual-violence-or-misconduct>

SARCs (sexual assault referral centres) are specialist medical and forensic services for anyone who has been raped or sexually assaulted. They have specialist staff to help you make informed decisions about what to do next.

**Saturn Centre Sexual assault and referral centre** **01293 600469**

**In an Emergency contact the Police on 999**

### **University Student Support and Wellbeing Services**

The University has a range of services available to support you during your time at Chichester.

### **Disability and Dyslexia Services**

The Disability and Dyslexia Service offers support and advice to students with disabilities, continuing health conditions, mental health conditions and specific learning needs.

If you have a disability or health condition that affects your living accommodation or study requirements in any way please contact the disability team at the earliest possible opportunity.

Appointments with advisers in the team can be booked through the SIZ (Support and Information Zone) on 01243 816222.

You can find further information on the University web pages:

<https://www.chi.ac.uk/study-us/student-services/disability-dyslexia-and-medical-condition>

Or by contacting the team direct by phone 01243 812076, or email:

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

### **Student Money Team**

Offer information, advice and guidance on all aspects of student finance and funding. They administer the University Support Fund and emergency loans facility. They also offer help with budgeting and money management.

Contact [studentmoney@chi.ac.uk](mailto:studentmoney@chi.ac.uk)

### **Wellbeing Service**

The Wellbeing team include mental health advisers, wellbeing advisers and student counselling. They offer daily drop-in sessions and online appointments; please see their website for more information:

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

### **Mental Health Advisers**

Offer confidential, expert advice and signposting for any students with diagnosed mental health conditions as well as those experiencing problems with low mood, anxiety or managing emotions.

### **Student Wellbeing Advisers**

Offer a friendly advice and/or mentorship around a range of issues concerning student life such as academic worries, relationships or stress.

### **Student Counselling Service**

A free confidential service offering students the opportunity to talk through transient personal problems with a qualified and registered counsellor.

To access services of the Wellbeing team, students should email

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

### **International Advice**

International students may benefit from some additional support while studying in the UK. The International Student Advisers can provide help and support for all International students on a range of issues including, visas, immigration rules, funding options, home sickness/culture shock, academic and practical problems and more.

You can find our office location and drop-in hours on our Moodle pages.

Contact: 01243-812194 / 2192 / [International@chi.ac.uk](mailto:International@chi.ac.uk)

Moodle: <https://moodle.chi.ac.uk/course/view.php?id=86214#>

### **Additional Information for International Students**

<https://beprepared.chi.ac.uk/register-with-a-gp/>

To access health care in the UK, you need to register with a GP when you arrive. You will be supported with this as part of the International Orientation. Arriving in a new country is a very busy time for international students and there are a lot of changes to go through. In this type of situation, with all its stresses, you can find yourself paying less attention than usual to your health. Existing health problems can also be made worse by the effects of adjusting to unfamiliar food, a different climate and the emotional strains of being away from home.

The National Health Service (NHS) is the UK's state healthcare system providing a wide range of health care services including appointments with a doctor, hospital treatment and dental care. If your course is 6 months or longer, you will have to pay the NHS Health surcharge as part of your Visa application, which will entitle you to free healthcare whilst you complete your studies. We advise that you still take our private medical insurance in addition to this as NHS treatment will not cover you for all eventualities, for example, if you get sick and want to be transported home or want to have a family member to stay in the UK to look after you, this will not be covered.

Any treatment that you need to pay for will be charged at 150% of the national NHS rate.

**Some EU students may be able to apply for a refund of the health surcharge once they arrive:**

Students studying for more than 6 months - you may be eligible for a full or partial reimbursement if all of the following are true:

- you're a full-time student in UK higher education
- your visa started on or after 1 January 2021
- you have an EHIC issued in an EU country or Switzerland (you MUST APPLY FOR THIS IN YOUR HOME COUNTRY prior to arrival in the UK)
- you do not work in the UK

For more information, see:

<https://www.gov.uk/guidance/immigration-health-surcharge-for-eu-students-in-the-uk>

**Students studying for less than 6 months**

If your stay in the UK is 6 months or less, you do not need to pay the immigration health surcharge. If you have a valid EU or Switzerland-issued EHIC or are a Norwegian citizen with a valid Norwegian passport, you can access medically necessary treatment during your stay.

