

# 'PÔLE SANTÉ'

2023  
-  
2024

# HEALTH DEPARTMENT

For all



**UcLy**  
LYON CATHOLIC  
UNIVERSITY

# HEALTHCARE SUPPORT, COORDINATION, PREVENTION AND PROMOTION

*"Health means a healthy mind in a healthy body." Homer*



**Alicia Canova,**  
Health Department Coordinator

**Saint-Paul campus**  
Hall C | Ground floor | Office C001  
+33 (0)4 72 32 51 72

## UCLy's 'Pôle Santé' Health Department

helps you with the different aspects of physical and mental health and learning, to give you the best chance of success in your university studies.

Throughout your time at UCLy, you will have access to consultations and individual support, as well as ad-hoc preventive actions (large scale or in small groups)

around student health and well-being (diet, stress management, sleep, etc.)

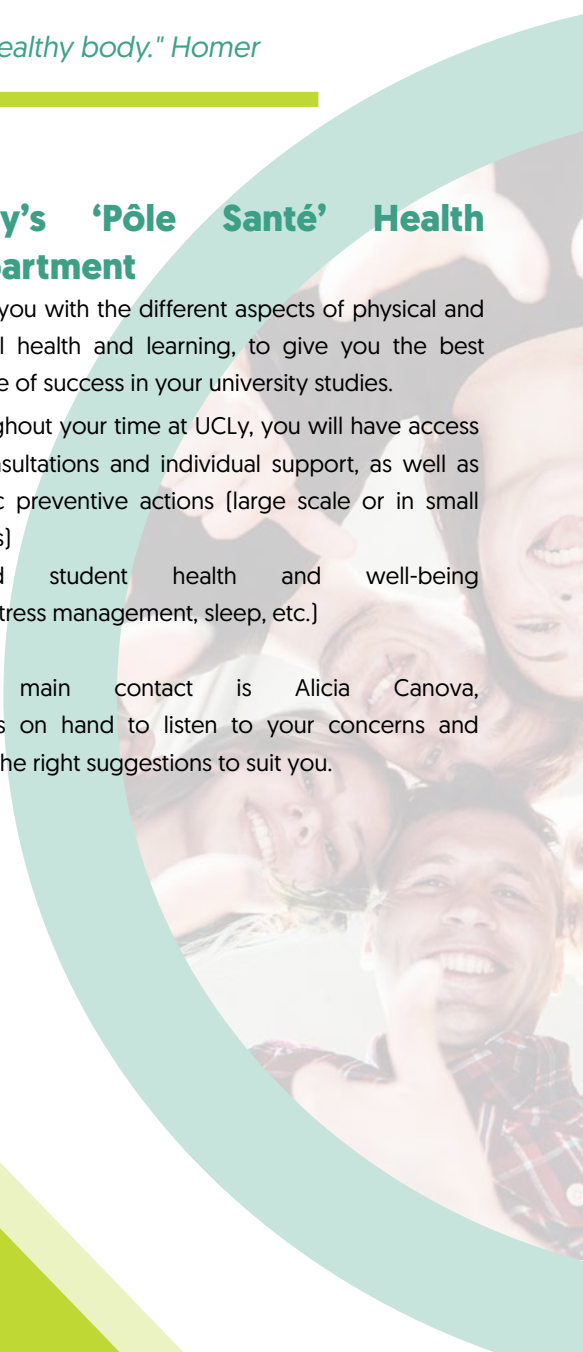
Your main contact is Alicia Canova, who is on hand to listen to your concerns and make the right suggestions to suit you.

## Got a question?

[pole.sante@univ-catholyon.fr](mailto:pole.sante@univ-catholyon.fr)

[mission.handicap@univ-catholyon.fr](mailto:mission.handicap@univ-catholyon.fr)

[point.ecoute@univ-catholyon.fr](mailto:point.ecoute@univ-catholyon.fr)



# PREVENTIVE HEALTHCARE

*Take control of your health and take care of yourself*



## Doctor

Dr Marie-Charlotte Bourdel

## Saint-Paul campus

**Health department / Espace Santé**

Hall C | 2nd floor | C202

[pole.sante@univ-catholyon.fr](mailto:pole.sante@univ-catholyon.fr)

## Drop-ins:

Thursdays between 3pm and 5pm

## Carnot campus

**Health department / Espace Santé**

Hall L | Ground floor | L051

[pole.sante@univ-catholyon.fr](mailto:pole.sante@univ-catholyon.fr)

## Appointments only:

Thursdays 9am to 12pm

## Drop-ins:

Mondays between 2pm and 4pm

## Why do we need a preventive healthcare department at UCLy?

Doctor Marie-Charlotte Bourdel is on hand to offer advice and information all year round, offering preventive consultations as well as helping with any other issues regarding vaccinations, addictions, sexual health, stress, mental health, or providing ad-hoc medical opinions when needed.

