The Autumn edition of the Here for Health newsletter comes at a very exciting and busy time for us.

Firstly we would like to welcome Lucy McMichael (pictured) who will be joining us on 5th November. Lucy is joining us on a 6 month fixed term post as a Health Promotion Practitioner and will be based at the Horton General Hospital. We will be working hard to extend this duration and to establish our team as a valued health improvement service at the Horton. Lucy has an MSc in Health Psychology and her warmth and passion for health promotion really shone through at interview. Her addition to our team will enable us to extend our services to support OUH staff and patients in the north of the County thus enabling improved reach and accessibility of our service. See section at the end for more details.

Sugar Smart

The team was honored to be tasked with holding a promotional stand in celebration of OUH receiving a Golden Teaspoon Award for their efforts to help people become more sugar smart.

As part of the Government’s childhood obesity plan, Public Health England launched a sugar reduction and wider reformulation programme. In response to this, OUH in partnership with Good Food Oxford worked with retailers across the Trust to reduce the availability of sugar-sweetened drinks. The Trust received the coveted award at a ceremony at Oxford Town Hall on 26th October.

On Thursday 27th September, The Here for Health Team in partnership with Occupational Health and Wellbeing, Community Dental Services and Good Food Oxford held an all-day event involving interactive activities, posters and leaflets raising awareness about the role of sugar in our diets and encouraging people to think about their lifestyles and health more positively. The Trusts Public Health Lead, Ivor Byren and representatives from Oxfordshire County Council joined the event.

The event was featured on BBC Radio Oxford, in the Oxford Mail and on ITV Meridian News in relation to this event.

Training Opportunities

Enabled by our involvement in the Risky Behaviours CQUIN we are organising and delivering a variety of training and awareness sessions to build OUH staff knowledge, skills and confidence in having health and wellbeing conversations and in the effective use of brief advice for the risky behaviours of alcohol and tobacco usage. This includes updates on services that can be signposted or referred to for on-going support. Feedback from sessions so far has been extremely positive with comments such as;

“Really helpful training; simple but very effective.”

“Great session. Very useful information that I suspect I will use on a regular basis. Very well presented. Thank you.”

“Loved this course - brilliant - thank you. Looking forward to using my new found knowledge in my role.”

We are now able to offer refresher training for smoking cessation advisers on the following dates:

- 12th November 2018 - 1100-1230 GPEC Seminar Room 2B
- 10th December 2018 - 1100-1230 GPEC Seminar Room 2A
- 21st January 2019 - 1100-1230 GPEC Seminar Room 2B

If you are interested in booking onto any of our sessions or in learning more about what we can offer please contact us at hereforhealth@ouh.nhs.uk or telephone 01865 221429.

Training in brief advice for alcohol and tobacco is also available on the OUH elms under alcohol and tobacco.
Recent Activities and Developments at Here for Health

The ‘Here for Health’ team has been very busy at various events in the last quarter.

- In August we supported Ma Hong and the Dermatology Department in a promotion stand highlighting the importance of protecting the skin from sun exposure and raising awareness about how to prevent skin cancer.

- In September, we ran a ‘Do you know your heart age?’ stand which proved to be very popular. Patients, staff and visitors attended the stand to measure their blood pressure, BMI and complete the online test to find out what they could do to reduce their risk of having a heart attack or stroke.

- October was a very busy month with national campaigns including Stoptober and Go Sober October. In addition to supporting SmokefreeLife Oxfordshire in their pop-up stand at the JR, we also held stands in partnership with Achieve – Weight Loss Oxfordshire and Community Dental Services highlighting the impact of lifestyle behaviours on health outcomes. Our stands with The Humming Bird Centre and Bosom friends focused more on the therapeutic side of health promotion providing literature and information about services to support people living with cancer.

- Here for Health enjoyed having a presence at various external events promoting healthy living and building networks. Events have included a promotional stand at an Age UK event in Witney, a presentation at the Men’s Health Patient Forum in Wallingford. And at the end of November, we will be delivering a workshop about healthy eating and hosting a promotion stand in support of the Carers Oxfordshire ‘Caring Matters’ Conference in Oxford.

- The Here for Health Team continues to have a bi-monthly slot on Radio Cherwell, sharing key messages from topical campaigns and new developments with listeners; Our weekly pop-up stands on Thursday mornings in the main corridor at the JR are always popular and provide opportunity for people to find out their blood pressure and engage in discussions about healthy lifestyles.

- We are now working in close partnership with the new OUH Alcohol Care Team (ACT). This is a nurse led service for inpatients across all four OUH sites. Their aim is to reduce hospital admissions and prevent ill health related to alcohol use. Vikki Reeves and Michelle Layton can be contacted via email at alcoholcareteam@ouh.nhs.uk. Here for Health are still the team to refer to for all outpatients. We very much look forward to the development of a strong and effective partnership with the ACT for the benefit of future patients.

Here for Health at the Horton

Do you or a patient need support with...

- Losing Weight?
- Stopping Smoking?
- Modifying alcohol intake?
- Being more active?
- Eating more healthily?
- Accessing healthy living community services?

Refer them to Health for health at the Horton for one-to-one, tailored information and support, including referrals to FREE community services.

Based in the Outpatients department – Monday-Thursday 0930-1500

- Drop in
- Email: hereforhealth@ouh.nhs.uk
- Or refer in PowerChart to ‘Health and Wellbeing’

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, Natasha and Lucy appreciate your continued support.