

## Health Issues

### Health and Wellbeing

It is vital to remain fit and well. When you first arrive in a new country it can be easy to concentrate on your studies and neglect your health. Health problems can be made worse by the effects of adjusting to a different climate, food and the emotional strain of being away from home.

It is important to eat properly and take regular exercise. Try to ensure that you have a balanced diet. Food can be divided into four main groups, and it is important to eat at least one portion from each group per day:

- Bread, rice, pasta and cereals (this group should make up the bulk of your meal)
- Milk, cheese, yoghurt, butter and margarine
- Meat, fish and eggs
- Fruit and vegetables (it is recommended that you eat five portions from this group)

### NHS Treatment

The following NHS treatment is free for everyone:

- Treatment in an emergency (but not follow up treatment)
- Treatment of certain communicable diseases
- Compulsory psychiatric diseases

If your course is longer than six months then the following services will also be free of charge:

- Registering and consulting a GP (visiting the surgery)
- Treatment in a hospital

You will need to pay for:

- Medicines prescribed by your GP (£7.10) per item;(prices correct at the time of print)
- Dental treatment
- Optical treatment
- Some GP services such as vaccinations for travel, sickness certificate.

If you are not entitled to free NHS treatment because your course is for less than six months then you should ensure that you have full medical insurance to cover any health costs. If you need advice contact the Advice Unit.

### **Bolton Royal Hospital - Minerva Road - Tel: 01204 390 390 - Bus number - 501**

If you need to go to the hospital you will usually be referred by your own doctor (GP) or an emergency doctor if you need urgent treatment. As the Royal Bolton Hospital is an NHS Trust, treatment will be free.

The Accident and Emergency section of the hospital will provide anyone with urgent treatment. It is open 24 hours a day. You do not need to ring prior to visiting, but please expect that there will be some waiting time once you get there. If you have an accident or cannot make it to the hospital yourself, you can call an ambulance on 999 and ask for the ambulance service. Calls are free on any private/public telephones.

### **Registering with a Doctor (GP)**

To register with a GP you simply need to visit the surgery during surgery hours and ask to be included on the GP's list of patients. You will be given a short application form to complete. You will then be sent a medical card, which will carry your NHS number. If the GP cannot accept you, try elsewhere or contact the Advice Unit.

If you are receiving regular treatment/medication we suggest that you submit these details to your GP. Make sure that you are aware of the surgery hours; ask the receptionist, who may then give you a list of surgery hours. You will usually need to make an appointment if you wish to see a GP, however you can ask to be seen by the GP as an emergency appointment if you need to see a GP urgently.

Remember to attend your appointment or to cancel/rearrange if you cannot attend, as doctors often have busy/heavy work schedules and your appointment could be offered to another patient.

If you are seriously ill and cannot visit the surgery then the GP can be called out to see you. The receptionist will tell you what time your GP will visit you.

### **Walk-In Centres**

These are centres providing health advice and treatment for minor illnesses and injuries. The nearest one to the University is Lever Chambers, Ashburner Street, Bolton. The opening times for Lever Chambers are:

Monday – Friday	8am - 9pm
Saturdays	8.30am - 6pm
Sundays	8.30am - 4pm

You can attend the Walk-in Centres without having to make an appointment first. For urgent telephone advice from a nurse you can phone NHS direct 24 hours a day on 08454647

## **Colds and Flu**

Colds are very common in the UK especially in the winter when many viral infections are passed around. You maybe less immune to them than British students, and there is little you can do to avoid catching a cold. The symptoms normally disappear in a few days without treatment. Make sure you keep warm, eat well, get enough rest and drink plenty of fluids. Paracetamol and aspirin may also help to ease the symptoms.

If the symptoms get worse, develop into flu or if you are worried then you should make an appointment to see your GP.