Preventive healthcare consultations are available for all first year students, covering the various different aspects of your health. You will receive an email invitation during the course of the year, inviting you to make an appointment.

### Not yet registered with a GP

- \* Ad-hoc general medical advice
- \* Medical check-ups for international students

### Health check

A consultation during the 1st year to review your health

### Consultations

- \* Mental health
- \* Vaccinations
- \* Addictions
- \* Sexual health

### Disability

Special arrangement requests

Want to make an appointment with a doctor?

[www.rdv-med.fr](http://www.rdv-med.fr)

Code: Aé0540

# 'MISSION HANDICAP' DISABILITY SERVICE

*Promoting success for everyone, for an inclusive university*



**Angélique Hénault**  
Disability Service Officer

**Saint-Paul campus**  
Hall C | Mezzanine level | CE31  
[mission.handicap@univ-catholyon.fr](mailto:mission.handicap@univ-catholyon.fr)

This service is **voluntary, individual, personalised** and **confidential**. Every year, the support provided is tailored to the student's profile, course and future plans, working hand-in-hand with their education managers.

**You will need to make an appointment during the course of the first term, before 31st March. A qualifying period of 7 days applies before any assistance is actually implemented.**

**\* For your first consultation at UCLy**, you will need to make two successive appointments via the website [www.rdv-med.fr](http://www.rdv-med.fr):

1 - Dr Marie-Charlotte Bourdel, accredited by CDAPH [Commission for the Rights of Disabled People], practitioner code **Aé0540**. Full justification will be required for all requests. You will need to bring your medical or healthcare documents, medical details and speech therapy reports to your first appointment.

2 - Angélique Hénault, Disability Service Officer, practitioner code **BB6651**, will establish your requirements for carrying out your studies and liaise with your educational establishment.

**\* For ongoing needs**, you will only need to make one appointment with the Disability Service Officer, at some point after April in the current year.

For more information, see the FAQs on the UCLy website, in the Health - Disability section.

## The 'Mission Handicap' Disability Service is aimed at:

- students who have previously received assistance at school and during their studies, as well as special arrangements for their exams.
- students who have never sought any particular assistance at school, but are now experiencing problems that are preventing them from being successful in their studies: cognitive, physical or psychological issues, "dys" diagnoses (dyspraxia, dyslexia, dyscalculia or dysgraphia), physical impairments, medical problems, etc.
- students who may need it during the course of the year for a temporary impairment due to a fracture, immobility, etc.

Want to make an appointment with the Disability Service Officer?  
[www.rdv-med.fr](http://www.rdv-med.fr)  
Code: BB6651

Want to make an appointment with the doctor?  
[www.rdv-med.fr](http://www.rdv-med.fr)  
Code: Aé0540

# THE 'POINT ECOUTE' COUNSELLING SERVICE: A PLACE TO SPEAK OUT

*"A heart can only be true when it beats in time with other hearts" Paul Éluard*



**Ludovic Caron**  
**Psychologist**

## **Saint-Paul campus**

Hall C | 2nd floor | C201  
+33 (0)4 72 32 51 72

## **Want to make an appointment with the psychologist?**

[point.ecoute@univ-catholyon.fr](mailto:point.ecoute@univ-catholyon.fr)

The point ecoute provides year-round support for any issues you may have, helping you through difficult times. The 'Point Ecoute' counselling service offers all UCLy students a safe space where they can speak out.

It provides a friendly face and an opportunity to discuss any issues or seek support in your academic or personal life. These sessions are free and confidential.

## DIETARY CONSULTATIONS

Would you like help with creating a balanced diet?  
Do you feel like what you eat is not really good for you?

