Welfare and
Wellbeing at Wolfson

Welcome to the welfare and wellbeing induction!

This presentation will cover:

- Local medical services
- Support services within the University
- The Welfare Team at Wolfson

We will also cover useful advice and guidance as you settle into Oxford and Wolfson, and we will make sure you know where to go for help.

What is the NHS?

The **NHS** stands for the **National Health Service**. It refers to the Government-funded medical and health care services that everyone resident in the UK can use without being asked to pay the full cost of the service.

New to the UK?

If you are new to the UK, we strongly suggest that you familiarise yourself with the information listed the UKCISA page here (all nationalities) and here (EU/EEA only).

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The College Doctors

All Oxford colleges are linked with one of the doctors' surgeries/GP practices in central Oxford.

The **Banbury Road Medical Centre** is the link GP practice for Wolfson. It is approximately 10 minutes' walk from College.

www.banburyroadmc.nhs.uk

Banbury Road Medical Centre

The NHS (National Health Service) funds this GP practice, which means that most medical treatments will be free or heavily subsidised for those resident in the UK.

Why register with the college doctors?

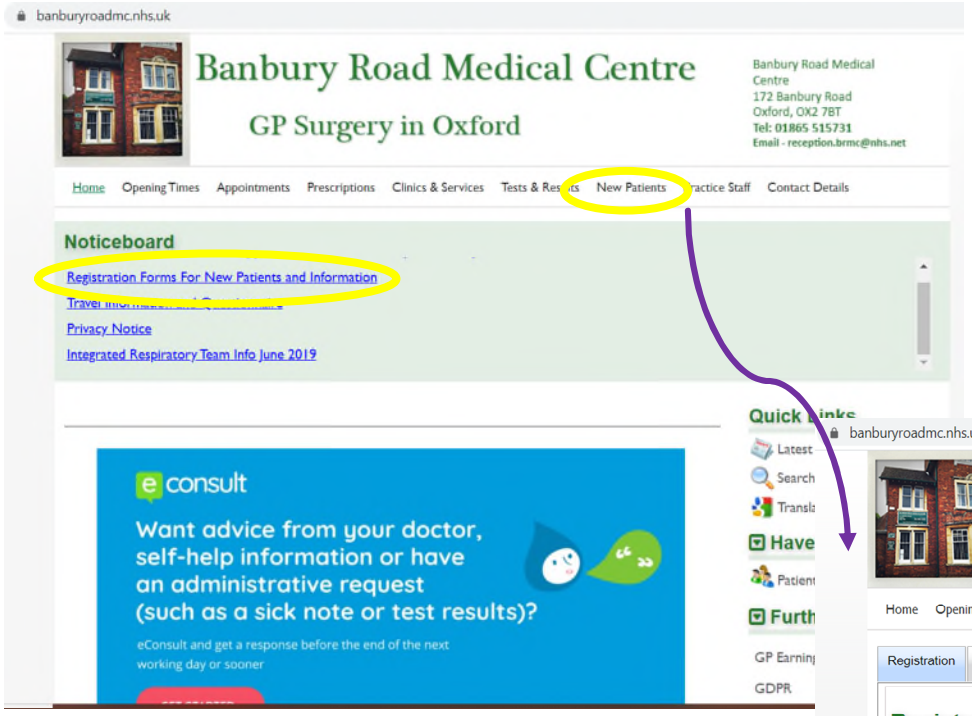
- If you need medical documentation for any academic-related reason, such as exam adjustments or extension requests, it is often faster (and free!) for you to obtain it from the college doctors than an external surgery.

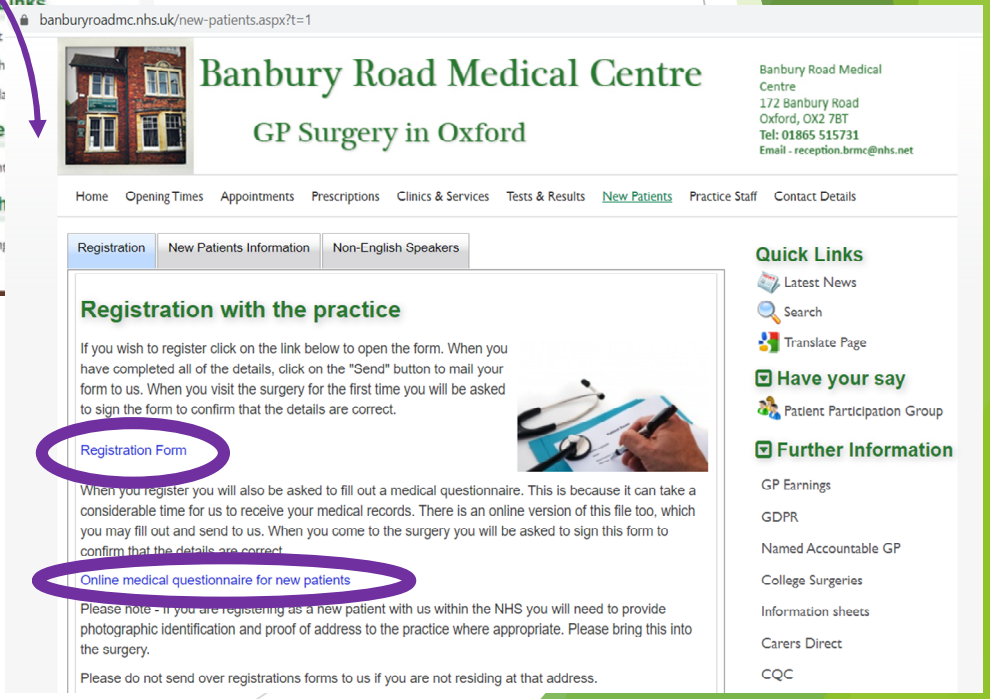
- Our college nurse is linked to the college doctors so can liaise with them on your behalf, which can make it easier to get appointments and resolve medical matters.

