

BISHOP BURTON

College

**RESIDENTIAL HEALTH
GUIDE
2021 / 22**





Residential Student Health Guide 2021-22

Contents

Registering with a Doctor	3
International Students	3
Feeling under the weather	4
Booking a Doctor’s Appointment.....	5
Dental Problems	6
Accidents and Emergencies	6
COVID-19	7
Homesickness	8
Healthy Eating	10
Physical Activity	11
Chaplaincy.....	12
Mental Wellbeing.....	13
Sexual Health and Relationships	17
Pregnancy	19
Drugs	21
Alcohol	22
Useful contacts and Websites	24

Registering with a Doctor

All Bishop Burton College residential students are strongly advised to register with the local doctor (GP). Don't wait until you are ill!

Registration takes place during your Residential Welcome Event. You need to fill out a form which details your current or previous doctor. It would also help if you had your National Health Service number available, although this is not essential.

The local medical practice, The Beverley Health Centre, provides registered residential students at the College with a confidential and professional medical service. The practice has several registered doctors and nurses who can treat and give advice on medical and personal issues.

International Students

Providing your course is six months or more, you may get free health care from the National Health Service (NHS). If your country has a reciprocal health agreement with the UK, you are entitled to free treatment in NHS hospitals should the need arise. You may also register as a patient with an NHS GP.

Under the NHS, all consultations with doctors are free of charge.

Feeling Under the Weather

The chances are that at some point you will suffer a minor illness, such as a cold, stomach-ache or feel run down and lethargic.

- Don't go to the doctor straight away
- Get plenty of rest
- Eat healthily and drink plenty of water
- Effective remedies are available over the counter at any chemist
- If symptoms do not improve over a day or two or deteriorate quickly, make an appointment to see the doctor
- The college staff are unable to provide you with any pain relief medication so please ensure you always have a supply – just in case.

Local Chemists

Molescroft Pharmacy

Tel: 01482 886294

Address: Pighill Lane, Off Woodhall Way, Beverley, HU17 7JY

Morrisons Pharmacy

Tel: 01482 863840

Address: Wingfield Way, Victoria Road, Beverley, HU17 8XE

Hengate Pharmacy

Tel: 01482 868208

Address: Manor Road Health Centre, Manor Road, Beverley, HU17 7BZ

Booking Doctor's Appointments

The College has several appointments available at the surgery for residential students. These appointments are available on Monday, Tuesday, and Thursday mornings each week during term time and usually a telephone call in the first instance.

Residential students should utilise these block bookings rather than arrange individual appointments. Students aged under 18 must book all appointments through the College.

For those students under 18, the College provides transport to and from the surgery for your convenience.

To book a doctor's appointment

- Contact the Warden's Office on 3016 or 07702 553935 from your hall phone or in person in the Meadows.
- Speak to the Health and Welfare Officer on 01964 553064 or in person at the Bishop Burton campus (Student Services)
- Email needtotalk@bishopburton.ac.uk

You must request appointments by 8.00am on the day you wish to see the doctor.

Failure to attend appointments may risk you being removed from the patient list.

For emergency doctor appointments, please contact the Health & Welfare Officer as above.

Dental Problems

For advice, assistance and booking an emergency dental appointment, please contact the Health & Welfare Officer on 3064.

Accidents and Emergencies

In case of a serious accident or emergency during office hours:

Contact reception's emergency number by dialling 3130 from your hall phone or

Contact the Health and Welfare office on 3064 via hall phone

For a serious accident or emergency out of office hours or weekends:

Contact the Duty Warden by dialling 3266 from your hall phone or

Contact the Duty Warden's mobile (signal dependant) on 07702553935

Staff will take details from you and arrange the necessary action to be taken.

COVID-19 (please also refer to the Residential COVID Induction)

If your illness is likely to be COVID related (coughing/fever/loss of taste or smell), and you have knowingly been in contact with someone who has a positive COVID result stay in your room and contact member of staff via the dedicated COVID line 01964 553058 during working hours. Outside of these hours, please contact the Warden's Office on 01964 553016 or 07702 553935.

