



College Nurse Newsletter Winter Term 2021



Issue 2

January 2021

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What's included:

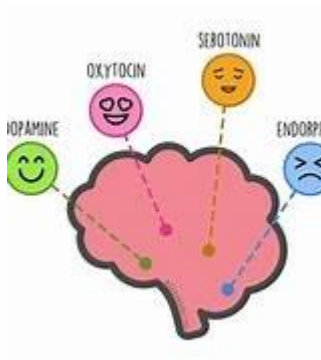
- **Update on College Nurse service**
- **Healthy living (Mental wellbeing; exercise, healthy eating and sleep)**
- **Mental health (incl. external support)**
- **Domestic abuse**
- **Keeping up to date**
- **Sexual health (looking after your sexual health during lockdown, Brook vulva resource, and services)**
- **Contact Us**

During lockdown the college nurses are continuing to offer a confidential service available to all students aged up to and including the age of 19 for the following:

- Sexual health & Contraception, including emergency contraception
- Emotional health
- Long term health conditions
- Stop smoking brief advice and signposting
- Support for substance misuse (drugs and alcohol)

Healthy Living

Happy Chemicals



[Get your daily D.O.S.E of happy chemicals- click here to see](#)

NB: L-Tyrosine is found in foods high in protein - e.g. eggs, meat, seeds, nuts

Mental wellbeing whilst staying at home



[Mental Wellbeing While Staying At Home | Every Mind Matters | One You \(www.nhs.uk\)Every mind matter/ NHS UK](#)

Exercise



1 - NHS Couch-5k programme

Suggestions for exercise during lockdown:

Yoga:

[Yoga with Adriene – always free](#)

Cardio:

[Fitness Blender – always free \(but has optional premium membership\)](#)

[The Body Coach – 250+ free Joe Wicks videos](#)

Challenges:

Charity challenges 10,000 steps March [Charity challenges 10,000 steps/day- e.g Marie Curie](#)

MIND: RED (Run Every Day/other activity) January [RED January | RED January \(redtogether.co.uk\)](#)

Mental Health



Young minds -Committed to improving children's wellbeing and mental health. Discover information, advice & support for young people affected by mental health. Empowering Young People. Leading UK Charity. Improving Mental Health. Training Professionals. Supporting Parents:

<https://youngminds.org.uk/>

Child and Adolescent Mental Health Services (CAMHS)

Oxfordshire CAMHS offers a single point of access for students and parents/carers, who have concerns around mental health:<https://www.oxfordhealth.nhs.uk/camhs/oxon/helping-yourself/>

Single Point of Access (SPA): **01865 902515**

NSPCC: [NSPCC- Supporting Mental Health](#)

The Mix

A UK based charity that provides free, confidential support for young people under 25 via online, social and mobile: [The Mix.org](https://www.themix.org)



[Click here to get urgent help for mental health](#)

Domestic abuse help



[Click here to find out how to get help if you or someone you know is a victim of domestic abuse.](#)

Keeping up to date.....



[Simple Politics- Click here for link- Helping the UK have better conversations about politics. Better informed, more tolerant.](#)

Sexual health



How to look after your sexual health during lockdown

[Click here for link to patient info 'how to look after your sexual health during lockdown'](#)

Brook- Love your vulva



[Love your vulva – Brook](#) Information for young people, including 'is my vulva normal?', what to do if you have concerns about your vulva, and FGM (female genital mutilation)

Sexual health services during lockdown

Sexual health Clinics:

There are no walk in clinic services at present - please call:

◦**Buckinghamshire**

Shaw clinic - High Wycombe. 0300 303 2880 / [SHAW - High Wycombe | Sexual Health Bucks](#)

◦**Berkshire**

Florey unit – Reading. 0118 322 7202 / [The Florey: Sexual Health \(royalberkshire.nhs.uk\)](#)

Slough – Garden Clinic. 0300 365 7777 / [Garden Clinic | Safe Sex Berkshire](#)

◦**Oxfordshire**

Churchill Sexual Health Clinic. 01865 231231 / [Oxford \(Churchill\) clinic - Sexual Health Oxfordshire](#)

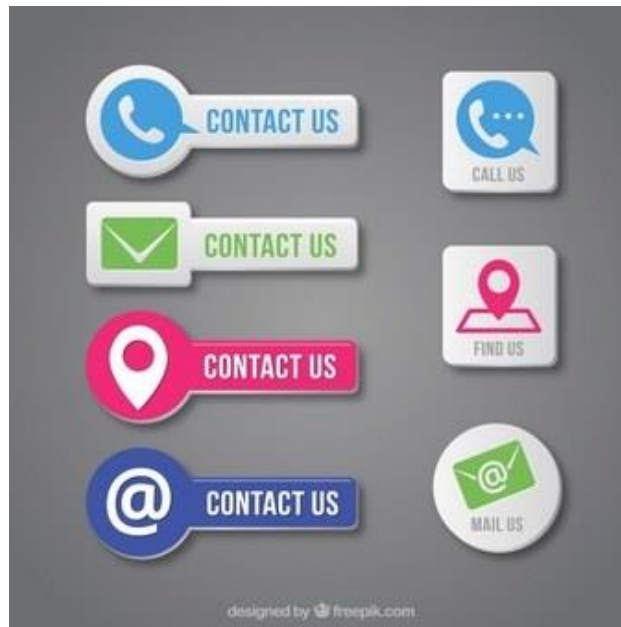
Condom postal service: Via Terrence Higgins Trust (THT)

Email: Oshs.OutreachEnquiries@ouh.nhs.uk and include the following information:

- Your c-card number
- Date of birth
- A postal address
- Which condoms you would like (the choice will be regular, trim or king size)

College nurse: via phone/text or email

Contact us:



Banbury College - Please contact Andrea: phone call/text 07920 470 529 or email andrea.kirtland@oxfordhealth.nhs.uk

Oxford College - Please contact Lucy: phone call/text 07796 587207 or email lucy.harbour@oxfordhealth.nhs.uk

Abingdon & Witney College - Please contact Catherine : phone call/text 07909 691767 or email catherine.henthorn@oxfordhealth.nhs.uk

Henley College - Please contact Claire : phone call/text 07900 406228 or email claire.smith@oxfordhealth.nhs.uk