



# Health Improvement Advice Centre

Issue 24—Summer 2020

## Welcome to the Summer edition of the **Here for Health** newsletter.

During this time of immense challenge and change, the **Here for Health** team would like to express our appreciation and gratitude to all teams, departments and services across the OUH and wider community. We would also like to say thank you for your continued support in engaging with the service to support individuals' health and wellbeing.

We invite recipients of this newsletter to not hesitate in getting in touch with our team to find out about support services available to you and others during this time. OUH staff may also like to visit the [Guide to Health and Well-being](#) on the intranet site.

With service delivery and models of care being reshaped across the County we are keen to work collaboratively to promote self-care and enable people to engage with healthful choices. You can find further details about this on the second page of our newsletter.

## Introducing our new team member!

We would like to welcome Ellie Lewis (pictured) who joined the **Here for Health** team in May. Ellie will be working as the new **Macmillan Health Promotion Support Worker** within the team. **Macmillan Cancer Support** worked with the **Oxford University Hospitals NHS Foundation Trust** to create the role.

Please find the following insight into Ellie's role below:

'I'm here to support cancer patients by taking a personalised and holistic approach to exploring options for improving their health and wellbeing at each point in their cancer journey.

This can range from realistic advice on nutrition and physical activity so they can better cope with their treatment, all the way through to emotional well-being and creating personalised self-care plans. The delivery of which has all been adapted now many patients are shielding and we're working remotely!

The best part of my job is knowing we support those living with cancer to change the things they can control, during a time when many things feel out of control for them. We put the patient back in the driving seat and empower them to make positive lifestyle choices.

It's been interesting to start a job that would have had a lot of face-to-face contact if it weren't for the pandemic. But my colleagues and I have shifted our support online to meet demand.

As many people with cancer have to shield due to Covid-19, we've had to completely change the way we work so it's all virtual. We have offered video and telephone appointments since lockdown started, and we're also in the process of starting a YouTube channel and other social media accounts so we can reach even more people.

It's a privilege to work with both **Macmillan**, and the **Here for Health** team and be a part of providing such a vital service. People with cancer have such strength and resilience and to support these individuals motivates me every day to develop my skills and knowledge further for their benefit.

To anyone who's been diagnosed with cancer recently, my main advice would be to reach out if you feel you need support. There is a lot of support out there which is readily available. We are here to make your journey as easy as possible.'



Ellie Lewis

## Here for Health Service Updates

In light of the current situation with COVID-19 resulting in temporary closures of our drop-in services, we have adopted a remote service offering:

- For all referrals (professional or self-referral), individuals are contacted via telephone to explain the reason for referral and offer support.
- A date and time is arranged for either a video consultation using the Attend Anywhere platform or a telephone consultation. Additional resources can be sent via email or post.
- If appropriate and agreed, a referral to a community based health and wellbeing service will be made and a follow-up consultation with the Here for Health team can be arranged if further support is required.

**For access to up to date service information posters and leaflets, please contact us at:**

[hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk) or telephone 01865 221429.

## Partnerships



With our weekly promotion stands currently on hold, we are keen to develop new ways of working in partnership with OUH teams, departments and local community services, and to explore opportunities for promoting healthful choices in models of care.

If your team has developed new ways of working, changes to service offerings or ideas and suggestions for future working, please do get in contact. We would be happy to discuss this with you.



**Here for Health** is soon to have a presence on **Twitter** and **YouTube**. We look forward to connecting with you!

## Family and Friends Feedback

*"Patient, friendly, clear and informative."*

*"A great opportunity to talk in a relaxed environment with no time pressure."*

*"It felt like having a chat with a friend— very relaxed and easy. I was given really useful help and advice".*

## Training Opportunities for OUH staff

We are currently offering a variety of our **interactive** training and teaching sessions for OUH staff via **online platforms**.

Our most popular option is the **OUH Smoking Cessation Advisor training** for those interested in supporting others to become smoke free. This training has most recently been completed by various members of the **Cardiology Department**.

Further information is available on the [Here for Health](#) intranet site or by contacting us via telephone or email.



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](mailto:hereforhealth@ouh.nhs.uk) or telephone 01865 221429.

*Emma, Kate, Natasha, Natnaree, Mary and Ellie appreciate your continued support.*

