Merry Christmas from the Here for Health Team

The Here for Health Centre continues to move forward with Kate Hutton joining the team this month as an Assistant Health Promotion Practitioner. Her new role is in addition to her Solutions4Health work at OUH as a Smoking Cessation Advisor and provides an exciting opportunity to undertake a service evaluation of the Here for Health Service which commenced at the beginning of November. As always we would like to take this opportunity to thank everybody we work alongside, including colleagues at OUH and external partners & community services. We wish you all a very merry Christmas and a happy and healthy New Year.

Record Month!

November 2017 saw access to the Here for Health Service reach a record high since opening in August 2014. The team had 270 health behaviour conversations with people which included 219 new contacts and 51 return visits. Numbers were boosted through promotional stands at OUH with partner organisations Generation Games and Go Active Get Healthy and through our support at the Churchill Hospital of the OUH Diabetes Public Engagement Event and delivery of a patient workshop for the OUH Lymphoma Support Group.

![Figure 1: Monthly breakdown of service user numbers](image1)

![Figure 2: Breakdown of consultations by topic covered (Note: more than 1 topic may have been covered with service user)](image2)
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.

Emma, Kate and Kate appreciate your continued support.

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**Here for Health Partnerships**

*Here for Health* strives to maintain and establish our partnerships with hospital and community health services. Recently we have engaged with **Community Dental Services (CDS)** to help them deliver a mouth cancer awareness campaign alongside OUH Oncologists, the Maxillofacial team and Occupational Health and Wellbeing. The event offered free mouth cancer screening checks for staff which were extremely popular.

On 26/01/2017 **CDS** are providing a free oral health training session for OUH staff. There is a maximum of 10 spaces available with 5 currently remaining. The session is at the John Radcliffe Hospital from 1500-1630. If you are interested in attending please contact Emma Hagues at emma.hagues@ouh.nhs.uk.

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**Student Education**

An important aspect of our service delivery at *Here for Health* is to support the academic and professional development of nursing and dietetics students in relation to key health promotion topics. This includes increasing their awareness of current public health issues, as well as exploring how to develop and deliver an effective health promotion campaign, thereby gaining hands-on experience in undertaking ‘Making Every Contact Count’ conversations with the public.

Students learn about the *Here for Health* service and the resources and tools that we use to deliver this, and are encouraged to try these tools out for themselves. Students are set the challenge of designing their own health promotion on a topic of their choice, with the support of the *Here for Health* team. They are encouraged to come up with engaging ways to capture their target audience’s attention and start those important conversations. They deliver their health promotion stand during our regular Thursday morning pop-up opposite the League of Friends Cafe in the main corridor of the John Radcliffe Hospital.

“This activity made me identify my strengths and weaknesses but also to work on them. Towards the end of the activity I definitely felt more confident and comfortable in attracting peoples’ attention and also in communicating health promotion messages in my own style.” Dietetic student, 2016

“I found ‘Here for Health’ really interesting as it was something different to do compared to other aspects of our placement. I liked the fact that we got to choose our own topic as it allowed us to channel what we knew we were most confident and interested in talking about and also allow us to expand on our own knowledge.” Dietetic Student, 2015

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**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**.

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*Emma, Kate and Kate appreciate your continued support.*