If you're a citizen of Iceland or Liechtenstein, you may have to pay for any NHS healthcare you receive.

## **Meningitis and septicaemia can kill in hours**

**Remember, [vaccines](#) can't prevent all strains of meningitis.**

You're fit and healthy - you think it's only flu, a hangover or the effects of a heavy night out, but don't just leave it.

- **Check out the symptoms**
- **If you're feeling really bad, tell someone**
- **If a mate's looking rough, stick around**
- **If it gets worse fast, get medical help immediately**

Symptoms can appear in any order.

Someone who feels really ill needs medical help even if they have no rash or a rash that fades. Not everyone gets all these symptoms.

- Meningitis and septicaemia can be hard to recognise at first. Symptoms can appear in any order, but the first symptoms are usually fever, vomiting, headache and feeling unwell, just like many mild illnesses
- Symptoms which are more specific to meningitis and septicaemia and less common in milder illnesses are Limb pain and cold hands and feet. These often appear earlier than a rash, neck stiffness, photophobia and confusion.
- Not everyone gets all these symptoms
- Septicaemia can occur with or without meningitis
- In some cases of meningitis, a rash may not appear

See more at: <http://www.meningitis.org/symptoms/young-people/#>

## Symptoms of meningitis and septicaemia



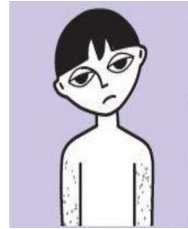
**Fever and/or vomiting**



**Severe headache**



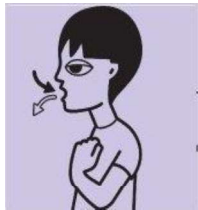
**Limb/joint/muscle pain** (sometimes with pain/diarrhoea)



**Pale or mottled skin**



**Cold hand and feet/shivering**



**Breathing fast/breathless**



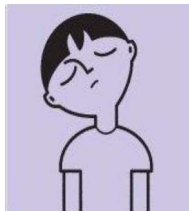
**Rash** (anywhere on the body)



**Stiff neck** (less common in young children)



**Dislike of bright lights** (less common in young children)



**Very sleepy /vacant /difficult to wake**



**Confused /delirious**



**Seizures (fits) may also be seen**

**Be Alert for tiny red or brown pin prick marks which can change into purple blotches or blood blisters.**

### [Tumbler test for septicaemia](#)

If a glass tumbler is pressed firmly against a septicaemia rash, the marks will not fade. You will be able to see the rash through the glass. If this happens get medical advice immediately. It is harder to see on dark skin, so check paler areas. Remember someone who is very ill needs medical help even if they have no rash or a rash that fades



### **Septicaemia rash on black skin**

A septicaemia rash can be harder to see on dark skin, so check for spots over the whole body, especially on paler areas like palms of the hands, the soles of the feet, on the stomach, inside the eyelids (conjunctiva) and on the roof of the mouth (palate).

- 1 in 10 of us at any time carry the bacteria which cause these diseases and this is usually harmless
- We pass them on by close contact, such as kissing
- In a very few people the bacteria get into the blood stream and cause meningitis and/or septicaemia
- We don't know who is at risk - so get the symptoms sussed - you could save a life.

[Meningitis - Symptoms - NHS \(www.nhs.uk\)](http://www.nhs.uk)



