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? Cold? 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

### Long-term conditions? (e.g. asthma, diabetes, cancer, bowel conditions)

- **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 (excluding fractures).
  - In College during term (Weeks 0–9).
  - No appointment needed
    - Wed.: 15.45–17.00
    - Thu.: 14.00–15.00
    - Fri.: 14.15–15.45

### Mental health conditions? New symptoms? Other illnesses?

- **Illiesses 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)
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### 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.

### Minor injuries? Fractures? Eye injury? Minor burns?

- **Minor Injuries Department**
  - John Radcliffe Hospital
  - Open 24/7

### Severe head injuries? Chest pain? Severe burns?

- **Accident & Emergency Department**
  - John Radcliffe Hospital
  - Headley Way, Headington, Oxford
  - Open 24/7

### Dental Emergency?

- **Studental Dental Care**
  - Oxford Brookes University, Colonnade Building, 3rd Floor, Gipsy 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

### Dial 999 for Hospital Emergency Department

- **Freephone 24/7, every day**

### Dial 111 for assessment and advice

- **Freephone 24/7, every day**
  - 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.

### Call back on UK mobile

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

### 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:

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### Mental health conditions? New symptoms? Other illnesses?

- **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

### 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

### Out of hours, you may be offered a same-day appointment at East Oxford Medical Centre, Manor Hill, Cowley Road.

- **Ask the Lodge if you require assistance to book a taxi** (Tel.: 01865 284700)
  - Headley Way, Headington, Oxford
  - Tel.: 01865 741166