

Letter from the Somerville College Nurse, [Jenny Fitzgerald](#), August 2025

Welcome and Congratulations on your place at Somerville College Oxford University. I hope you will settle into your life here quickly and be very happy and enjoy your time with us.

At the start of the term, it is always a good idea to go over a few of the helpful tips that will make your stay more comfortable and healthy and in the long run cut down on the anxiety and stress that inevitably pops up from time to time in daily life.

As your Nurse I very much look forward to meeting you and help support you in your time here. For me to do that effectively I need you to make some decisions early on to accommodate the care that you receive. The first being, is to register with the College Doctor. This will allow you to access care and prescriptions if you need them and will also allow for Hospital/ Consultant referrals.

Please could you ensure that if you have any Medical issues or ongoing Medication needs that you bring enough Medication to cover you for at least 3 x Months from your present GP or Consultant from your country of residence and a letter from that Consultant to state the Medication/Treatment required, the Diagnosis and an estimation of how long you will continue to need this Medication/Treatment. This will enable you to have a seamless transition until you can Register with the College GP. Your College GP is Dr Paul Ch'en.

Please could you also ensure that you have a UK sim card. These can be pay as you go (not with a Phone contract) which are free to obtain from certain providers and you can buy a minimum of hours/time/texts as a one off or per month or with a contracted number, but it is necessary to allow the GP to contact you promptly with advice/information or appointment availability.

Their address is : The Observatory Medical Practice - New Radcliffe House, Jericho Health Centre, Oxford OX2 6NW Tel :01865 429993

You can register by going onto the website for Somerville College under Medical and How to register with your College GP.

Everyone that registers with the GP can have access to the College Nurse who is based at Somerville in Darbishire 16.

You are welcome to pop over and see me for confidential Mental and Physical Health issues, Minor injuries, Minor Ailments, Sexual Health/Condom supplies, Sign posting, Medical Evidence letters, Chronic Health issues, to name a few or you are always welcome to just pop in and have a chat if you are feeling anxious or sad or need to speak to someone who is not directly involved with the Academic side of College life.

As I work across three Oxford Colleges please could you email/telephone me first, as I may be out at another college, unless I know you are coming and we can arrange a mutually convenient appointment.

You will be able to access me daily in Weeks 0 – 9th between 9am and 3pm as I run a walk-in clinic daily: Monday to Friday and from -1st Week in Michaelmas Term.

It is a great idea to pack yourself some essentials for the beginning of term such as a Hot water Bottle, a packet of Paracetamol 500mg and a packet of Ibuprofen 200mg, some Olbas oil or Vicks Vapour rub, some throat sweets and a bottle of cough Medicine should you wish. This will ensure that you have the basics to cover Freshers Fortnight and the Cold season when the weather changes.

Finally if you have any worries or concerns about your health please contact me or pop in. Please be kind and look out for your fellow students and colleagues; you never know what is going on in anyone's life and a smile and friendly face can make all the difference to their day.

I wish you Good luck in your first weeks and hope you enjoy your time with us. I very much look forward to meeting you at the beginning of term.

Best Wishes

Jenny Fitzgerald

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