

Health and wellbeing

Some health information is particularly relevant at the start of your studies.

Health

Register with a local doctor

Though your home doctor will still be able to offer you care as a temporary patient during vacations, it is important that you **register with a doctor near where you live** (<http://www.nhs.uk/servicedirectories/Pages/ServiceSearch.aspx>) for most of the year.

Some practices have their own websites that allow you to pre-register online. You will need to go to the surgery to complete registration.

Meningitis

Meningitis is relatively rare but can be fatal. All new students up to the age of 24 from the UK should have received the meningitis C vaccination. Any student who has not been vaccinated should contact their doctor's surgery to request this vaccination. All non-UK students up to the age of 24 should ask their new doctor for the vaccination.

Mumps

On the recommendation of the Health Protection Agency, all new students who have not already had mumps are strongly advised to ensure that they have received at least one dose of the MMR vaccine before they arrive at university to begin their programme of study.

Tetanus, polio, diphtheria, measles and rubella

We would encourage you to ask your GP if you are up to date with these immunisations and get boosters as necessary.

- Visit **NHS vaccinations** (<http://www.nhs.uk/vaccinations>) website for further information.

International students

The International Students Advisory Service (ISAS) provides advice on whether you can get free healthcare in the UK and how to find a doctor.

- **Health information for international students** (</welcome/international/health.aspx>)

Wellbeing

Eating well and exercising are good ways to ensure you look after yourself (both physically and psychologically). Why not have a look at our Get Cooking! website for some recipe ideas and find out what's available from the sports centre to keep you active.

Get Cooking!

For some student-approved, healthy recipe ideas and budgeting tips, visit the Get Cooking website.

- **Get Cooking!** (<https://intranet.birmingham.ac.uk/as/student services/projects/getcooking/index.aspx>)

Keeping active

Keeping active has a direct bearing on both your mental and physical wellbeing. The Munrow Sports Centre is the largest supplier of health and fitness opportunities in the region.

- **Munrow Sports Centre website** (<http://www.sport.bham.ac.uk/>)

Support Services

There are a range of support services available both at the University and the Guild of Students. Visit the **Support for Students website** (<https://intranet.birmingham.ac.uk/as/student services/projects/support/index.aspx>) to find out more.

We would love to hear your feedback on our site. Please fill out this form or email us at welcome@contacts.bham.ac.uk.

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