## **Contacts/useful Telephone Numbers:**

<b>Bognor Regis War Memorial Hospital</b> .....	01243 865418
<b>Cathedral Medical Group</b> .....	01243 813450
<a href="http://www.cathedralmedicalgroup.co.uk">www.cathedralmedicalgroup.co.uk</a>	
<b>Chichester Sexual Health Clinic</b> .....	01903 285199
<a href="http://www.sexualhealthwestsussex.nhs.uk">www.sexualhealthwestsussex.nhs.uk</a>	
<b>International Advice</b> .....	01243 812194
Email: <a href="mailto:international@chi.ac.uk">international@chi.ac.uk</a>	
<b>Jubilee Dental Centre</b> .....	01243 793697
<b>Lavant Road Surgery, Chichester</b> .....	01243 527264
<a href="http://www.lavantsurgery.co.uk">www.lavantsurgery.co.uk</a>	
<b>Life Centre</b> .....	01243 786349
Charity supporting survivors of rape and sexual abuse <a href="mailto:info@lifecentre.uk.com">info@lifecentre.uk.com</a>	
<b>Maywood Healthcare Centre, Bognor Regis</b> .....	01243 829141
<a href="http://www.maywoodsurgery.com">www.maywoodsurgery.com</a>	
<b>NHS 111</b> .....	111
<b>Pregnancy Options Centre</b> .....	01243 784177
<b>Saturn Centre - Sexual Assault and Referral Centre (SARC)</b> ....	01293 600469
<b>Student Money Team</b> .....	01243 816038
Email: <a href="mailto:studentmoney@chi.ac.uk">studentmoney@chi.ac.uk</a>	
<b>Support and Information Zone</b> .....	01243 816222
Email: <a href="mailto:help@chi.ac.uk">help@chi.ac.uk</a> .....	(internal ext. 6222)
<b>St. Richards Hospital, Chichester</b> .....	01243 788122

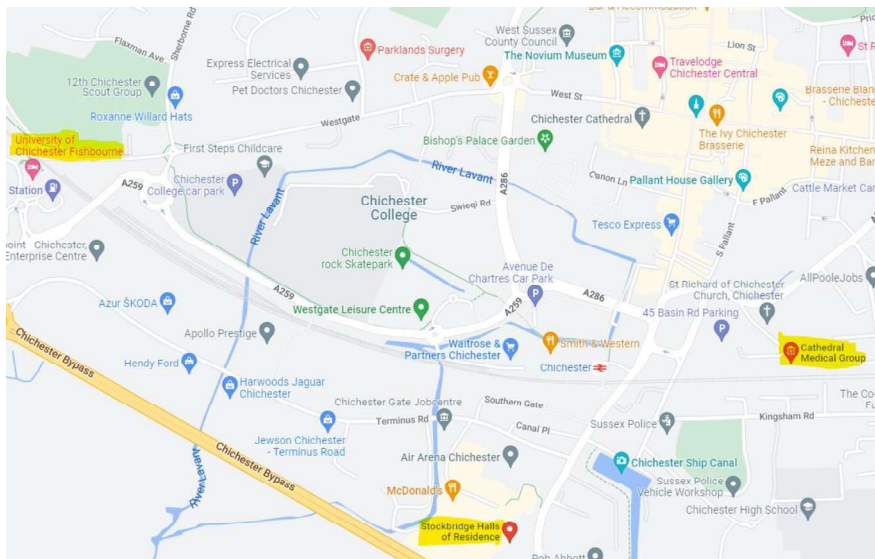
**Student Health Service**..... 01243 816111  
mobile (during office hours 9-5 semester time) ..... 07739 983703

**The Samaritans**..... **116 123**

**University Disability and Dyslexia Service**..... **01243 812076**  
Email: [disability@chi.ac.uk](mailto:disability@chi.ac.uk)

**Wellbeing Service Website:** .....[www.wellbeing.ac.uk](http://www.wellbeing.ac.uk)  
Email: [wellbeing@chi.ac.uk](mailto:wellbeing@chi.ac.uk)

