



Useful Websites

Everything you need to know about the services provided by the NHS (National Health Service) can be found on:

National Health Service

www.nhs.uk

Prescription Pricing Authority

www.ppa.org.uk

Department for health

www.dh.gov.uk

Medical Assistance Abroad

It is important to make sure that you are covered for medical treatment throughout Europe should you fall ill or get involved in an accident whilst on your travels. Once you receive your National Insurance number you will be eligible to apply for the European Health Insurance Card (EHIC). The card can be used to cover any necessary emergency medical treatment due to either accident or illness within the EEA and Switzerland. Be aware that there are some restrictions for overseas nationals for some countries. For more information visit the EHIC website www.ehic.org.

Travel insurance

Travel insurance is a must, and should be taken out in addition to the EHIC. A comprehensive policy should cover you for any contribution that is not reimbursable by the EHIC, lost or damaged baggage, repatriation to the UK and cancellations. An additional premium may be necessary if you are going on a skiing/adventure holiday. Remember annual multi trip travel insurance will be a much better deal than purchasing individual policies each time you travel.

Travel Tips

- Make sure you have adequate travel insurance
- Check vaccination and preventative medicine recommendations
- Leave a copy of your travel itinerary with a friend
- Make photocopies of your travel documents
- Keep important documents, money and credit cards secure
- Learn about the country's regulations before you leave
- Observe local rules and customs
- Adhere to travel warnings
- Check that your mobile will work overseas
- Know what to do in an emergency

The National Health Service

Britain's public provider of health care is known as the National Health Service (NHS). Services provided by the NHS include hospitals, family doctors (GPs), specialists, dentists, chemists, opticians and the ambulance service. If you are allowed to stay and work in the UK for over 6 months, you will be entitled to free NHS treatment. Not all services provided by the NHS are free of charge. Most patients pay (subsidised) fixed costs for sight tests, NHS glasses, dental treatment and prescriptions.

If you take regular prescribed medication and are likely to require more than 14 prescribed items in a 12 months period then you could reduce your prescription costs by buying a Prescription Prepayment Certificate ('season ticket') from the Prescription Pricing Authority. You will need to complete form FP95 which you can get from pharmacies, doctors surgeries or online. You may purchase prescription medication from leading pharmacies and over the counter medication from both pharmacies and major supermarket chains.

Obtaining Medical Treatment

To obtain free medical treatment under the NHS you will have to register with a General Practitioner (GP). We strongly recommend that you do this as soon as you get a permanent address. If you need medical treatment before you have had time to complete the registration process then you can go to a regional walk-in centre which is open from early morning to late evening, seven days a week.

You can find a list of local GP surgeries and walk-in centres on the NHS Choices website by simply entering your postcode. You can also find a comprehensive list of all of the other services available in your area.

Emergency Healthcare

Major A&E departments offer access 365 days a year and are usually open 24 hours a day. Be aware that not all hospitals have an A&E department. Smaller hospitals may only have a minor injuries unit which may / may not be open through the night. It is important to know where your local hospital is located and the emergency services available.

If an ambulance is needed you can call 999, the emergency phone number in the UK. You can also dial 112, which is the equivalent for the European Union.

Healthcare in Schools

Education employers have duties to ensure, as is reasonably practical, the health, safety and welfare of teachers, education staff, students in school and on school trips, visitors and volunteers involved in school activities.

All schools will have a Health and Safety policy, a suitably stocked first-aid container, an appointed person in charge of first-aid and information for employees on first-aid arrangements.

When working in a school you must take reasonable care of your own and others' health and safety. You must co-operate with employers and carry out activities in accordance with training and instructions. It is also your duty to inform a senior member of staff of any serious risks, and complete an accident book if you are injured.

For further information about Health and Safety in schools visit

www.education.gov.uk – Guidance on First Aid in Schools

www.directgov.uk – Pupil Health and Safety

www.teachernet.gov.uk – Health and Safety

Healthy Schools

Many schools have already been awarded National Healthy Schools Status, encouraging students to eat healthily and exercise regularly. Pupils are also encouraged to drink water regularly throughout the day. It is important that all staff are aware of this initiative. More information can be found at www.healthyschools.gov.uk.