

A scenic view of a pond at Wolfson University. In the foreground, there is a lush green lawn with several clumps of bright yellow daffodils. To the left, a large weeping willow tree with long, drooping branches is partially visible. In the middle ground, a calm pond reflects the sky and surrounding trees. A small bridge with a metal railing crosses the pond in the background. The sky is overcast and grey. The text "Health and Wellbeing at Wolfson" is overlaid in large, bold, yellow letters across the center of the image.

Health and Wellbeing at Wolfson

Welcome to the Health and Well-being induction!

This presentation will cover:

- Support services within the University
- College Nurse and College GP
- Local medical services
- The Welfare Team here 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**.

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 Harassment and Violence Support Service](#) - supports students who have experienced stalking, sexual harassment, or sexual violence, regardless of when or where it occurred
- ▶ [Harassment and Conflict Support](#) - resources for those experiencing bullying and harassment

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



University Counselling Service

Support (all free of charge!) includes:

- Short-term, targeted 1-1 sessions
- Group counselling
- Workshops
- Self-directed help such as podcasts and reading



Website:

<https://www.ox.ac.uk/students/welfare/counselling>

Enquiries:

counselling@admin.ox.ac.uk

Disability Advisory Service (DAS)

Provides support for students with:

- **Mental health disabilities** (ongoing clinical mood and anxiety disorders)
- **Social or communication difficulties** (e.g. autism spectrum conditions)
- **Sensory or mobility impairments** (e.g. vision or hearing impairments)
- **Long-term illness or physical health conditions** (e.g. diabetes, multiple sclerosis)
- **Specific learning difficulties, known as SpLDs** (e.g. dyslexia, dyspraxia, or ADHD)

The DAS can provide lots of support, but it's important to access this as soon as possible!

See <https://www.ox.ac.uk/students/welfare/disability> or email the Academic Registrar for more information.

Sexual Harassment and Violence Support Service

The Sexual Harassment and Violence Support Service provides a safe space for you to be heard, with advisors offering free support and advice to any current student who has been impacted by sexual harassment or violence.

All specialist caseworkers at the service are trained to support you at your pace, non-judgementally and in confidence.



<https://www.ox.ac.uk/students/welfare/supportservice/about>

supportservice@admin.ox.ac.uk.



brook

CONSENT FOR STUDENTS

Boundaries, respect and positive intervention

<https://www.ox.ac.uk/students/welfare/supportservice/consent-for-students>

Consent for Students is a free online consent programme for **all students and staff** at the University of Oxford

The programme allows students to reflect on their own relations and behaviour, contributing to an equitable, respectful and safe community of learning across the collegiate University.

More information will be communicated later this week.

College Nurse: Kerry Minton

For advice, appointments, and guidance, email
pml.wolfsonnurse@nhs.net

Kerry is our wonderful College Nurse. She can offer face-to-face or online appointments either in her clinical room in the Annex Building (on the corner of Linton and Chadlington Roads) or online using Microsoft Teams.

Please note, Kerry works part-time and term time only.

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!**



Banbury Road Medical Centre

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.

How to register?

- ▶ The easiest way to register with Banbury Road Medical Centre is via <http://www.campusdoctor.co.uk/oxford/>



GP Registration Online

You can use this form to register with a GP in Oxford only if you belong to one of the following Colleges:

Please select your college to continue:

Balliol College	Lincoln College	St Cross College
Blackfriars	Magdalen College	St Edmund Hall
Brasenose College	Merton College	St Hilda's College
Christ Church	New College	St Hugh's College
Corpus Christi College	Nuffield College	St John's College
Exeter College	Oriel College	St Peter's College
Green Templeton College	Pembroke College	Somerville College
Harris Manchester College	The Queen's College	Trinity College
Hertford College	Regent's Park College	University College
Jesus College	Reuben College	Wadham College
Kebble College	St Anne's College	Williams College
Klugg College	St Antony's College	Wolfson College
Lady Margaret Hall	St Benet's Hall	Worcester College
Linacre College	St Catherine's College	Wycliffe Hall



Online Patient Registration

Wolfson College

Only accepted students and their dependants accompanying them to University can use this form, and all names are cross-checked. Please fill in your details and click "Next page" when complete (page 1 of 2). * = compulsory

Please only complete this registration form once. If you have previously submitted this form at any time please do not do so again unless advised to do so. Please do not use this form to update your address or other details.

Banbury Road Medical Centre GP Surgery in Oxford

Home | Getting To Us | Appointments | Prescriptions | Clinic & Services | Test & Results | New Patients | Practice Staff | Contact Details

Registration | New Patients Information | Non-English Speakers

Registration with the practice

Our Practice Area includes Summertown, Wyndham, Jericho, Park Town and Old Marston. Please check with us to determine if you live within our practice area.

If you wish to register click on the link below to open the form. When you have completed all of the details, click on the "Save" button to email your form to us. When you visit the surgery for the first time you will be asked to sign the form to confirm that the details are correct.

Registration Form

When you register you will also be asked to fill out a medical questionnaire. This is because it can take a considerable time for us to review your medical records. There is an online version of this too, which you may fill out and send to us. When you come to the surgery you will be asked to sign this form to confirm that the details are correct.

