This Autumn edition of the Here for Health newsletter celebrates our three year anniversary within the trust, highlighting some 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.

Three years ago, on the 27th August 2014, the Here for Health centre was declared officially open! This September marked the three-year anniversary of Here for Health and the service, centre and partnerships have continued to develop ever since.

- In the past 3 years, the Here for Health team have:
  - Interacted with 6782 patients, staff and visitors to Oxford University Hospital Foundation Trust.
  - Developed partnerships with over 30 different hospital departments across OUH’s four sites.
  - Signposted and referred visitors to approximately 115 organisations and support services nationwide.
  - Liaised and developed links with a huge range of local community support services, including over 20 direct referral pathways to organisations including Turning Point, Oxfordshire Mind and Age UK’s Generation Games.

These strong links and partnerships to both OUH and community organisations and teams have been paramount in ensuring the continuing success of the Here for Health centre, so we would like to thank all of those that have supported our centre both in its inception and development.

We look forward to working with you in future developments.

Stoptober is back! This is the perfect opportunity for any smokers who have been thinking about quitting to give it a go!

Research tells us that you are 5 times more likely to quit for good following this 28 day challenge. With the extra support available for FREE from the Stop Smoking Service linked to the Here for Health Centre every Thursday and Friday it can be easier than ever! There are hundreds of positive reasons to quit:

1. **Feel healthier** - No matter how long you've smoked for, quitting can help improve your health straightaway.
2. **Cash in** - You’ll have much more cash in your pocket. If you smoke a packet a day, you could save around £250 each month!
3. **Protect your family** - Quitting helps protect your loved ones from harmful second-hand smoke – reducing their risk of developing asthma, meningitis and some cancers.

Throughout Stoptober at OUH there will be promotional pop up stands and health champions passing on information for your local stop smoking services as well as our usual drop-in service, we will also be doing **KNOW YOUR CO** for patients, staff and visitors. Drop by to find out more or call us on 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.

Emma, Kate and Kate appreciate your continued support.

Here for Health Partnerships and Community Updates

Here for Health work hard to maintain strong links with community services across Oxfordshire and endeavour to be a source of up-to-date information about changes happening within partnering organisations.

Recently, the Go Active Get Healthy programme which is run by the Oxfordshire Sport and Physical Activity team have undergone some slight changes to their service provision.

GO Active, Get Healthy is a dedicated programme designed to support diabetic patients who would like to increase their physical activity.

The programme has a great range of support services on offer including:

- Motivational and long term support - supports participants to become more active through ‘motivational coaching’ and on-going support to help elicit behaviour change. The motivational coaching is telephone-based, with flexible times and uses Motivational Interviewing as an evidence-based approach to effective behaviour change, in line with the NICE recommendations.
- Subsidised activities are available and incentive vouchers are offered to take part in the full 12 month programme
- Countywide physical activity opportunities - a variety of tailored activities, sessions and opportunities for people with diabetes or pre-diabetes

Referrals can be made from your GP or Diabetes Nurse, or patients can self-refer here http://www.getoxfordshireactive.org/signup

Contact Leila Javadi on 01865 252606 or ljavadi@oxford.gov.uk for more information.

The Here for Health team have recently caught up with Achieve Oxfordshire to hear about the services that are currently on offer regarding weight management programmes and support for Oxfordshire residents.

Achieve Healthy Weight Loss Oxfordshire delivers a range of Tier 2 interventions for adults and over 16’s funded by Oxfordshire County Council. They are part of award winning company Thrive Tribe which has been operating in across the South, providing evidence based health interventions for thousands of individuals.

Achieve Oxfordshire currently offers 3 services, all of which are free for people with a BMI of 30 or above (27.5 with co-morbidities, 27.5 for people of Asian origin or BMI 23 for Asians with co-morbidities):

1. A 12-week voucher scheme offering free vouchers for either Slimming World and Weight Watchers;
2. Man v Fat – a 14 week men-only weight loss group supported by the FA combining weight loss with playing football in a specialist league. This scheme has been hugely successful in other areas and achieved 95% of weight loss for the participants.
3. Lose weight with Achieve - 6 months advanced programme:
   Our in-house programme combining dietetic information, practical advice on eating behaviours and 30 minutes of physical activity in each session. The programme will be run in conjunction with local gym providers and be available in all main Oxfordshire locations. First groups are starting in October.

Patients can self-refer on the website or be referred via their GP. A secondary care downloadable referral form will also soon be available to access online, along with practical advice for patients on how to lose weight and find local activity groups.

website: www.achieveoxfordshire.org.uk phone: 01865-338119 Email: hello@achieveoxfordshire.org.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.