The Here for Health Centre celebrates 2 years!
The Here for Health Centre opened its doors on the 28/8/14 and in the last 2 years nearly 4000 individuals have accessed the service for healthy living support. Integral to the on-going success and growth of the service is our partnerships with OUH staff, departments and our strong links with Oxfordshire community services. We would like to take this opportunity to thank everybody involved, including partners and community services who have contributed to the development and sustainability of the service. We look forward to Here for Health’s 3rd year of growth.

Service Development

Here for Health has advanced its service in its second year of delivery to encompass children, young people and families. We would particularly like to thank Dr Andrew Marshall, Paediatric SpR for his enthusiasm and support in this process.

We offer information and support for young people and families to engage in healthy living, health behaviour change and if required signpost to support services within the County. Currently we;

- Form part of the patient pathway at a monthly Obesity Clinic organised by Dr Ranjini Mohan in Children’s Outpatients at the Horton Hospital
- Receive referrals from the children’s and young peoples teams at the JR. Referral forms are currently placed in Children’s and Community Outpatients and the Children’s Clinical Decision Unit.

This is a developing part of the Here for Health service with the potential for further expansion.

If you would like to signpost/refer children or families to our service or discuss how Here for Health can support this population please contact us at hereforhealth@ouh.nhs.uk or telephone 01865 221429.
It is essential that we continue to strengthen our relationships with hospital and community services. If you know of a service that would benefit from linking with us, or you would like to update Here for Health about your service please contact us at: hereforhealth@ouh.nhs.uk or telephone 01865 221429.

**Here for Health Partnerships**

Here for Health strives to maintain and establish our partnerships with hospital and community health services. Below are the services we have most recently engaged with;

**The Oxford BioBank** research into common diseases like diabetes, obesity and cardiovascular disease. The Biobank study involves participants completing a body scan, blood sample and questionnaire which helps carry out research in a number of different diseases and conditions. Study participants can be signposted to Here for Health for support to make health behaviour changes and Here for Health are able to signpost service users to the Biobank project. If you would like more information please contact: obb@ocdem.ox.ac.uk or visit www.oxfordbiobank.org.uk

**TEPHRA research project:** High blood pressure is a common problem which increases a person’s chances of having a heart attack or stroke. “TEPHRA”; Trial into Exercise to Prevent Hypertension in Young Adults is a research project examining the effect of exercise on blood pressure in young adults (aged 18-35). To help raise awareness Here for Health run a blood pressure promotion stand at the John Radcliffe Hospital every Thursday morning beside the League of Friends Café and can signpost individuals to the TEPHRA study. If you are interested in finding out more contact Ms Charlotte Herdman via email: tephra@cardiov.ox.ac.uk, visit oxfordheartstudy.com or have your blood pressure checked at the Here for Health blood pressure stand on Thursday.

**The Archway Foundation** and CAN Young Peoples Team Oxfordshire recently met with Here for Health to inform us about their services.

**The Archway Foundation:** Based in Abingdon and Oxford, the service helps connect those feeling alienated and lonely with a diverse group of volunteers. Services include a call in café, befriending service and social events. If you would like more information please email office@archwayfoundation.org.uk or call 01865 790552.

**CAN Young People Oxfordshire:** Provide drug and alcohol support for young people under the age of 19 throughout Oxfordshire. The range of services on offer include advice and information, 1-1 support, outreach work, play therapy (up to age 11) and hidden harm work. To find out more information please visit: www.can.org.uk

**Smoking Cessation at Here for Health**

Just a reminder that Kate, Solutions4health Smoking Cessation Advisor, is part of the Here for Health team on a Thursday and Friday 0930-1700. Kate offers one-to-one smoking cessation support and can also provide smoking cessation educational sessions to staff. Smoking Cessation referral forms and information folders are available for OUH departments. Please contact: Kate.Hutton1@ouh.nhs.uk or hereforhealth@ouh.nhs.uk.

Áine, Emma and Kate appreciate your continued support.