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.

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

### 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 556652
- 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

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### 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

### See College website for clinic hours.

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

### Summertown Health Centre
- Tel.: 01865 515552
- Mon.-Fri.: 8.30-18.30
- Sat.: 8.30-10.30

- (appointment only)

### Routine appointments (call to book)
- Mon.-Thu.: 9.00-11.00; 15.00-17.30
- Fri.: 9.00-11.00
- Tel.: 01865 231231

### 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

### 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

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

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### 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.

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### Dial 999 for Hospital Emergency Department
- Freephone 24/7, every day

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

### Dental Emergency?
- Oxford Brookes University, Colonnade Building, 3rd Floor, Gipsy Lane
- Mon.-Fri.: 8.00-18.00
- Tel.: 01865 689997

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

### 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?
- Hotline: 0800 247 247
- Email: jo@samaritans.org
- Visit: 
  60 Magdalen Rd, Oxford
  Open daily, 8.00-22.00

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### 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

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### Severe ear ache? Severe chest infection?

### Severe chest infection?

### Minor cuts? Grazes? Colds? Hangover

### Headache? Upset stomach? Coughs and colds?

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### Minor injuries? Fractions? Eye injury? Minor burns?

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### Severe ear ache? Severe chest infection?

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

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### Dial 111 for assessment and advice
- Freephone 24/7, every day

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### Dial 999 for Hospital Emergency Department
- Freephone 24/7, every day

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### When you think things may be life-threatening, call 999
- Do not hang up until told to by the operator

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### Save lives, talk out of it.
- Visit: www.samaritans.org
- Email: jo@samaritans.org
- Tel: 116 123