This winter edition of the Here for Health newsletter highlights some of our recent developments and partnership working over the past few months. We have been focusing on delivering engaging and informative health promotion campaigns about various public health topics in partnership with OUH departments and community teams. We have also been working hard to stay up-to-date with some of the changes occurring to available support services in the community, in order to provide OUH teams with updated information and guidance. If your team has undergone any changes recently that you think would be helpful for Here for Health to know about, please send us an email at hereforhealth@ouh.nhs.uk. We would like to wish everyone a very Merry Christmas and look forward to working with you in 2018!

Recent Activities and Developments at Here for Health

- A visit to Woodstock Primary School with the Cardiovascular research team to deliver an interactive heart health and healthy-living stand and assembly for 9-11 year olds.

- We were ‘Keeping it blue’ for the Mouth Cancer Action Month campaign with the Community Dental Services in which we shared the signs and symptoms of mouth and throat cancer and how to prevent it.

- We supported a public engagement event at the Kassam Stadium with Good Food Oxford and the County Council for the nationwide Sugar Smart campaign.

- We have begun regular wards visits within the John Radcliffe Hospital to help support particularly vulnerable patients with healthy behaviour change support prior to their discharge from hospital.

- We linked with the team at Go Active Get Healthy, Better Housing Better Health and the Oxfordshire Diabetes Prevention Programme to be updated on changes within their organisations.

- We continue to host dietician students and nursing students for health promotion placements in which they design and present a health promotion stand on a topic of their choice.

We very much value and enjoy these collaborations and look forward to working on future projects and events with OUH teams and our community partners. If you would like to link with Here for Health for your upcoming event, please get in touch at hereforhealth@ouh.nhs.uk or call us on 01865 221429.
Here for Health Partnerships and Community Updates

Sugar Smart comes to Oxford!

Here for Health have been working recently with the team from Good Food Oxford and the Oxfordshire County Council to run a public consultation and campaign around sugar intake.

The initiative is part of the national Sugar Smart UK campaign led by celebrity chef Jamie Oliver and charity Sustain, aiming to get individuals thinking about how much sugar they are consuming and the associated health risks of high sugar consumption. The scheme also aims to educate individuals, communities and businesses on healthier choices that are available around the city and how they can play their part in sugar reduction in Oxford.

Oxford City Council will be signing a Local Authority Declaration to show their commitment to sugar reduction and will be exploring measures around the availability of free tap water at leisure centres and other sites, as well as limiting the advertising of sugary drinks on noticeboards and encouraging local businesses to sign up to become a Sugar Smart Businesses.

The public consultation aims to gain an insight into people’s views and understanding surrounding sugar consumption in Oxford and would like the public’s opinion on how Oxford Council can best provide support. Here for Health have supported the campaign to get off to a great start at the Kassam Stadium in November and a consultation morning within the John Radcliffe Hospital in December. We will be holding another consultation on Thursday 21st December (10am-12pm) opposite the league of friends café in the main corridor of the JR, so feel free to pop down for a chat, or if you would be happy to complete the short questionnaire online, it can be found at https://www.surveymonkey.co.uk/r/SUGARSMART

For more information about the Sugar Smart Campaign and to get involved visit:- www.sugarsmartoxford.org

Here for Health have recently linked up with Jane Trenchard from Oxfordshire’s new NHS Diabetes Prevention Programme to find out more about the programme.

The Healthier You: NHS Diabetes Prevention Programme (NDPP) supports people identified as being at risk of developing Type 2 diabetes, also known as pre-diabetes. The 10-month-long, evidence-based programme supports individuals to understand pre-diabetes and how they can halt further development into the preventable disease. The free programme helps individuals to develop a personalised action plan to increase their physical activity level and to make small, sustainable changes to their diet and lifestyle. It also includes health education sessions and bespoke physical exercise programmes suitable for all abilities.

Patients are required to undertake a blood test (HbA1c) in order to be deemed eligible for the programme and this can be completed via their GP surgery. GPs in Oxfordshire will be rolling out the programme across the county over the next six months, but if you would like to find out more about the programme in the meantime, please contact Here for Health and we will be able to put you in touch with the programme facilitators.

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 NRT and can also provide smoking cessation educational sessions to staff. If you are currently a smoking cessation advisor and would like to receive a refresher training session, please get in touch. 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 changes to your service please contact us at: hereforhealth@ouh.nhs.uk or telephone 01865 221429.

Emma, Kate and Kate appreciate your continued support.