



Helping you to stay healthy

At our hospitals we make people better when they are sick. We also want to help people to **stay healthy**, so they don't become sick.



Lots of people come to our hospitals every year: we can talk to them about looking after their health.



We can give them information and advice to help them:

- stop smoking



- lose weight



- drink less alcoholic drink



- get more exercise.



If people look after their health they are sick less often and might even live longer!



We want our workers to look after **their** health too, so they can stay well and give our patients the best care.

So what are we doing?



We are teaching our doctors and nurses to give you **good advice** about how to be healthy.



We have a new '**Here for Health**' Centre at the John Radcliffe Hospital.

It is in 'Blue Outpatients', Level 2, open Monday to Friday 9am - 5pm.



When you come to hospital to see the doctor, come in and see us, too!



We are selling more healthy food in our hospital cafés and shops.

How you can help



How do **you** think we are doing?

Do you have any good ideas about how we can help people stay healthy?



Email them to us at:

public.health@ouh.nhs.uk



Or write to us at:

Public Health
Executive Corridor
Level 3, John Radcliffe Hospital
Headley Way, Headington
Oxford OX3 9DU



Our website is:

www.ouh.nhs.uk/HereforHealth