

Ref:	Proactive College/Uni letter for new starters
Date:	Sept 2026
Private & Confidential	
Name:	
Address:	
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 should be a priority whilst you study. We advise you to undertake the following steps before your starting date at College/University to keep yourself well.

1. **Register with a local General Practitioner (GP)/Doctor** - It is important that you register with a GP (local family doctor) as soon as possible at your new town or city of study. Remember that registering with a GP and seeing them when you are ill is free of charge. GP Surgeries can also offer translation services if you need them.

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 found at [NHS 111 Wales - Services Near You : GPs - Information and Links](#)

2. **Check your vaccinations** - Check with your GP that you have had the following vaccinations:
 - 1 dose of the Teenage 3-in-1 booster – protecting against tetanus, diphtheria and polio – usually given around 13/14 years of age
 - 1 dose of the MenACWY vaccine – protecting against meningococcal disease A, C, W and Y – usually given around 13/14 years of age. Meningococcal disease can cause meningitis and sepsis.
 - 1 dose of the HPV vaccine – protecting against human papillomavirus – usually given around 12/13 years of age
 - 2 doses of the MMR vaccine – protecting against Measles, Mumps and Rubella – usually given before you start school

If you have not already been vaccinated, please ask your doctor to arrange this for you.

The risk of getting an infection is greatest in the first few weeks of your first term, particularly for meningitis. It is important that you are vaccinated before starting College or University as it can take a few weeks for your body to build protection.

South & East Office
4th Floor
2 Capital Quarter
Tyndall Street
Cardiff CF10 4BZ

Mid & West Office
Matrix House
Northern Boulevard
Swansea Enterprise Park
Swansea SA6 8DP

North Wales Office
Preswylfa
Hendy Road
Mold
Flintshire CH7 1PZ

It is still important to know the signs and symptoms of **meningitis** and sepsis even if you are up to date with your vaccinations. This is because no vaccine is 100% effective and there are other bacteria that can also cause these illnesses. The MenACWY vaccine does not protect against Meningococcal group B (MenB) disease. Vaccination against MenB disease is offered to babies. If you were born before May 2015 then you will not have been offered the MenB vaccine as part of the routine vaccination programme.

Further information can be found at:

- phw.nhs.wales/vaccines/vaccinations-for-students
- phw.nhs.wales/vaccines/Children-YoungPeople
- www.meningitisnow.org

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

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

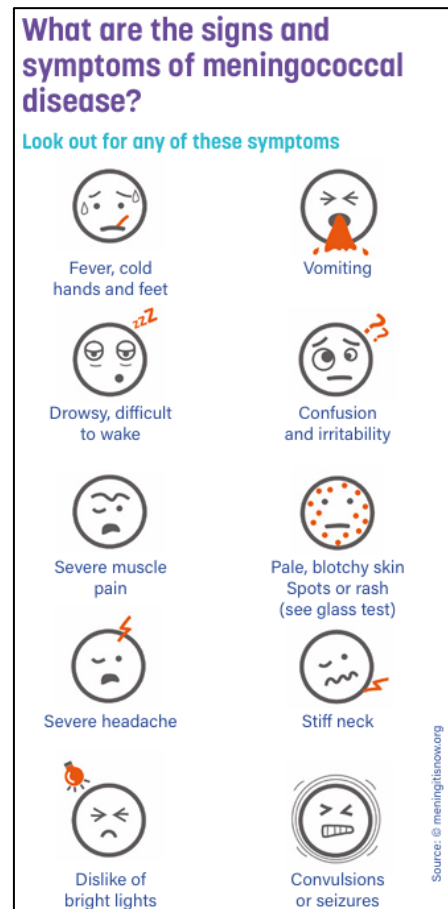
You may have had a vaccination against TB, called the BCG vaccine. However, this does not provide 100% protection against TB. It is very important for you to be aware of the signs and symptoms of TB. These may include:

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

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

We wish you well in your education.

With many thanks,
Yours sincerely,



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

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