Online medical questionnaire for new patients

Please note - If you are registering as a new patient with us, within the NHS you will need to provide photographic identification and proof of address to the practice where appropriate. Please bring this with you to the surgery.

Please do not send over registration forms to us if you are not residing at that address.

Please call our reception team if you are not clear with anything.

Note that by sending the form you will be transferring information about your self across the internet and although every effort is made to keep this information secure, no guarantee can be offered in this respect.

College Student Registrations

Please submit the form using the link here

Quick Links

- Latest News
- Search
- Translate Page
- Have your say
- Patient Participation Group
- Further Information
- GP Listings
- Money Advice - Online Systems
- COVID-19 Information
- GPSP - GPSPH
- Named Accountable GP
- University College Clinics
- Cancer Direct
- ESG
- Witness Certificates
- Pregnancy Care Referral
- Emergency Care Referral
- Blood Pressure Diary

Why register with our college-linked GP surgery?

- 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.

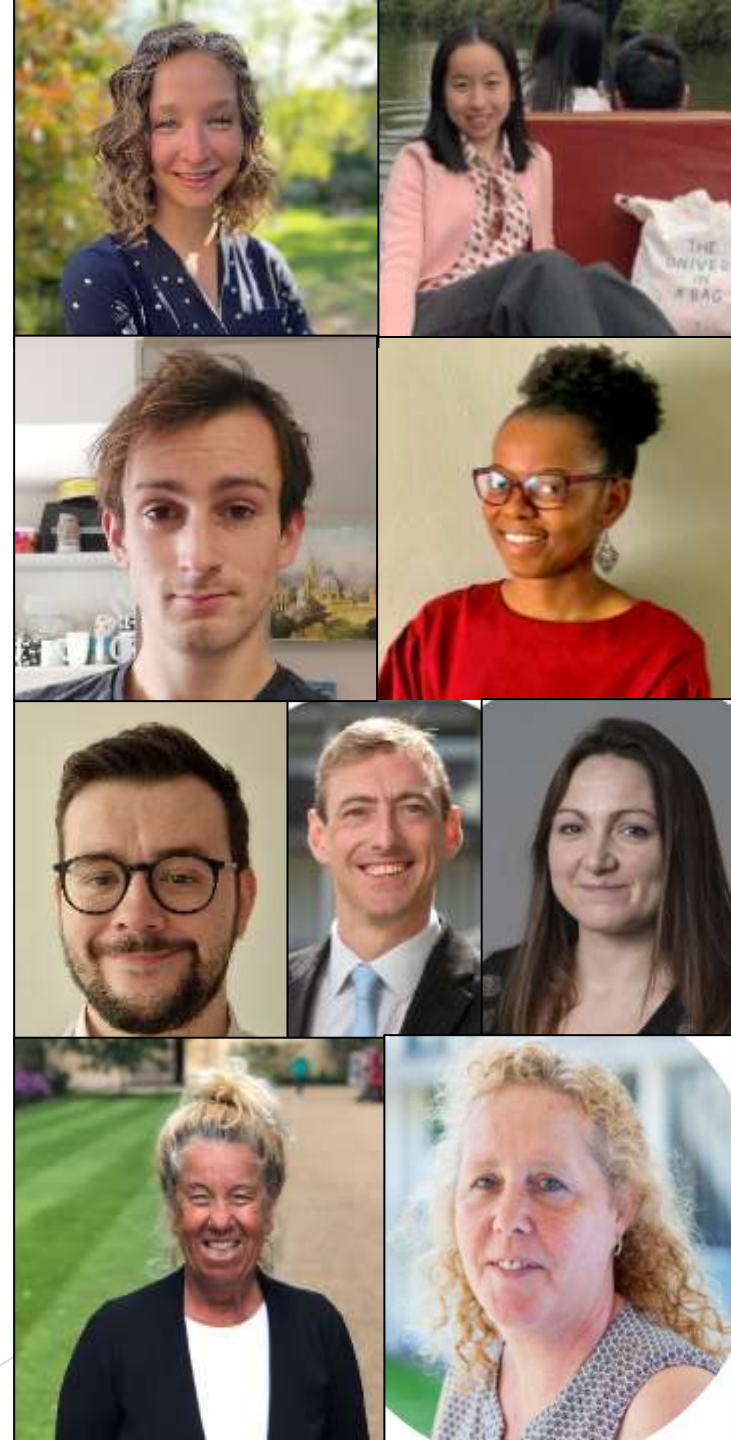
*We strongly suggest that unless you have a particular reason to stay registered with your current UK GP, you register with the Banbury Road Medical Centre.
Trust us, it might well make your life a lot easier!*

College Support Services

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

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

Our support team will be happy to help you but please remember to treat them with the same dignity and respect you expect to be treated with. Our students are important but so are our staff.



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

Who do I contact for help?

Issue	Service	Contact
Non-urgent matters; minor illnesses and injuries; enquiries and assistance	College Nurse	pml.wolfsonnurse@nhs.net
General healthcare	GP	01865 515731
Mental health (non urgent)	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)

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.

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

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

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

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!



And one more time...

Look after yourself and each other, and reach out if
you need some support.

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



Best wishes for a
great year!