

Health Services in Oxford

- 1. Register with a health centre in Oxford.** This automatically registers you with the National Health Service (NHS)
- 2. Get a UK mobile number.** Health centres and phone services *cannot* phone back international numbers.
- 3. Inform the College Lodge of any emergency situation: 01865 284700.**

Minor cuts?
Grazes?
Colds?
Hangover

Self-care / Lodge

- Many common winter illnesses and injuries can be treated by self-care
 - Talk to your pharmacist about remedies
- Get plenty of rest and drink plenty of fluids

First Aid kit in the College Lodge (Tel.: 01865 284700)

- Bandages, plasters, antiseptic wipes and cream, eyewash, medical tape, sterile dressing (Note: The Lodge cannot supply painkillers)

Purchase from supermarkets and pharmacies:

Painkillers (Paracetamol), anti-diarrhoeal medicines, indigestion remedies, cold and flu remedies.

Headache?
Upset stomach?
Coughs and colds?

Pharmacy

- Advice on the best medicines for many common illnesses
- No appointment necessary

Woodstock Road Chemist

(Opposite College)
Tel: 01865 515226
Mon.-Fri.: 8.30 -19.00
Sat.-Sun.: 9.00-18.30

Boots (Summertown)

221 Banbury Road
Tel: 01865 556852
Mon.-Sat.:8.30-18.00
Sun.:10.00-16.00

Boswells (City Centre)

1-4 Broad Street
Tel.: 01865 255509
Mon.-Fri.: 9.30-18.00
Sat.: 9.00-18.00
Sun.: 11.00-17.00

Ahmey's Midnight Pharmacy (Cowley Rd)

150 Cowley Road
Tel: 01865 770121
Mon.-Fri.: 8.00-23.59
Sat.: 9.00-21.00
Sun.: 11.00-21.00

Long-term conditions?
(e.g. asthma, diabetes, cancer, bowel conditions)
Mental health conditions?
New symptoms?
Other illnesses?

Illnesses and injuries which are not life-threatening.
Consultation rooms in basement of Hilda Besse Building.

College Doctor: Dr Kyle Knox

Medical advice, examinations and prescriptions.
Appointments in College during term (Weeks 1-8).
Book appointment at the Lodge (Tel.: 01865 284700)
Mon.: 14.15-15.15
Fri.: 14.15-15.15

College Nurse: Alison Nicholls

Assessment and advice. Also contraception, sexual health, travel advice, minor injuries (not fractures).
In College during term (Weeks 0-9).
No appointment needed
Tue: 14.00-15.00
(revised clinic time until TT Week 0 only)
Wed.: 15.45-17.00
Fri.: 14.15-15.45

Summertown Health Centre

Tel: 01865 515552
Mon.-Fri.: 8.30-18.30
Sat.: 8.30-10.30
(appointment only)

Sexual health concerns?

Screening for sexually transmitted infections & emergency contraception

Churchill Hospital Sexual Health Clinic

Drop-in (no appointment needed)
Mon., Tue.: 11:15 -15:15
Wed.: 12.15-15.15
Thu., Fri.: 11:15 -15:15
Sat.: 9.00 -12.00
Routine appointments (call to book)
Mon.-Thu.: 9.00-11.00; 15.00-17.30
Fri.: 9.00-11.00
Tel.: 01865 231231

Severe ear ache?
Severe chest infection?

GP urgent care

- For illnesses and injuries which aren't life-threatening
- The Duty Doctor will call you back to assess your condition.

During opening hours (see below), you may be offered a same-day appointment at

Summertown Health Centre

Mon.-Fri.: 8.30-18.30
Sat.: 8.30-10.30

Out of hours, you may be offered a same-day appointment at **East Oxford Medical Centre**, Manzil Way, Cowley Road.

Minor injuries?
Fractures?
Eye injury?
Minor burns?

Minor Injuries Department

John Radcliffe Hospital
Open 24/7

Ask the Lodge if you require assistance to book a taxi (Tel.: 01865 284700)

Headley Way, Headington, Oxford
Tel: 01865 741166

Heavy bleeding?
Severe head injuries?
Chest pain?
Severe burns?

Accident & Emergency Department

John Radcliffe Hospital
Headley Way, Headington, Oxford
Open 24/7

Dental Emergency?

Studental

Oxford Brookes University, Colonnade Building, 3rd Floor, Gypsy Lane
Mon.-Fri.: 8.00-18.00
Tel.: 01865 689997

Oasis Dental Care

22 Beaumont Street
Mon.-Thu.: 8.30-19.30
Fri.: 8.00-16.30
Sat.: 9.00-14.00
Tel.: 01865 243702

Suicidal Thoughts?

Samaritans

Tel: 116 123
Freephone 24/7, every day
Email: jo@samaritans.org
Visit:
60 Magdalen Rd, Oxford
Open daily, 8.00-22.00

Dial 111 for assessment and advice

Freephone 24/7, every day

Call back only on UK mobile

The advisor will ask you a series of questions to assess your symptoms

You will be directed to the best medical care for you immediately.

Dial 999 for Hospital Emergency Department

Freephone 24/7, every day