



## Here For Health Newsletter

Welcome to the **Spring 2024** edition of our Newsletter which includes activities Here For Health has been involved in, smoke free update, training opportunities and some dates for your diary.

**Onsite presence** – We no longer have dedicated drop-in slots. But you are welcome to drop-in and book an appointment Monday-Friday, 9-5 pm (find us next to Blue Outpatients, JR). Whether you just want a quick blood pressure check, or a longer chat about your own lifestyle habits, do come and see us. Keep an eye on Twitter (@OUH\_Here4Health) or our website for updates.

### Recent activities and developments

- Here for Health (H4H) has been promoting a variety of different ways to support healthy lifestyles in collaboration with various OUH departments. Our promotion stands varied from [Dry January](#), to discussing the importance of sleep for [sleep awareness week](#) and supporting the [National Apprenticeship week](#). Our Tobacco Dependency Team raised awareness about the benefits of quitting smoking for No Smoking Day.
- Recent work in the community has included healthy eating conversations at the HongKongers' Lunar New Year event, The King's Centre, Oxford. We also offered mini-health checks and blood pressure checks at the Littlemore health promotion event and at Oxford United FC's blue light day.
- Members of our team represented H4H at the Oxford Brookes Nutrition Careers and Oxford Brookes Track events to talk about health promotion work and careers in the NHS. H4H also gave a talk on the role of behavioural change in health promotion for 2<sup>nd</sup> year Adult Nursing students at Oxford Brookes.
- As part of their role as [Core20PLUS5 ambassadors](#), two members of the H4H team are developing and spreading best practice in tackling inequalities in healthcare.
- Macmillan update: Amanda continues to support oncology teams with patient health and wellbeing sessions.

### Dates for diary

- H4H will be at the Barton Leisure Centre on **Thursday, 25<sup>th</sup> April from 1-4pm** to support the Barton Health Promotion event organised by Oxford City Council.

### Here for Health information

#### Family & Friends Feedback:

"Helped me to organise my thoughts and take the first step to make some change."

**Find us on Twitter!** Stay up to date with our latest service developments:

[@OUH Here4Health](#)

#### Here for Health Key Details

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