This Summer edition of the Here for Health newsletter highlights some of our work over the last couple of months and aims to keep you up to date with changes and developments within our service and centre. We have continued to develop our partnerships with OUH departments and community organisations and would like to thank all of those that continue to support Here for Health and the services we offer and look forward to further developments ahead.

New Stop Smoking Pregnancy Specialist joins Here for Health

A new Stop Smoking Pregnancy Specialist from the Solutions for Health team has recently joined the Here for Health team on an honorary contract. Cihan Kayikci is working in close partnership with the Public Health Midwives within the Women’s Centre to promote smoking cessation specifically to pregnant and postnatal women and their families.

Cihan will be running a smoking cessation clinic once a week on a Wednesday afternoon in the Women’s Centre in which she will be able to offer up to 12 weeks of free nicotine replacement therapy and behaviour-change support. Cihan will also be a point of information for midwives and maternity staff enquiring about smoking cessation programmes for their patients.

For more information please contact: hereforhealth@ouh.nhs.uk or cihan.kayikci@solutions4health.co.uk

New e-referral system launched on EPR for Here for Health

Staff within the OUH trust are now able to refer patients to the Here for Health Centre quicker and easier than ever before using the e-referral function that has now been set-up on the electronic patient records system.

To do so, staff simply need to request ‘Refer to Health and Wellbeing’ within the ‘Requests and Prescribing’ tab within Powerchart (the same process as requesting blood tests) to send us a referral and we will then contact the patient directly to offer support. If possible, please include the patient’s contact details and a brief reason for the referral in the referral information to ensure we have an accurate means of contacting them to arrange a follow-up.

For more information on how to refer via EPR or if you have any questions about the process please feel free to contact the Here for Health team for further guidance.

The Oxfordshire Mental Health Partnership is a new and exciting partnership that formally brings together six local mental health organisations from the NHS and the charity sector: Connection Floating Support, Elmore Community Services, Oxford Health NHS Foundation Trust, Oxfordshire Mind, Response and Restore. The partnership will bring lots of benefits and improvements for service users including opening a Recovery College which will use an empowering and educational approach to mental health recovery, and which will be run by people with lived experience of mental health problems who will be supported by a team of professionals.
Here for Health Partnerships and Events

Health and Wellbeing event for anyone affected by cancer on the 13th May

Here for Health teamed up once more with OUH Oncology and Macmillan Cancer Support to host a free Health and Wellbeing event for anyone affected by cancer.

The event ran a number of workshops on different aspects of health and wellbeing, including a workshop focusing on practical strategies to maintain emotional wellbeing throughout a cancer diagnosis by Oxfordshire Mind and a physical activity workshop to promote recovery and long-term health by Oxfordshire Sport and Physical Activity. Guests also had the opportunity to meet and talk with a variety of Oxfordshire organisations committed to health and wellbeing.

The event was well-received by those that attended with 100% of the attendees rating the event as good or excellent.

We would like to sincerely thank all of the organisations that attended the event for their time and effort. We would also like to thank Macmillan, who kindly funded the event and OUH Oncology for their vital assistance in planning and publicising the event.

For more information or support for anyone affected by cancer go to www.macmillan.org.uk

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Here for Health have recently participated in the delivery of a fantastic week-long community event hosted by Living Well Oxford called “Ageing: From Birth and Beyond”.

Living Well Oxford is a collaborative partnership between Science Oxford, the Oxford Academic Health Science Network (Oxford AHSN) and the Oxford Health Experiences Institute. They ran a series of interactive exhibits, activities and opportunities in a “pop-up shop” setup in the Templar Square Shopping Centre in order to highlight the support services available that promote healthy aging to the residents of Oxfordshire, as well as a unique engagement opportunity to bring Oxford’s research into the local community.

As the Living Well Oxford project grows, the long-term aim is to develop a public space to support the exploration and understanding of health and healthcare and to develop a group of project supporters from among the “pop-up shop” participants and any other interested organisations who could be involved in future events and initiatives.

If you or your organisation would like to know more about Living Well Oxford or would like to be involved in their future events you can check out their blog at: https://livingwelloxford.wordpress.com

or contact Dr Sian Rees at sian.rees@oxfordahsn.org for more details.

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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 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 herforhealth@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: herforhealth@ouh.nhs.uk or telephone 01865 221429.

Emma, Kate and Kate appreciate your continued support.