



PEMBROKE COLLEGE · CAMBRIDGE
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From the College Nurse
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Dear Freshers

Welcome to Pembroke College! Despite the pandemic-related upheaval of the past few years, we are delighted to be welcoming a new cohort of students who will hopefully be free to enjoy everything that the College has to offer, with minimal restrictions or limitations – hurray!

I aim to meet all new students in the first two weeks and somehow that will be achieved, although the how, where and when has yet to be decided. In previous years, I have processed the registrations for the local Drs surgery but this can now be done online before you even arrive:

<https://www.trumpingtonstreetmedicalpractice.co.uk/join-the-practice>

<https://www.newnhamwalksurgery.nhs.uk/new-patients-2>

<https://www.lensfieldpractice.org/join-the-practice-2>

These surgeries are all within easy walking distance from Pembroke and the staff there are very experienced at working with students. I am going to sound like a nag here, but it always seems to be the students who don't get around to registering who have some kind of medical crisis in the first few weeks, so please don't put this on the back burner! If you have any ongoing medical issues or take regular prescribed medication, it is particularly important that you register as soon as you can to avoid delays in your treatment. If you experience any difficulties registering, or need some assistance getting this done, do let me know.

I also will be sending out a very similar health questionnaire to the one you fill in to register with the Dr or GP (General Practitioner or Family Dr). This is so that I have records of your medical history, vaccinations and allergies, and I know duplicating the same information is tiresome, but ultimately it is to help you and ensure you receive prompt and appropriate care and all of the information you provide is held in the strictest confidence.

The role of a college nurse is very similar to that of a practice nurse. My surgery is on the ground floor, G staircase, Red Buildings. **My usual working hours are 09.30-14.30 Monday-Friday during term-time. Drop-in surgery runs Monday-Friday, 10.00-12.00, and appointments can also be booked at other times**, if that works better for you. You can reach me by email (sarah.winder-worsley@pem.cam.ac.uk). I can advise on minor injuries and illnesses, sexual health and contraception and management of chronic conditions such as asthma and diabetes, and also mental health conditions. Fresher's Flu is very common in Michaelmas (you will be lucky if you manage to dodge it!) so I would encourage you to bring a small first aid kit with you, to include basic painkillers like paracetamol, but especially a decent thermometer which will make assessing any minor illnesses easier for me! As I'm sure you know, current Public Health guidance regarding COVID-19 is that we should take sensible steps to protect others if we experience respiratory symptoms. Testing is not required and isolation is no longer mandatory, but is still recommended, at least for the first few days, following the onset of symptoms – no-one will thank you for sharing bugs around!

Thank you for taking the time to read this letter, and please do feel free to contact me before term starts if you have any concerns. Nothing you are worried about is too trivial for me to take seriously!

Best wishes and a warm welcome

Sarah Winder-Worsley

Pembroke College Nurse