Students are expected to participate in lateral flow testing twice per week and record the results both on the college intranet

[https://forms.office.com/Pages/ResponsePage.aspx?id=2QjS8ypUh0OM-](https://forms.office.com/Pages/ResponsePage.aspx?id=2QjS8ypUh0OM-7o5u9Eo9nm5D8EovxJFow7FkP6ZsyZUNDRPMENWTTNaUVhPVVdGTIRZTEFFVkgxRSQIQCN0PWcu)

[7o5u9Eo9nm5D8EovxJFow7FkP6ZsyZUNDRPMENWTTNaUVhPVVdGTIRZTEFFVkgxRSQIQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=2QjS8ypUh0OM-7o5u9Eo9nm5D8EovxJFow7FkP6ZsyZUNDRPMENWTTNaUVhPVVdGTIRZTEFFVkgxRSQIQCN0PWcu) and on the Government website

<https://www.gov.uk/report-covid19-result>. Test kits are available from Student Services in the Old Stable Block.

Homesickness

Experiencing homesickness while at college is quite natural, especially during the initial few months.

The thought of college life is quite exciting as you taste independence for the first time. A lot of hard work and effort has been put in to securing your place and although college life brings lots of dreams and expectations some of you will feel homesick.

The main reason for this is change. Change is a part of life and dealing with change helps us to grow and mature. Homesickness is in general, a temporary experience which goes away once you start adjusting to your new environment.

How to Deal with Homesickness

Accept your Feelings

The first step towards overcoming homesickness is accepting your feelings. You may think that being homesick is a childish and immature feeling and try to cover it up. You are in a place where everything is new, from your room to the faces that you see, and it is natural to feel lonely and isolated. You may miss the support you received back at home from your family and friends. The anxiety of your new course can also add to the feeling of homesickness.

Indulge in Activities and Make Friends

A good start is to try making new friends. In the beginning, you may not know who you can create true friendships with; introducing yourself and talking to as many people as you can, will be useful. To start with, talk to your floormates and later to your classmates. Take part in the various student activities that the college organises giving you the opportunity to meet new and like-minded fellow students.

Stay Connected with your Family and Friends

One of the best ways to cope with homesickness in college is to stay connected with your family. Call, email, Skype your parents, siblings, and friends regularly to know how they are doing and tell them about your new life. If possible, making a short visit on weekends will also be a beneficial, however, make sure that you don't develop the habit of going home every weekend as this may make it more difficult for you to adjust to college life.

Take Help

Most people forget about their homesickness when they completely settle into their studies and social life at college, however there are some who experience it for longer. If you are struggling due to homesickness, speak to your course tutor, the Wardens, or the Health & Welfare Officer.

Healthy Eating

Arriving at a new college is an exciting, but nerve-wracking time. It may mean you find yourself eating and drinking differently. Regular meals may not happen; late night take-away food may seem a good idea, being late for lectures might prevent you from eating breakfast, regular snacks, and drinks on campus with friends may become a feature of daily student life, worrying over exams and course work may make you want to suddenly eat more or much less.

All these are very much a feature of enjoying your time as a student, but it is important to realise that changing routines can lead to weight changes and a poor diet.

Information and advice on healthy eating is everywhere!

Be aware of quick-fix suggestions and fad diets.

Try to follow the [NHS Eat Well Guide](#) which advises balanced varied meals, with plenty of fruit, vegetables, lean protein, grains, and avoid too much salt, sugar, and junk food.

You can check how you are doing with getting the right balance of proteins, carbohydrates, and fats with apps such as [My Fitness Pal](#).

Physical Activity

Many students find they become more sedentary when they leave home; however, it is important to ensure physical activity is a regular part of your daily life.

Keeping fit and active is vital to your wellbeing, and has many benefits not just now but in the future.

If you are physically healthy you will be able to fight off illness and ultimately perform better in all aspects of life including in your studies.

Immediate benefits

- Boosted mood and a feeling of wellbeing
- A great night's sleep
- Reduced anxiety levels
- Healthy glowing skin

Long-term benefits

- Increased energy levels and motivation
- Strong body and confidence
- Improved flexibility and fitness levels
- Reduced chances of heart disease, diabetes, and stroke

Bishop Burton has great facilities and success in sporting achievement. There are many ways to get involved and regain your passion even if you don't join a College team.

The Chaplaincy

The chaplain is here for everyone connected with college:

- All staff and students
- Full time and part time
- For everyone regardless of belief

The chaplain is someone who will:

- Listen in confidence
- Provide support during times of difficulty or crisis
- And runs the LGBT group within college

The chaplain will also:

- Offer spiritual wisdom and help you find a place to worship
- Pray for and with you

Our chaplain is Rev. Richard Parkinson.

Richard is based in Student Services on a Tuesday and Thursday and can be contacted on extension 4104 from your hall phone and by e mail:

richard.parkinson@bishopburton.co.uk

Mental Wellbeing

Five ways to wellbeing

The following steps have been adapted from research by the New Economics Foundation.

Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of texting
- Speak to someone new
- Ask how someone's weekend was and really listen when they tell you
- Put five minutes aside to find out how someone really is

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for promoting well-being.

It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at break time
- Get off the bus one stop earlier than usual and walk the final part of your journey
- Organise a sporting activity
- Have a kick-about with friends
- Do some 'easy exercise', like stretching when you wake up in the morning
- Walk to someone's room instead of texting or emailing.

Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Get a plant or some flowers for your room
- Have a 'clear the clutter' day
- Take notice of how your friends are feeling or acting
- Take a walk in the walled garden

Learn

Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift people out of depression.

You are at college to learn so make the very most of your time here.

Here are a few more ideas:

- Read the news or a book
- Set up a book club
- Join an online forum/discussion group
- Research something you've always wondered about

Give

Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

Be an active part of volunteering while at college and you will also get some excellent experience to add to your CV.

Sexual Health, Pregnancy and Relationships

Attitudes towards sex vary from person to person. You are entirely free to live according to your personal standards and should not feel pressurised to adopt those of fellow students.

STI's

Sexually Transmitted Infections (STIs) are passed from person to person as a result of sexual intercourse. If diagnosed early, most can be treated easily. If not, there can be long term risks involved such as infertility.

The most common forms of STI are:

- Chlamydia
- Herpes
- Genital Warts
- Gonorrhoea
- Lice/crabs
- Thrush can also be passed through sexual contact

One of the biggest problems with STIs is that the person may not feel ill or have any symptoms therefore the infection can be easily passed to sexual partners without either person knowing.

Symptoms

If you or your partner develop any of these symptoms, contact your doctor, Health & Welfare Officer at College or visit the Sexual Health Clinic at College which operates on a Tuesday from 11am until 2pm in The Meadows.

Women

- Itching, soreness, or discharge from the vagina
- Any sores or blisters in the genital area
- Spots or small lumps
- Discomfort or pain when passing urine

Men

- Unusual discharge from the penis
- Itching or irritation at the end of the penis
- Pain in the testicles
- Spots or small lumps in the genital area
- Discomfort or pain when passing urine

Prevention

Always use a condom for any kind of sex (available from the Sexual Health Clinic at College)

If you have regular and/or unprotected sex it is recommended that you have a check-up at the Sexual Health Clinic or see your doctor.

Sexual Health Clinic

A free, confidential clinic each Tuesday between 11am and 2pm in The Meadows.

HIV

Human Immunodeficiency Virus (HIV) which causes Acquired Immune Deficiency (AIDS) can be passed on during unprotected sex, sharing needles and drug injecting equipment.

You are not at risk by sharing food, drinks, cutlery, crockery, toilet seats, shaking hands or coughing/sneezing and any other day to day contact with an infected person.

Pregnancy

If you are concerned you may be pregnant you can have a confidential chat with the College Health & Welfare Officer.

If you require a pregnancy test visit the Sexual Health Clinic at College which operates on a Tuesday from 11am until 2pm in The Meadows

Prevention/Contraception

Advice on contraception is available from the Health & Welfare Officer, your doctor, and the Sexual Health Clinic at College.

This clinic provides free, confidential advice on birth control and contraception (implants, the pill, injections, coil, and barriers) and can carry out pregnancy tests.

In some cases, you may be advised to take an emergency pill. This must be taken within 3 or 5 days of unprotected sex, depending on the medication.

If you require emergency contraception on non-clinic days, please speak with the Health and Welfare Officer as soon as possible and if necessary, a GP appointment can be arranged.

Drugs (*All information is correct at the time of writing*)

Drugs are separated into legal and illegal categories:

a) Legal Drugs

These include prescription medication and over the counter medications such as Aspirin, Paracetamol, Codeine, and Ibuprofen - all of which are useful in the relief of pain and are sold in pharmacies and many shops.

b) Illegal Drugs

There are many drugs that are illegal to buy or possess. These are categorised into three classes – A, B and C. These categories reflect how seriously the Police and UK legal systems deal with people who break the law by using, buying, selling, or possessing them.

Class A drugs include: heroin (diamorphine), cocaine (including crack), methadone, methamphetamine (crystal meth), ecstasy, MDMA, LSD, and magic mushrooms.

Class B drugs include: amphetamines, barbiturates, codeine, ketamine, , synthetic cannabinoids, (spice and non-medical cannabis), cathinones (including mephedrone), GBL and GHB

Class C drugs: include benzodiazepines (tranquilisers), GHB/GBL, anabolic steroids and benzylpiperazines (BZP).

The College's Disciplinary Procedures will be implemented for any student found using, in possession or supplying drugs of any class.

