

## **HEALTH**

This leaflet aims to be a quick guide to the medical services that are available to students in Sheffield. It is important to register before you need medical services as the last thing you want to be doing when you are ill is ringing round and filling in forms. We would strongly advise you to register with a medical practice as soon as you arrive in Sheffield.

## **DOCTORS**

The University has two medical centres. An appointment with a GP should be available within a week of the request being made. Practice nurses are available for the treatment of minor injuries and acute illnesses and to give medical and health advice. Additional services are available, such as complementary medicine, occupational health and physiotherapy. Contact the health centre for more details and for opening times.

### **City Campus Health Centre**

Room 5103, First floor, Surrey Building, City Campus, Pond Street  
Sheffield S1 1WB  
Telephone 0845 122 2925

### **Porter Brook Health Centre**

9 Sunderland Street, Sheffield, S11 8HN  
Tel: 08451 245567

### **Further details and online services:**

[www.studenthealthatshu.co.uk/studenthealth/](http://www.studenthealthatshu.co.uk/studenthealth/)

You can register with another GP if this is more convenient. Patient Services Team (PST) can provide general information on local GP services. Contact 0114 271 2400 or visit [www.nhs.uk/Pages/HomePage.aspx](http://www.nhs.uk/Pages/HomePage.aspx)

For general health information speak to a nurse at NHS Direct on 0845 4647 or visit their website at [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## **OUT OF HOURS AND WALK IN SERVICES**

### **GP Out of Hours service**

If you or your family need medical attention when your GP practice is closed you can access the GP out of hours service. Just call your practice as usual and you will be automatically transferred to the service.

### **Sheffield NHS Walk-in Centre**

Rockingham House, Broad Lane, Sheffield, S1 3PB

Tel: 0114 241 2700

Walk-in Centre (no appointment necessary): 8am to 10pm,  
seven days a week 365 days a year.

At busy times early arrival is recommended. Waiting times can increase throughout the day and peak towards closing time.

**Email:** [sheffieldcity@onemedicare.co.uk](mailto:sheffieldcity@onemedicare.co.uk)

**Website:** [www.walkinwhenyouneedus.com](http://www.walkinwhenyouneedus.com)

### **Sheffield Minor Injuries Unit**

B Floor, Royal Hallamshire Hospital, Glossop Road, Sheffield S10 2JF

Tel: 0114 226 5781

Open 8am - 8pm

The Minor Injuries Unit provides treatment for adults for less serious injuries, such as sprains, cuts and grazes.

## **HOSPITALS**

**Northern General Hospital** Herries Road, Sheffield S5 7AU

Tel: 0114 243 4343

(Main 24hr Accident & Emergency service for the whole of Sheffield)

**Sheffield Children's Hospital** Western Bank, Sheffield S10 2TH

Tel: 0114 271 7000

Services include a 24hr Accident and Emergency service for children under 16.

## **DENTISTS**

If you need emergency dental treatment and you don't have a dentist, or it is outside of your dentist's opening hours, call 0844 736 8440 (24hr emergency line)

To find a practice close to where you live, check with NHS Direct on 0845 4647 or visit [www.nhs.uk](http://www.nhs.uk)

A dental practice operates within the Porter Brook Health Centre building. Tel: 0845 1253001. Additionally, both student health centres have details of local dentists.

There are dental practices in Sheffield accepting NHS patients. For advice ring the **Dental Helpline on 0114 3051510** (during normal operating hours) and leave your contact details on the answerphone, a member of staff will contact you with details of dentists taking on NHS patients in your area.

**Charles Clifford Dental Hospital, Wellesley Road S10 2SZ.**

You may be able to access free dental treatment at CCDH. This treatment is by senior dental students under the strict supervision of their supervisors. Call 0114 271 7800 to enquire.

### **OPTICIANS**

The deregulation of the industry some years ago has led to a massive growth and competition, so shop around and see who can offer you the best deal. Additionally, both health centres have details of local opticians.

### **COUNSELLING**

The University's Counselling Services offer confidential personal support to students and staff in the form of one to one work, group work and personal skill workshops.

Tel: 0114 225 2136 to make an appointment or enquire about dropping in:

#### **University Counselling Service**

Level One  
Surrey Building  
City Campus  
E-mail: [counselling@shu.ac.uk](mailto:counselling@shu.ac.uk)

#### **University Counselling Service**

Heart of Campus  
Collegiate Campus  
E-mail: [counselling@shu.ac.uk](mailto:counselling@shu.ac.uk)

#### **Multifaith Chaplaincy Centre**

The Multifaith Chaplaincy team is made of full time chaplains and a network of associate chaplains and religious advisers of different faiths. The Chaplaincy has a commitment to care for all Hallam students regardless of religious affiliations (or none), and can provide pastoral care and counselling.