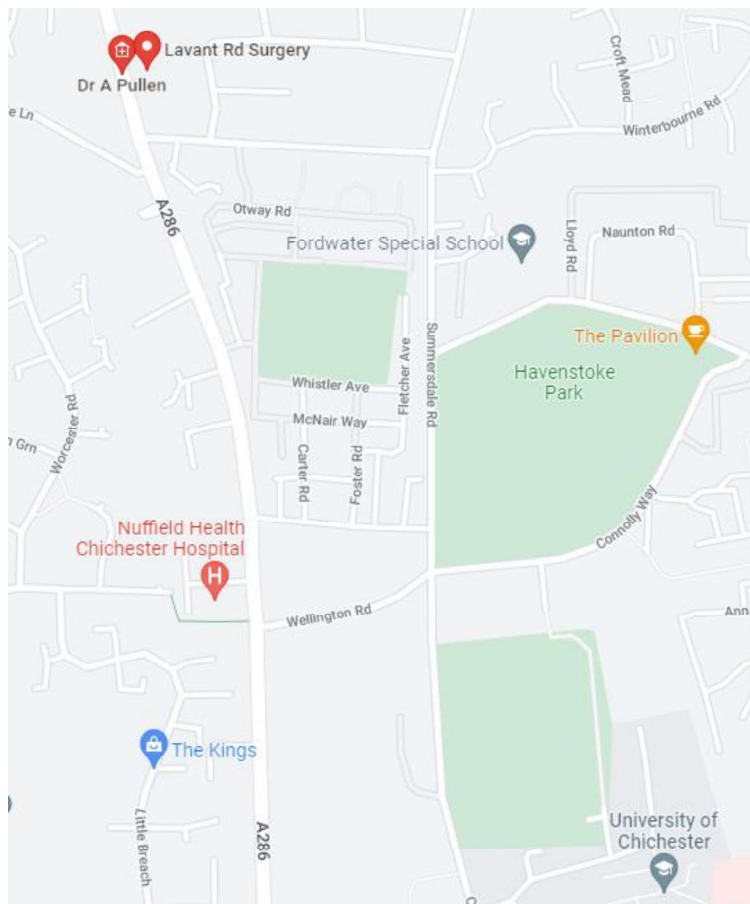
### **Cathedral Medical Group**



Cathedral Medical Group is about 10 minutes' walk from Stockbridge Halls passing the bus station and then walking down Market Avenue.

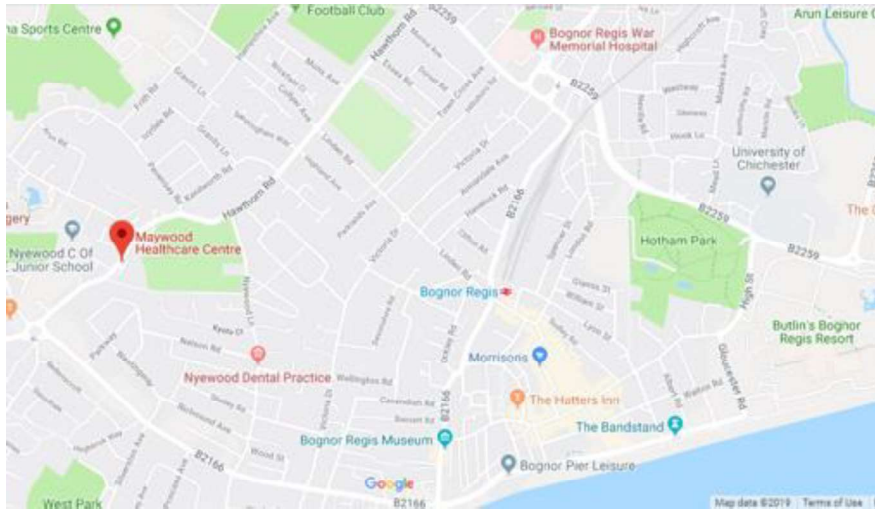
From Fishbourne halls the surgery is about a 30-minute walk or you can catch the U7 bus from the Tesco store to Avenue de Chartres Westgate and walk towards the bus station and then down Market Avenue.

### Lavant Road Doctors Surgery



Lavant Road surgery is 10 to 15-minute walk from the Chichester campus. Turn right out of the main campus entrance and walk up the hill. Take the second turning on the left, Broadway. Walk to end of road past the one stop shop. Then turn right at the main road junction onto Lavant Road. The surgery is just on the right after about 50 metres.

**Maywood Healthcare Centre, Bognor Regis - 01243 829141**



**[Check out the best ways to get the surgery here](#)**

To walk takes about half an hour (see above map)

**Bus travel**

Walk from the University to the Hotham Park bus stop (Butlins side) and get on the 600 bus service for Chichester and this will take you to the Hammonds roundabout and then simply walk to the surgery at 225 Hawthorn Road (5-minute walk).

**If you would like to view this publication in another format (e.g. large print version) please request this by emailing [StudentHealth@chi.ac.uk](mailto:StudentHealth@chi.ac.uk)**

(Updated July 2024)