Our dietitian and nutritionist Alice Rode introduces a simple, positive approach to food, helping you to find the right balance and establish a healthy relationship with the food on your plate.

**Individual consultations by appointment only from 12pm to 4pm, office C201.**

### **Availability:**

- \* 10th October 2023
- \* 7th November 2023
- \* 12th December 2023
- \* 9th January 2024
- \* 6th February 2024
- \* 5th March 2024

**Make an appointment:**  
**Alicia Canova**

**Health Department Coordinator**

[pole.sante@univ-catholyon.fr](mailto:pole.sante@univ-catholyon.fr)



# 2023 - 2024 ANNUAL PROGRAMME

## Food and cookery

Dietician and nutritionist Alice Rode runs food-based workshops where students can cook together.

### Workshop dates and topics:

- **Thursday 19th October 2023**  
Fuss-free healthy cooking: hints and tips for organising your day and cooking up healthy, tasty and easy meals on a budget!
- **Thursday 16th November 2023**  
Less meat, more veg... improving your diet
- **Thursday 21st December 2023**  
The party season: great ideas for the perfect buffet.
- **Thursday 18th January 2024**  
Food: striking a balance between pleasure and health.
- **Thursday 15th February 2024**  
Food labelling made easy: hints and tips for understanding food labelling and making the right choices!
- **Thursday 14th March 2024**  
Fuss-free healthy cooking: hints and tips for organising your day and cooking up healthy, tasty and easy meals on a budget!

### What time?

12pm to 2pm

### Where?

Carnot campus | Health department |  
Ground floor | L051

## "Your stress management toolbox: exercises and tips" workshops

Get the most out of your studies and prepare for your written and oral exams using breathing exercises, dynamic body relaxation movements and positive thinking.

The workshops are led by relaxation therapist Meriç Duranson kicking off the year with a **talk on sleep quality, on Tuesday 3rd October 2023 from 12.30pm to 1.30pm, amphitheatre C154, Saint-Paul campus.**

### Two cycles, 13 sessions:

- **Undergraduates:** Tuesday 17th October, 7th and 21st November, 5th and 19th December 2023
- **Postgraduates:** Tuesday 16th and 30th January, 13th February, 5th and 19th March, 2nd and 30th April and 14th May 2024.

### What time?

12.30pm to 1.30pm

### Where?

Carnot campus | Hall L | L328

### Information

Alicia Canova

pole.sante@univ-catholyon.fr

+33 [0]4 72 32 51 72

## Mindful meditation

Sophie Bouquerel explains how practising this type of meditation can benefit every aspect of your daily life such as your studies, exams, aspirations and career choices, and help with any stresses you may feel about the future.

### Workshop dates and topics:

- **Tuesday 10th October 2023**

Finding your own inner confidence and stability.

- **Tuesday 7th November 2023**

Coping with life's ups and downs.

- **Tuesday 5th December 2023**

Reducing fatigue and burn-out when everything gets too much!

- **Tuesday 16th January 2024**

Reducing stress to stand up to your fears.

- **Tuesday 13th February 2024**

Self-acceptance and loving yourself as you are.

- **Tuesday 5th March 2024**

Making the right choices when you're feeling lost and insecure.

- **Tuesday 9th April 2024**

Finding the impetus you need to get motivated and step out of your comfort zone.

- **Tuesday 14th May 2024**

Looking after other people without neglecting yourself.

### What time?

12.45pm to 13.45pm

### Where?

Saint-Paul campus | Hall C | Room CE79

## Giving blood

- The 'Maison du Don' blood donor centre is located right next to the Saint-Paul campus (Place des Archives), so it's really easy to come and give blood and save lives.

