



BEAUMONT ELMS PRACTICE



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www.beaumontelmspractice.co.uk
Tel: 01865 240501

July 2026

Dear Student

We write to welcome you to Oxford and to introduce ourselves to you as your College Doctors. We are a group of General Practitioners (GPs) working for the National Health Service in our practice called Beaumont Elms Practice, which has two sites: 19 Beaumont Street in the centre of Oxford and Elms Rd in Botley. You can find comprehensive information about our practice at <https://www.beaumontelmspractice.co.uk/>.

The National Health Service (NHS)

All students and their dependents who are studying in the UK are entitled to register with an NHS GP. It is free for ALL students to register with a GP (though some international students who are in the country for a short time may have to pay for some services in hospitals). Students from countries outside the European Economic Area (EEA) may need to pay a healthcare surcharge (called the 'immigration health surcharge' or IHS) as part of their immigration application. For general information about the NHS please go to www.nhs.uk. As a patient, you generally access the NHS through your GP. In the UK you cannot usually consult a medical specialist without being referred by a GP first.

You are strongly advised to register with us as soon as possible – do not leave it until you have a health need as this can make things very complicated and adversely impact your health care. Our practice has been selected by your College to be their College Doctors. We are an independent NHS General Practice and are not employees of the College. We operate a strictly confidential service, although if you wish we can talk to Programme or College Staff, or others, with your consent.

Registration is most easily done online. Go to www.campusdoctor.co.uk/oxford and click on the link to your College. Please ensure you allow some time to complete the online registration. Note there are mandatory fields marked with an asterisk "*" and other fields that would be useful (e.g. immunisation history), but are not essential to complete your registration. Do not worry if you have never had, or can't remember your "NHS number", this is not needed for registration purposes.

Our Practice at 19 Beaumont Street, Oxford and Elms Rd, Botley

GP services are based in the community. Our Practice site closest to your College is at 19 Beaumont Street. We also have a Practice site on Elms Rd in Botley, which you may choose to go to. We work as a team of doctors, nurses, pharmacists, a physician associate, a paramedic and healthcare assistants, supported by reception and administration teams. You can consult any of us, not just the doctor linked with your College. You do not have to pay any money when you come to see us.

The Practice is open Monday to Friday and on some Saturday mornings. We are not open on Sundays or bank holidays. By far the best way to request a consultation or ask for advice from us is to complete an [online consultation form](#). If you are unable to complete the online form please contact our reception on 01865 240501 and they can complete it on your behalf... Urgent matters will be dealt with on the same day and this may include telephone advice, advice to attend another service, or an appointment with us. For routine matters your query will be reviewed by a clinician and our team will contact you the same, or next, day with advice and when appropriate an offer of an appointment with the most appropriate member



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of our team. At nights and weekends, when the Practice is closed, the NHS operates an “out-of-hours” service that can be accessed by telephoning 111 and your call will be directed appropriately. This is for urgent problems that cannot wait until the Practice reopens.

We strongly advise you to obtain a UK mobile phone number that we can use as the main point of contact with you. Unfortunately, the text message service we use for important information about your treatment, our services and appointments, does not work with non-UK mobiles.

Oxford Emergency Department (ED)

The John Radcliffe Hospital in Oxford has an Accident and Emergency Service (A&E). If you break a bone or have a life-threatening emergency, then you should go straight to the A&E department or ring 999 for a paramedic or ambulance. If you have a minor injury then a more appropriate choice is one of the Minor Injury Units at Abingdon or Witney community hospitals – whilst the journey there will be longer, the wait to be seen is likely to be very much shorter than at the John Radcliffe.

Medication and Repeat Prescriptions

If you are taking regular prescribed medication, this will normally transfer from your previous practice automatically. Please contact our in house pharmacists, or one of our doctors, if you are unable to access your regular medication. Where possible, the best way to send us details of repeat prescriptions you require is to use the online consultation form on our website. Once set up repeat prescriptions are most easily requested online using the NHS App – if you do not already have this we strongly encourage you to set it up as soon as possible. Alternatively they can be requested via [Repeat Prescriptions](#) page on our website. We do not accept prescription requests by telephone. There is a standard charge for all NHS prescriptions, payable to the dispensing pharmacist, they can advise on getting help with prescription costs. If you are currently prescribed medicines from outside the UK it is possible we will not be able to continue to prescribe these for you. For medications which are not available in the UK please either bring sufficient supply with you when you come to Oxford, or contact us in plenty of time to arrange a change in medication. If you are receiving medications that are usually prescribed under ‘shared care arrangements’ such as for ADHD or Gender dysphoria, please note that we can only take on prescribing of these if certain criteria are met – in particular that the recommendation that they are taken is from a qualified doctor with appropriate expertise.

Stress, Wellbeing, and Mental Health

Many people experience stress in the first few weeks of university, and some people have had mental health problems in the past which become worse in a new environment. There is lots of help and support available in your college via your tutors and college welfare teams. Information about the University Welfare services can be found here <https://www.ox.ac.uk/students/welfare>. In addition to college and university services there are a range of NHS and charity provided wellbeing services including Talking Space Plus at www.oxfordhealth.nhs.uk/talkingspaceplus/. The doctors are always happy to see people with mental health problems at Beaumont Elms Practice and we are experienced in dealing with them. All of our doctors are trained to consult on mental health issues and several of our doctors have special interests in mental health.

Immunisations



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It is particularly important you have had all your immunisations before you arrive. Of particular relevance to students:

- **Measles, Mumps and Rubella (MMR)** vaccine and the **Meningitis ACWY vaccine** (for students up to age 25) are strongly recommended as these infections circulate rapidly in the student community. Over recent years Oxford has had several cases of Mumps in particular. In the UK these vaccines have been part of the standard vaccine schedule for many years and home students who have not declined these vaccines are likely to have already had them – please check with your home GP as soon as possible if you are not sure. They are available through any GP practice, and if you haven't already had them we would strongly encourage you to arrange to receive them over the summer break so that you have immunity on arrival in Oxford. If you are from a country where these immunisations are not available, please contact us when you arrive in Oxford to arrange appointments for them.
- **Meningitis B** – the UK government has recently announced a one off programme to vaccinate Year 13 students and under 25s who will be starting university as undergraduate freshers in Autumn 2026. This programme is being offered by community pharmacies from late July and is a two dose schedule – with the second dose at least 28 days after the first. Please note that we cannot give you this vaccine – it has to be at a pharmacy. Overseas students will be able to get the vaccine once arrived in the UK, the last date for first doses is currently set at 31 December 2026. **HPV vaccination** can be given to women up to the age of 25 if not previously vaccinated. Men are eligible if born after 1.9.2006. These injections can be provided in the surgery for eligible individuals who have not yet been vaccinated and are a single dose schedule. Men who have sex with men can go to the Contraception and sexual health clinic for HPV and other injections <https://www.sexualhealthoxfordshire.nhs.uk/services/vaccines/>

For further information about us please visit our website at <http://www.beaumontelmspractice.co.uk/>

We all wish you good luck in your studies at Oxford.

Best wishes from the team at Beaumont Elms Practice.