

AUB

Accommodation

Induction: Health and Welfare

Health and Welfare

We actively promote good health and wellbeing at AUB; there is a wide range of support available both within AUB and in the wider community.

Doctors

You are strongly recommended to register with a local doctor's surgery.

You can sign up to the Village Surgery near Campus Halls by clicking the following link:

[Register for The Village Surgery](#)

You will need to register at least 24 hours before you are able to make an appointment.

Appointments can be booked with the Village Surgery by filling out their online appointment form [here](#).

Medical Treatment

Emergency only: telephone 999 and request an ambulance.

(Please inform halls staff or security guards immediately so that someone can direct the ambulance upon arrival).

If you need immediate medical attention but it is not an emergency: Take a taxi to the Accident and Emergency department of Royal Bournemouth Hospital.

- Address: *Royal Bournemouth Hospital, Castle Lane, Bournemouth BH7 7DW*
- Telephone: 01202 704167 or main switchboard 012020 303626

If you are unwell in the evening, overnight or at the weekend, or require medical advice: Telephone NHS Advice: 111. You can also find advice and guidance online here: *NHS 111*

For minor illnesses such as coughs, colds and upset stomach, visit any pharmacist for advice and over-the-counter medicine.

Infectious Diseases

If you fall ill with an infectious disease, please inform [Student Services](#) so that any potential risk to fellow residents can be assessed. If you become ill during the holidays whilst you are away from halls,

please do not return to halls until your doctor confirms that others are not at risk of infection. Please ensure you report all absence to your Faculty Office.

Please notify halls of residence staff or [Student Services](#) of any event that has necessitated contact with the emergency services.

AUB Student Services

Counselling

Therapeutic Support with managing any emotional or personal issues in a safe and confidential setting

Wellbeing

1:1 support for any concern about their own or others' wellbeing. Focusing on confidential guidance with practical strategies for self-management.

University Retreat

University Retreat offers a welcoming, safe space for any student who needs face-to-face support. If you feel like you are struggling with your mental health and potentially approaching a point of crisis, then this service is here to support you.

Disability

Support and guidance with any disability, health condition or specific learning difficulty (e.g. dyslexia). Including Disabled students' allowances; accessibility issues and reasonable adjustments.

Faith and Reflection, Talbot House BU campus

Quiet space and an Islamic Prayer room. Chaplains can put students in touch with advisors from different religions and faiths. The centre is a space for both staff and students.

For more details and a full list of support services available from AUB Student Services, please visit our web page [here](#).

External Services and Out of Hours Support

We understand that if you're experiencing particular challenges, you may want to talk to someone but might not be ready to meet with one of our team. There are lots of organisations and charities available that can offer you a range of options to make sure that you can still find the help you want.

For a list of different services and helpful contacts, please visit our web page [here](#)

