

Ref:	Proactive letter for college and Uni new starters
Date:	Sept 2025
Private & Confidential	
Name:	
Address:	(Example letter)
Post Code:	

Dear Student,

Re: Your General Health Whilst Studying at Colleges and University in Wales

Welcome to your College and University studies. As you embark on the next chapter of your lives your health remains a priority whilst you study. We would advise you undertake the following measures prior to your starting date at College/University so to keep yourself well.

1. **Register with a local GP/Doctor** - If you have not already done so, it is important that you register with a General Practitioner (local family doctor) as soon as possible at your new town or city of study. Please do not wait until you are unwell to do this. Remember that registering with a General Practitioner (GP) and seeing them when you are ill is free of charge. GP Surgeries also offer translation services if required.

Please do not wait until you are unwell or need other emergency care to do this. A list of local GPs and advice about registering can be obtained by phoning the Business Services Centre (Swansea) 01792 458066.

2. **Check your vaccinations** - Please check that you have had the following vaccinations
 - Meningitis ACWY vaccination given around the age of 15
 - 2 doses of Measles, Mumps and Rubella (MMR) vaccination

This is particularly important as the risk of infection is greatest in the first few weeks of the first term, so it is important that you are vaccinated before coming to university as vaccination takes a few weeks to be fully protected.

Please check with your GP to ensure you are fully immunised against these serious infections. If, however, you have not already been vaccinated, please ask your doctor to arrange this for you. Further information can be found at- [Vaccination for students - make sure you're protected - Public Health Wales](#) [Immunisation and Vaccines - Public Health Wales](#) and [School age children and young people - Public Health Wales](#). [Meningitis - Symptoms, Causes and Treatments | Meningitis Now](#)

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Croeso i chi gysylltu â ni yn Gymraeg. Byddwn yn ymateb yn Gymraeg, ac ni fydd hynny'n arwain at oedi.
You are welcome to contact us in Welsh. We will respond in Welsh, without this causing delay.

3. **Be TB aware** - If you arrived in the UK from a country where there is a high prevalence of Tuberculosis (TB), you may already have been referred for tuberculosis (TB) screening before travelling to study in the UK. You may need to provide proof of TB health prior to your Visa application.

Further information can be obtained from [Tuberculosis tests for visa applicants: Check if you need a TB test for your visa application - GOV.UK](#)

You may also have received a TB vaccination which is called BCG vaccination. As this however does not provide 100% protection against tuberculosis, it is also very important for you to be aware of the signs and symptoms of TB, which may include:

- Unexplained loss of weight
- Fever
- A general and unusual sense of tiredness and feeling unwell
- Loss of appetite
- Cough (only with respiratory TB)
- Night sweats
- Coughing up blood (only with respiratory TB)

If you have any of these symptoms now or in the future, it is important that you go to your local GP for an urgent assessment. You can take this letter with you. Further information on TB can be found on [About TB - TB Alert](#)

We wish you well in your education.

With many thanks
Yours sincerely

Cyfeirnod	
Dyddiad	
<u>PREIFAT a CHYFRINACHOL</u>	
Enw	
Cyfeiriad	
Codpost	

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