

# 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 (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

### 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, 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

### 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