This spring edition of the Here for Health newsletter highlights some of our recent developments and partnership working as well as keeping you up to date on changes to our team.

Following maternity leave Emma Hagues returned to work in January but sadly Kate Hutton who has been working for us as a Health Promotion Practitioner has reached the end of her fixed term contract and will be a big loss to the team. She formed a fantastic partnership with Kate Boys which enabled the Here for Health team to continue to provide a high quality service in Emma’s absence. Our growing reputation and greater awareness of the service we provide saw our number of contacts rise by 25% in 2017 compared to 2016 which is a fantastic achievement. Kate Hutton remains with us still in her role as a Solutions4Health smoking cessation advisor.

We would like to welcome two new additions to our team this year: Jessica Cooper has joined us as a volunteer on Thursdays and has kindly taken on some of our ever increasing administrative tasks with efficiency and surprising enthusiasm. Thank you to the Voluntary Services team at OUH for matching Jessica with our request for assistance; her contribution is invaluable.

Kiran Sharma from TalkingSpace Plus will also be joining us on an honorary contract this April to set up a Psychological Wellbeing Clinic for individuals with long term conditions. He will be based at the Here for Health Centre on a Monday afternoon. We will be able to provide more information about this service in our Summer newsletter.

Maternity stop smoking support

Stop Smoking Advisor Cihan Kayikci works for OUH on an honorary contract in close partnership with the Public Health Midwives. Cihan runs clinics at the JR and the Horton to promote smoking cessation specifically to pregnant and postnatal women and their families. For more information please contact: hereforhealth@ouh.nhs.uk or cihan.kayikci@solutions4health.co.uk.

Since 15th February Community Midwives have been able to automatically refer patients who smoke to Here for Health during ante-natal booking appointments. These electronic referrals are processed by the Here for Health team and followed up by Cihan Kayikci and Kate Hutton for continued support with Solutions4Health. In the first month and a half 84 automatic referrals have been received and processed via this system.

Refer to Here for Health on EPR

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 on the electronic patient records system (EPR).

To do so, staff simply need to access Powerchart and request ‘Refer to Health and Wellbeing’ within the ‘Requests and Prescribing’ tab. We will then contact the patient directly to offer support. 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 contact the Here for Health team for further guidance. hereforhealth@ouh.nhs.uk or telephone 01865 221429.
Recent Activities and Developments at Here for Health

- Regular health promotion stands at the JR in partnership with Achieve Oxfordshire and Community Dental Services. And at the Churchill Hospital with the Hummingbird Centre. These enable us to deliver key health messages and provide an opportunity to raise awareness of the work our community partners do in supporting health and wellbeing.

- Supported Anna Hinton in the delivery of a Healthy Hospital Day at the JR. The day created a real buzz along the main corridor on level 2 and enabled Occupational Health, Here for Health and various Community Services to engage with staff and members of the public in healthy living conversations.

- Our partnership with the Cancer nursing team is evolving. We will be engaging with staff, patients and visitors on a cyclical basis at the Churchill Hospital. Modes of engagement include a monthly health promotion stand outside Cancer Outpatients, teaching sessions for staff, and outreach to departments / wards to offer support and raise awareness of our service and our community partner services. Please contact us at hereforhealth@ouh.nhs.uk or telephone 01865 221429 for further information.

- In February we supported the PHE Be Clear on Breast Cancer in Women over 70 campaign via a promotional with Gill Stoker from the breast screening nursing team. And with Alex Poole (Colorectal Advanced Nurse Practitioner) we will be raising awareness of Bowel Cancer Screening in promotional stands on 12th April at the JR Hospital and 24th April at the Churchill Hospital.

- Partnership with staff on Ward 5F to support the identification of high risk drinking behaviours, offer brief alcohol advice and make appropriate referrals to support services. Here for Health will be delivering workshops on Identification and Brief Advice (IBA) to ward staff starting on 24th April.

- We continue to host dietician and nursing students for health promotion placements in which they are able to develop their communication skills and increase their confidence in having healthy living conversations. The placements culminate in an opportunity for them to design and deliver a health promotion stand on a topic of their choice. Last month Ellie and Bim (pictured) talked to the public about making healthy decisions around their sugar intake over Easter.

Smoking Cessation at Here for Health

Just a reminder that Kate Hutton, 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 and Kate appreciate your continued support.