

Useful Websites

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

NHS Choices

www.nhs.uk/pages/home.aspx

Department of Health

www.gov.uk/government/organisations/department-of-health

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 www.gov.uk/european-health-insurance-card

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
- 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) fix cost 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 (PPC). Further information is available online at www.nhsbsa.nhs.uk/ppc.

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 at www.nhs.uk/Service-Search/GP/LocationSearch/4 by simply entering your postcode.

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.

The emergency phone number in the UK for serious life-threatening conditions is 999. You can also dial 112, which is the equivalent number used in other European countries. NHS 111 is the NHS non-emergency number. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

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 charged of first aid and information for employees of first aid arrangements.

When working in a school you must take reasonable care of your own and others' health and safety. It is 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:

First aid in schools

www.gov.uk/government/publications/first-aid-in-schools

Supporting pupils at school with medical conditions

www.gov.uk/government/uploads/system/uploads/attachment_data/file/306952/Statutory_guidance_on_supporting_pupils_at_school_with_medical_conditions.pdf

Health and safety: advice for schools

www.gov.uk/government/publications/health-and-safety-advice-for-schools

St John's Ambulance

www.sja.org.uk/sja/training-courses/first-aid-in-schools.aspx

Healthy Schools

Throughout the UK schools are encouraged to be 'Healthy Schools' and improve the health and wellbeing of their children and young people. **Childhood obesity: a plan for action** is the government's plan for action to significantly reduce childhood obesity by supporting healthier choices. The action plan covers a range of issues from introducing a soft drinks industry levy to creating a new healthy rating scheme for primary schools.