



August 2020

Dear Student,

Congratulations on being a successful Sidney applicant.

Whilst I am available (on a part-time basis) to support you and any health needs you may have during your time at Sidney Sussex, you **must** also register with a GP Surgery (General Practitioner Surgery) in Cambridge which you should do online before you arrive.

As the College Nurse I am here to assist with a wide range of health and welfare needs. This includes assessment, support and advice for student's experiencing minor illnesses and injuries, mental health issues or more general support for all manner of worries and personal or emotional issues. If more specialised help or treatment is required, I will help refer you or point you in the right direction whether via your GP, University Counselling Service or other local service.

This term, due to the Covid-19 pandemic, I am having to adapt how I work and sadly will not be able to welcome you all by offering face-to-face appointments. However I will be offering 20 minute individual appointments via video call on Teams or by 'phone to all of you who have any health conditions including a serious allergy, anyone who has any concerns, worries or questions or anyone who would just like to check in and say hello.

More details will be shared with you about how to book an appointment nearer the start of term. If you need to contact me before then you can email me [nurse@sid.cam.ac.uk](mailto:nurse@sid.cam.ac.uk)

Around the 14<sup>th</sup> – 15<sup>th</sup> September I will send an email to your [cam.ac.uk](mailto:cam.ac.uk) email address with a link to a personalised online health questionnaire (if this doesn't arrive please check your junk folder). This will be the basis to your College health notes during your time at Sidney Sussex so please give as comprehensive information as possible. **This needs to be completed by Friday 18th September.**

There is some useful information [here](#) on health-related matters at Cambridge and you can access a Student Guide to using the NHS in Cambridge [here](#).

If you have any queries please don't hesitate to contact me.

With best wishes.

**Mary Lindsell, College Nurse**