This Spring edition of the Here for Health newsletter aims to keep you up to date with changes and developments within our service and centre. In this edition we see Emma heading off into parenthood whilst Kate Boys temporarily covers her role until she returns in January 2018. We have continued to develop our partnerships with community organisations and OUH departments and would like to thank all of those that have supported Here for Health and the services we offer and look forward to the further developments ahead.

Emma is leaving to become a mum!

This month Emma has departed from Here for Health on maternity leave with her first baby and is set to return to the centre in January 2018.

We wish Emma and her husband the very best of luck on their journey into parenthood and will miss her and her indisputable efficiency, calm manner and high energy levels tremendously over the coming months.

In the meantime, Kate Boys will be stepping up to manage the running of the Here for Health Centre, and can be contacted at Kate.Boys@ouh.nhs.uk or hereforhealth@ouh.nhs.uk.

New record broken!

Since our last newsletter back in December when we hit an all time high of 270 total monthly contacts, we have had another record month in February 2017 with the Here for Health Centre being accessed by 283 staff members, patients and visitors to the trust. This increased access has been enhanced by educational visits to the centre by students from Ruskin College as well as Here for Health’s involvement in the first of four Healthy Hospital Days organised by the Occupational Health Department which will run across all four OUH sites in the coming months.

Figure 1: Monthly breakdown of service users split by first time contacts and return contacts
Here for Health Partnerships

Here for Health strives to maintain and establish our partnerships with hospital and community health services. This month we have engaged with Oxfordshire Mind, the mental health charity. Mind have been supporting people in Oxfordshire with their mental health for half a century and believe no one should have to face a mental health problem alone. Not only do they offer a fantastic range of support services and advice in person, at the end of a phone or online, but they also offer educational and coping-skills courses including Practical Ways to Wellbeing workshops and Creative Courses. Whether you’re stressed, depressed or in crisis, the team at mind are ready to listen, give you support and advice, and fight your corner. Mind are also celebrating their 50 year anniversary this April and they have many events planned, so do check their website for details.

If you need to get in touch: call 01865 247788 (9:30am – 4:30pm Mon-Fri), email info@oxfordshirermind.org.uk or visit www.oxfordshirermind.org.uk

Live Well Oxfordshire

Live Well Oxfordshire is Oxfordshire’s new online service directory. It is designed to help adults, families and professionals find the services in Oxfordshire they may need for themselves or on behalf of somebody else.

The directory provides a wealth of information in one place, categorised under easy-to-understand headings, that are maintained and updated regularly.

You can search the website to find out about services that help people to live independently, such as home care agencies or organisations that can help with everyday tasks such as shopping and gardening. Live Well Oxfordshire can also be used to find a new hobby, obtain information about benefits, or look for support groups for people with health conditions.

Providers update their details themselves and can advertise their services free of charge on the site to members of the public, local authority practitioners and other professional organisations. Come and take a look at:

https://livewell.oxfordshire.gov.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 free 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.

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.