Female and male doctors and nursing services available throughout the day:

- General Medical Care
- Family Planning, including routine and emergency contraception
- Sports Medicals
- Travel Advice
- Immunisations – inc meningitis
- Treatment for Sports Injuries
- Asthma checks
- Cervical Smears where indicated by the national programme
- Removal of Sutures
- First Aid/Dressings
- BUNAC Medicals
- Diabetic checks

Available at the Main Surgery (TMC):

- Freezing Clinic
- Minor Surgery
- Yellow Fever vaks – fee payable
- COPD clinic
- Phlebotomy

CONTINUITY:

If you have an ongoing problem, it is advisable to book to see the same doctor for review (unless there is an emergency). In this way, you can work as a team with the doctor and formulate a plan for your management. The reception staff will not automatically know whom you saw, so we rely on your help with the continuity of your care.

Full details of all the services provided at Talbot Medical Centre are available in the Practice leaflet. Copies of this are available from the reception desks at TMC or Bournemouth University Student Medical Centre.

CONTRACEPTIVE ADVICE AND SEXUAL HEALTH:

All staff are Family Planning trained and can offer a range of contraceptive services and advice. Please try and plan your contraception, but in case of emergency, we can prescribe the “Morning After” Pill, which needs to be taken within 72 hours of sexual intercourse. Please contact the Surgery at the next available opening time for an emergency appointment with the nurse.

Please make an appointment with the doctor to initiate contraception for the first time. Following this, if there are no problems, please make an appointment with the nurse for further checks. Please inform the receptionist of the Pill you are taking and we will be able to have your prescription waiting for you.

In addition to the contraceptive services above, there is an integrated sexual health clinic, on a Tuesday from 10.15 – 2.30pm offering extended services including STI screening, emergency contraception, pregnancy testing and condoms.

We are here to help you.

If you have any worries/queries,
however silly you think they are,
the receptionists will
point you in the right direction

BOURNEMOUTH UNIVERSITY
STUDENT MEDICAL CENTRE
Talbot House University Campus
(Same building as accommodation etc.)

MEDICAL and NURSING SERVICES
Tel: (01202) 965378
OUT OF HOURS
Tel: (01202) 636400
OR 111
A service developed over the years and dedicated especially to the care of students and their needs.

FOR MEDICAL AND NURSING SERVICES

DURING TERM TIME: 9.00 a.m. – 5.00 p.m. Monday - Friday.
Telephone 01202 965378

DURING UNIVERSITY HOLIDAYS: Please contact the main surgery at Talbot Medical Centre (TMC) 63 Kinson Road, Wallisdown Bournemouth, telephone number 01202 636400 for an appointment, home visit or general enquires.

EMERGENCIES: Emergencies will be seen as soon as possible.

OUTSIDE OPENING HOURS, please phone 01202 636400 and you will either be asked to attend the emergency surgery at TMC (which is open until 5.30pm Monday-Friday), given advice or visited depending on the problem. Outside of these hours, please use NHS 111 If you are being visited in the dark, please leave an outside light on and give clear instructions on how to find your address and where it is best to park.

DOCTORS:
Dr. Martin Hughes, BSc, MBBS, DRCOG, MRCGP, FP Cert.
Dr. Elizabeth Craig, MBBS, DRCOG, FP Cert.
Dr. Simon Flack, BSc(Hon), MBBS, MRCP, MRCGP, D Occ Med, FP Cert.
Dr. Jon Turner, MB ChB, MRCP, MRCGP, DCH, DRCOG, DFFP, DOcc Med
Dr. Richard Holmes, BM BSc (Hons), MRCP(UK), MRCGP, FP Cert.
Dr. Rachel Robinson, BM, MRCPG, DCROG, DFFP
Dr. Tom Caudell, BM, MRCGP
Dr. Louise Parkin, BM, MRCGP, DFFP
Dr. Maya Peaty, MBBS, DRCOG, DFFP, MRCGP

Nurse Practitioner - Kelly Hennessy
RN, DipN, BSc (honours) RCN Nurse Practitioner PG Dip
Kelly works Monday, Tuesday, Wednesday and Thursday 9.00 – 11.30am as our Nurse Practitioner at the Surgery. A nurse practitioner is a highly trained nurse, who can help the doctors by seeing patients with most conditions, minor injuries or ailments and works in a similar way to the GPs. This additional service enables the surgery to offer more appointments, which will ensure that patients can be offered quicker access to treatment. Kelly now also prescribes certain medication and is able to refer patients to hospital for specialist treatment if required

THE BORING ADMIN STUFF:

Please book in advance whenever possible as we can only squeeze in truly urgent cases.

1. APPOINTMENTS: Either by phone on 01202 965378 or by calling in at the Student Medical Centre. If you cannot keep your appointments, please phone and cancel as there is a great demand for appointments. Alternatively, you can use the internet on https://systemonline.tpp-uk.com/Login to make, cancel or amend appointments. Please ask at Reception for more details.

PLEASE INFORM THE RECEPTIONIST WHEN YOU ARRIVE FOR YOUR APPOINTMENT.

2. REPEAT PRESCRIPTIONS: Can be obtained by calling in to the Medical Centre, listing your name, address and requirements. Alternatively, you can order them through the website at www.talbotmedicalcentre.co.uk. Please allow 24 hours working hours before collection. You will need to see a doctor initially regarding your medication and we do not give repeats ad infinitum. You will be asked to make an appointment when your review is necessary.

3. VISITS: Home visits are for those people too ill to attend the Surgery. For all home visits, please contact 01202 636400 before 10.00am if possible, leaving your name, address, phone number and details of the problem.

4. RESULTS: Please phone or pop by one week after the test has been done for the results, except for cervical smears, which take longer. If any action needs to be taken, we will try our best to contact you.

5. MOVING: Students are notorious for moving digs frequently. PLEASE, PLEASE, PLEASE let us know every time you change your address by filling in a form available at Reception because……

a) In an emergency the doctor may end up at the wrong address.

b) If we need to refer you to a specialist, the secretary uses the computer information for the address and your appointment may never arrive.

c) If we need to contact you urgently……………………

d) You may be removed from our list if you are not at your registered address and you will have to go through all the palaver of re-registering - all those forms etc. aargh!!

TELEPHONE NUMBER: Please keep us up-to-date with your telephone numbers; both mobile and digits. Thank you.

ADVICE RE: MINOR AILMENTS

SORE THROATS: Usually viral, for which antibiotics will not help. Gargle with two soluble Aspirin four times a day. Make an appointment if symptoms persist for 72 hours or if you can see pus down your throat.

DENTAL SYMPTOMS: Rinse mouth with hot salty water, take painkillers and contact your dentist at the next available opening time. Dental Helpline: 01202 854443 (office hours).

DIARRHOEA AND VOMITING: For tummy cramps take two paracetamol every six hours. For fluid replacement caused by diarrhoea, drink either cooled water with a teaspoon of salt and eight teaspoons of sugar per litre, or Coca-Cola (which tastes better). Caution! Start starchy foods as your symptoms resolve. If symptoms persist for 48 hours please contact the Surgery.

For further information, visit the University Medical Centre site http://studentportal.bournemouth.ac.uk/health/medical-centre/advice.html

Our service, which is geared to the University students, is continually being updated and improved. We take any comments seriously and you are free to talk to any doctor or member of staff when you feel a matter could have been better handled. For any issue serious enough to make you feel you have a complaint, we have set up an in-house complaints procedure so that you can tell us of your dissatisfaction and so that we can investigate thoroughly, explain what has happened and take and remedial action.

Dr. Maya Peaty, MRCGP