- Make an appointment online: [mon-rdv-dondesang.efs.sante.fr](https://mon-rdv-dondesang.efs.sante.fr)

**More details:** +33 (0)4 78 65 63 63



## NAP TIME

### Two nap rooms for all UCLy students!

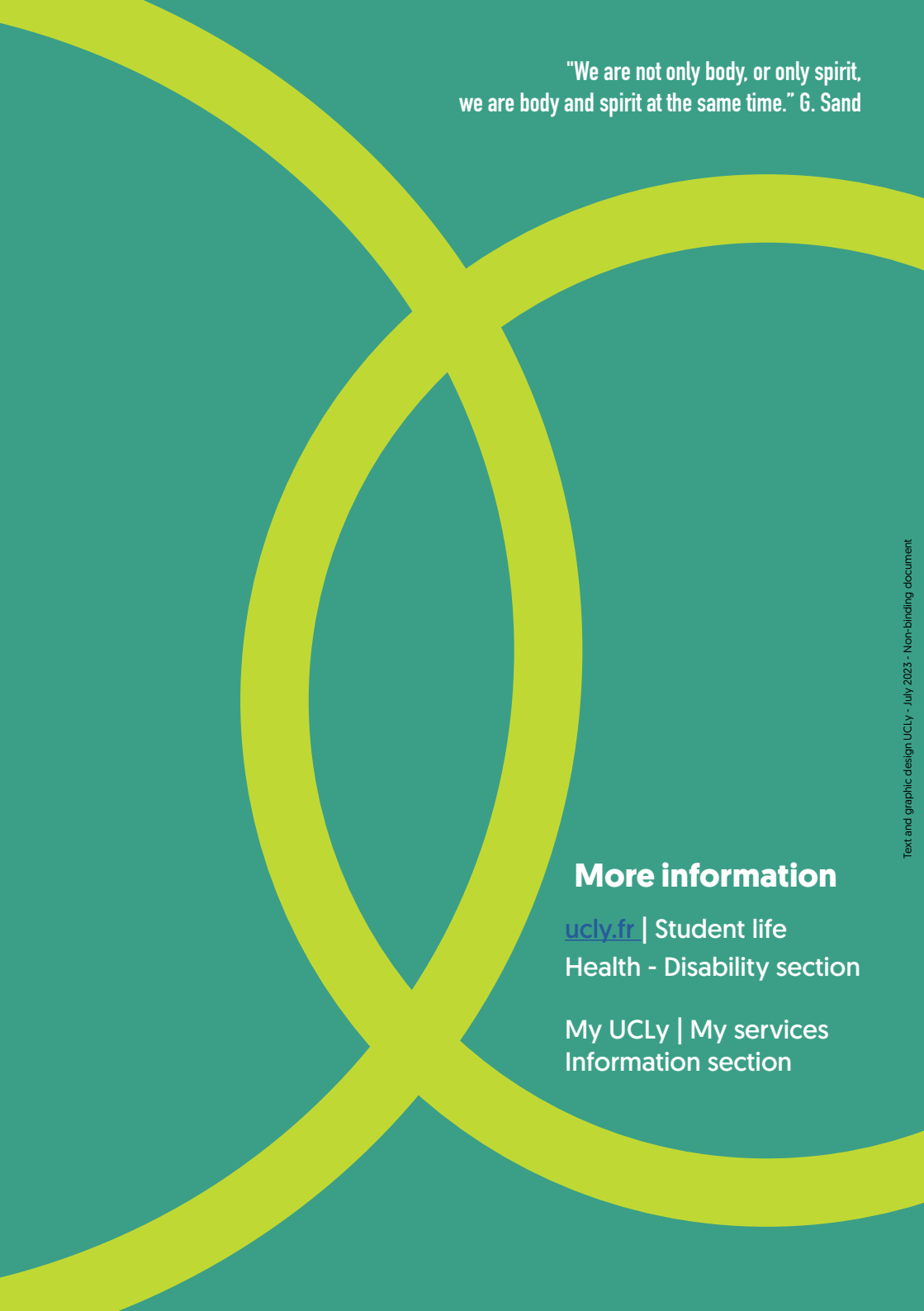
The 'Pôle Santé' Health Department provides two special nap rooms to keep you feeling great! Open every day of the week from 11am to 3pm on the Carnot and Saint-Paul campuses.

For more information, see the 'Pôle Santé' Health Department section on the [ucl.fr](https://ucl.fr) website.

Saint-Paul campus  
Nap room / Salle de sieste  
Hall A | Basement | AS01

Carnot campus  
Nap room / Salle de sieste  
Hall L | L056

This facility is supported by the OL Foundation.



"We are not only body, or only spirit,  
we are body and spirit at the same time." G. Sand

## **More information**

[ucl.fr](https://ucl.fr) | Student life  
Health - Disability section

My UCLy | My services  
Information section