

Your health and wellbeing at uni

Top advice to stay healthy at uni



NHS Ipswich and East Suffolk Clinical Commissioning Group is responsible for commissioning health care services in the local region.

Find out more online: www.ipswichandeastsuffolkccg.nhs.uk



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REGISTER WITH YOUR GP

Registering with a local doctor may not be top of your list when moving away from home but it is important to register with a local GP just in case you are unwell.

It is free to register and you can find your nearest GP at www.nhs.uk/service-search

At Ipswich campus, your nearest GP surgery is:

Orchard Street Tel: 01473 213261
www.orchardmedicalpractice.nhs.uk

Drs Solway & Whale Tel: 01473 213261
www.drsolwayandwhale.co.uk

Find other local surgeries on our website:
www.ipswichandeastsuffolkccg.nhs.uk

FIND A DENTIST

You can go online to www.nhs.uk to find your nearest dentist. Please be aware that you may have to pay for any treatment.

FIND A PHARMACY

Your local pharmacy can help with advice: www.nhs.uk/service-search

OVERSEAS VISITORS

The NHS is the UK's state health service which provides treatment for UK residents through a wide range of services. Some are free, some you will have to pay for.

111

If it's urgent but not an emergency, call 111 for free advice 24/7. If it's an emergency, call 999.

CONTRACEPTION

Contraception, including condoms, are free for men and women from any GP or family planning clinic, where sexual health advice and Chlamydia testing is available.

STAYING WELL

Buy a cookbook, eat your five portions of fruit and veg a day, have wholemeal bread and pasta and keep the fast food to a minimum.

Be sensible with your alcohol intake. Ensure you get plenty of sleep.

There are Stop Smoking services, weight management and advice about physical activity available from: www.onelifesuffolk.co.uk

Feeling Stressed? Find help online at: www.readytochange.org.uk and www.whatsthedealwith.co.uk

CHECK YOUR VACCINATIONS

You should be vaccinated against meningitis C and mumps. If you have asthma or a serious long term condition you should get a flu vaccination.