Multifaith Chaplaincy Centre  
Owen Building Level 2,  
City Campus  
Sheffield Hallam University,  
Tel: 0114 225 3813  
E-mail: [chaplaincy@shu.ac.uk](mailto:chaplaincy@shu.ac.uk)

## **SEXUAL HEALTH**

### **Sheffield Contraception & Sexual Health Service**

Information on contraception, pregnancy, and sexual health. All services and contraception are free of charge, including condoms and emergency contraception.

Appointment line: 0114 271 6816

Advice line: 0114 271 8840

Central Health Clinic

1 Mulberry Street

Sheffield

S1 2PJ

### **NHS Walk In Centre**

Service includes free condoms, emergency contraception and advice

Rockingham House, Broad Lane, Sheffield, S1 3PB

Tel: 0114 241 2700

### **Emergency Contraception**

If you have had sex without using contraception or your method might have failed **it is vital that you see a doctor as soon as possible.**

Emergency methods available:

- emergency pills can be taken up to 72 hours after sex
- the IUCD (coil), effective up to five days after sex

If it is more than 5 days after sex it may be possible to insert a coil (IUCD) up to day 19 of your cycle

### **Sheffield GUM Clinic**

The department of Genito-Urinary Medicine is a confidential service providing information, screening, advice and free treatment for sexually transmitted infections. To attend clinic you will need to book an appointment. If you would like to discuss a sexual health matter in confidence or feel you have symptoms that may need urgent attention please ask to speak to a health adviser.

Department of Genito-Urinary Medicine (GUMed),

B Road

Royal Hallamshire Hospital

Glossop Road

Sheffield

South Yorkshire

S10 2JF

Tel: 0114 276 6928

## **WOMENS HEALTH**

As well as general health care, the **Porter Brook Health Centre** offers the following services to women:

- Antenatal Clinic
- Well Baby Clinic
- Contraception
- Well women appointments
- Non-discriminatory health care for HIV/AIDS sufferers.

Do not be put off by the fact that the centre caters for the University's students - the services are all completely confidential.

## **DRUGS & ALCOHOL**

### **Turning Point (formally Rockingham Drug Project)**

Tel: 0114 275 5973

44 Sydney Street, Sheffield, S1 4RH

Confidential advice and help for people who use drugs and solvents. You must be 19 and above to use this service.

If you are under 19 you can call The Corner on 0114 275 2051

### **Sheffield Alcohol Advisory Service**

Tel: 0114 258 7553

646 Abbeydale Road, Sheffield, S7 2BB

Email: [saas@saasmail.freeseve.co.uk](mailto:saas@saasmail.freeseve.co.uk)

Website: [www.sheffielddaas.org.uk](http://www.sheffielddaas.org.uk)

Provides counselling, support, information and advice to those concerned with their own or someone else's drinking.

### **Drinkline**

Tel: 0800 9178282

9.00am - 11.00pm, Monday to Friday

Free and Confidential. Drinkline offers the following services:

- Information and self-help materials
- Help to callers worried about their own drinking
- Support to the family and friends of people who are drinking
- Advice to callers on where to go for help

## **SUPPORT & SELF HELP GROUPS**

There is a wide range of support and self-help groups in the Sheffield area that can help with a range of issues. For further details contact the

Advice Centre or your local library. You can also search for local support groups at [www.sheffieldhelpyourself.org.uk](http://www.sheffieldhelpyourself.org.uk)

## **HELP WITH NHS COSTS**

Most students are on a low income so they should be entitled to some help with NHS costs, or receive free treatment. However, it is your income and not your student status that qualifies you for help.

You may get help with the cost of charges if at least one of the following applies. You are getting or are included in an award of:

- Income Support, income-based Jobseeker's Allowance or income-related Employment and Support Allowance
- Pension Credit Guaranteed Credit
- Working Tax Credit with either Child Tax Credit or a disability element (depending on your income)

You may also get help with the cost of charges due to your age or your personal circumstances - contact the Advice Centre for more info

### **NHS Low Income Scheme**

If none of the above apply and you're on a low income you may be able to get help with costs through the NHS Low Income Scheme. The amount of help you get will depend on the amount of income you have. You'll need to complete **form HC1** available from the Advice Centre, a Jobcentre Plus office or NHS hospital. You may also be able to get an HC1 from your doctor, dentist or optician.

You can also get an HC1 by contacting the NHS Forms order line on 0845 610 1112 or by emailing [nhsforms@spsl.uk.com](mailto:nhsforms@spsl.uk.com)

**For more information about how to claim, please contact the Advice Centre or the Health Cost advice line on 0845 850 1166.**

If you have already paid for some treatment, you will need to claim on HC5 form (which you must send together with a completed HC1 form) for a refund within 3 months of paying.

*For more information or to enquire about any health related services not mentioned in this leaflet please contact the Advice Centre.*

### **Advice Centre**

The HUBS

Paternoster Row

Sheffield

S1 2QQ

Tel: 0114 225 4148

Fax: 0114 225 4943

Email: [advicecentre@shu.ac.uk](mailto:advicecentre@shu.ac.uk)

Web: [www.hallamunion.org/advice](http://www.hallamunion.org/advice)