We strongly suggest that unless you have a particular reason to stay registered with your current UK GP, you register with the Banbury Road Medical Centre. Trust us, it might well make your life a lot easier!

How to register with the GP

www.banburyroadmc.nhs.uk





- General Practitioner (GP) = family doctor, physician
- Doctor's or GP surgery = doctor's office

College Nurse: Kerry Minton

For advice, appointments, and guidance, email
wolfson.nurse@nhs.net

Kerry is our wonderful College Nurse. She has a consulting room onsite but due to the pandemic is offering remote consultations in the first instance. Please feel free to contact her about any health concerns you may have!

What does a College Nurse do?

- Helps you to look after your healthcare needs
- Physical health – sports injuries; sexual health; minor injuries and illness
- Triage - Refer onto GP when necessary; send to A&E (ED); other services
- Mental health – initial help, referral onto counselling services, disability service, GP
- Liaise with Academic Office to help with medical notes for illness
- Help you to navigate the NHS!

Who do I contact for help?

Issue	Service	Contact
Non-urgent matters; minor illnesses and injuries; enquiries and assistance	College Nurse	wolfson.nurse@nhs.net
General healthcare	GP	01865 515731
Mental health	University Counselling Service	counselling@admin.ox.ac.uk
Sexual health	Sexual health clinic (or college nurse/GP)	See website
Urgent and/or out-of-hours care	NHS 111	111
Severe injury (e.g. broken bone) or life-threatening condition	Emergency Department (ED) / Accident & Emergency (A&E)	999 (ask for ambulance; if calling from Wolfson inform Lodge)

University Services

- Counselling Service – free, remote counselling (one-to-one and group therapies) to all Oxford students
- Disability Advisory Service – supports students who have registered a disability
- Sexual Violence & Harassment Support Service – supports students who have experienced sexual violence regardless of when or where it occurred
- Harassment Support Service – supports those experiencing bullying and harassment

See even more services at https://www.ox.ac.uk/students/welfare/!

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College Support Services

https://www.wolfson.ox.ac.uk/talk

- College Nurse
- Student Welfare Officers & Peer Supporters
- Academic Registrar/Disability Coordinator
- College Advisors
- Lodge
- Harassment Advisors
- Senior Tutor/Dean of Welfare

Things to remember…

The 8-8-8 rule: aim for 8 hours of sleep (yes!), 8 hours of work, and 8 hours for everything else

Treat your work as a full-time job – Aim to work 40 hours per week with time to rest and recover

Tackle concerns early, whether academic, medical, financial, or anything else

Eat your five-a-day of fruit and veg, plus wholegrains, pulses, and proteins

Spend time with friends

Do not suffer in silence – please get in touch if you think you might need help!

Spend time in nature – try the University Parks, Port Meadow, Magdalen Deer Park, or Christ Church Meadows!

- https://www.tripadvisor.co.uk/LocationPhotoDirectLink-g186361-d2691959-i243708308-Oxford_University_Parks-Oxford_Oxfordshire_England.html

Imposter Syndrome

(Trust us, everyone gets it – us included!)

Trust the academics who assessed your application – you have every right to be here and you know more than you think you do! If self-doubt starts to eat at you, talk to your supervisor or get in touch with the Counselling Service.

Image credit: https://i2.wp.com/www.mysassybusiness.com/wp-content/uploads/imposter-syndrome.png?fit=672%2C524&ssl=1

External Services

- Samaritans: confidential listening service with phone lines open 24 hrs, every day of the year, with particular emphasis on suicide prevention. Dial 116 123 or email jo@samaritans.org (email response time 24 hrs)
- Papyrus: suicide prevention service with an emphasis on supporting young people
- Mind: mental health charity (also see Oxfordshire Mind)
- NHS Self-Help Booklets: free and comprehensive booklets for common mental and emotional difficulties such as bereavement, stress, low mood, anger, and sleeping problems

And one more time…

Look after yourself and do not suffer in silence!

Everybody has problems at some point and we are here to help. ☺

Best wishes for a great year!