Alcohol

Adults (persons over the age of 18) can legally buy alcohol from premises (pubs, clubs, shops, restaurants, and off-licenses) that are licensed to sell alcohol. There are restrictions on the drinking of alcohol in public places such as on the street or in a park. It is an arrestable offence to be drunk and disorderly in any public place.

The carrying of any open alcohol around the college campus is not permitted. Anyone found to be in such a position will have their drink immediately confiscated and destroyed by staff.

Drink Spiking

When a drink is spiked, it means that alcohol or drugs have been added to the drink without the person's knowledge or approval. Drink spiking is illegal and can be extremely dangerous to the person whose drink is spiked. If you think you have had a drink which has been 'spiked,' tell someone you trust. If you are out alone or you can't reach your friends, tell a staff member at the club or pub.

People spike drinks for several reasons including wanting to sexually assault, rape or rob the person whose drink they have spiked. Most cases of drink spiking happen at nightclubs and pubs. However, there can be incidents of drink spiking at private parties and other social gatherings.

Tips for keeping your drink from being spiked:

- Never leave your drink unattended
- Never let someone you don't know buy you a drink unless you watch the person behind the bar pour it
- Buy drinks in bottles with lids

Useful contacts

Health & Welfare Officer 07469377097

Based in Student Services and works Monday – Friday during office hours. The Health & Welfare Officer works directly with students to assist them with a wide variety of issues including mental health, social problems and provides a listening ear for anyone wishing to discuss personal or sensitive matters.

College Counselling Service 01964 553064

The College provides both male and female counsellors for students to access at times suitable to both parties. All appointments are made through the Health & Welfare Officer who will refer you to an appropriate counsellor

Useful Websites/Resources

NHS Choices

www.nhs.uk/Pages/HomePage.aspx

NHS Choices is the online 'front door' to the NHS. It is the country's biggest health website and gives all the information you need to make choices about your health.

Emotional Wellbeing Service

Mental Health Talking Therapies East Riding

Over 16s

Self-Referral Portal

<https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=bf69ea9-1fed-4d4d-9c89-68baa26160ce>

Samaritans

www.samaritans.org

Samaritans is a confidential emotional support service.

If something is troubling you, then get in touch.

They are there 24 hours a day, 365 days a year.

Telephone: 116123 for free

MIND

www.mind.org.uk

Mind, is a mental health charity. They ensure anyone with a mental health problem has somewhere to turn to for advice and support.

Conifer House

<http://conifersexhealth.co.uk/>

Conifer House provides a friendly, professional, non-judgemental, and confidential Sexual Health Reproductive Health Services. Using this site will enable you to find the service nearest you that suits your needs.

Childline

www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor about anything - no problem is too big or too small. Call free on 0800 1111, have a 1-2-1 chat online or send an email.

Frank

www.talktofrank.com

This website offers friendly, confidential drugs advice and information. They offer online live chat 2pm-6pm, email, text – 82111 or telephone 0300 1236600.

The National Autistic Society

www.autism.org.uk

The national Autistic Society are the leading UK charity for people with autism (including Asperger syndrome) and their families. They provide information, support and pioneering services, and campaign for a better world for people with autism.

Matthews Hub

<http://matthewshub.org/>

A Hull based project for people with high functioning Autism and Asperger's Syndrome. Provide social opportunities, advice, and support. Social evening every Thursday 5pm-10pm in Hull.

Email: hello@matthewshub.org

Phone: 01482 221028

YouthNet

<https://www.theyouthnet.org.uk/> YouthNet, believe that everyone has a collective responsibility to empower young people with the support, knowledge, and skills they need to lead fulfilling lives. They do this by two sites:

www.thesite.org

TheSite.org is an online guide to life for 16 to 25 year olds. It is a one stop shop for every issue, accessible 24 hours a day, 7 days a week.

www.do-it.org.uk

This is the UK's leading volunteering website and assists to promote volunteering and search for local and national volunteering opportunities.

East Riding, Young LGBT Group

The group supports Lesbian, Gay, Bisexual and Transgender (LGBT) people aged from 13-19 and provides many services including:

- Activities, new skills, and FUN!
- Networking with other LGBT groups
- Access to local and national events
- One to one support
- Advice, information, and support for coming out
- Access to training

The group meets Wednesday 6.00 -8.00pm every other week in Beverley town centre. Public transport costs can be reimbursed.

Contact via email YFS@eastriding.gov.uk

Please
recycle
me.

www.bishopburton.ac.uk
enquiries@bishopburton.ac.uk

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