



## Here for Health Newsletter – December 2020

With Christmas quickly approaching, the Here for Health team would like to send you and your loved ones our very warmest wishes for the festive season and for the new year ahead. We look forward to working with you all in 2021, thank you for your continued support of our service.

## Recent Activities and Developments at Here for Health

- Since our last newsletter in August. The Here for Health team have seen a 75% increase in the number of referrals to our service, from a variety of departments across the OUH and also within the community. We would like to take this opportunity to thank everyone in supporting the service.
- **Virtual Health Promotion Events:** We have been very happy to launch our first Here for Health Online Health Chat with our partner Community Dental Services. The aim of these sessions is to engage members of the public in discussion about healthy lifestyles via virtual platforms. The first event – ‘Low sugar, spice and everything nice . . . For your mouth this Christmas’ proved to be a successful, engaging event. We hope to work with a range of community partners in future and offer the event to a variety of communities across Oxfordshire.
- **Staff Health and Wellbeing Webinars:** Since the beginning of the COVID-19 pandemic, the Psychological Medicines have been producing a series of fantastic webinars to support staff wellbeing. We would like to thank the Psychological Medicines team for enabling us to work in partnership to deliver a range of webinars to support staff with their health and wellbeing. Our first in a series of webinars have included ‘Sustainable weight management strategies that don’t involve dieting’ and ‘Physical resilience: Energy for life’.
- **Staff Health and Wellbeing Sessions:** To support our colleagues within the Trust with their Health and Wellbeing during this challenging time, and to improve access of our service to front line staff, we have been delivering a drop-in service within a department’s staff room. This has proved a convenient way to support colleagues and inform those of our service who might not otherwise be able to drop-in to one of our centres. Please feel free to get in touch to find out how Here for Health could best support your team.

## Macmillan Update

- Our Macmillan Health Promotion Support Worker Ellie has been busy since she joined our team in May of this year. She has met with a variety of cancer teams already, including: The Neuroendocrine, Urology, Gynae-oncology and Teenage and Young Adult Cancer teams to

name a few. These discussions have involved all members of the multi-disciplinary team, with radiographers, psychologists, nurse specialists and surgeons.

## Teaching & Training Opportunities

- Throughout this year we have continued to deliver interactive teaching sessions remotely using Microsoft Teams. We provide a variety of training and awareness sessions to build OUH staff knowledge, skills and confidence in having effective conversations about a range of health and wellbeing topics, including brief advice for the risky behaviours of alcohol and tobacco use.

This includes our popular OUH Smoking Cessation Advisor training – available for any OUH staff with an interest in helping others to become smoke free. Click here to [view details and book](#).

- For more information on the variety of sessions we provide, to find out how we can tailor sessions to suit your teams needs, or to arrange a training date for the New Year, please contact us at [hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk) or phone 01865 221429.

## Here for Health Information

### **Family & Friends Feedback**

- *“Three years ago I chanced a drop in for a health check-up and it changed my life.”*
- *“Here for Health showed me where I can make a start without being overwhelmed and everything was explained excellently.”*
- *“You have advised and guided me with such kindness and patience and made it seem much less overwhelming.”*

### **The Here for Health Team**

- As the year draws to an end, we are sadly saying goodbye to one of our long standing team members, Kate. We wish her all the best with her new adventures and will miss her and her enthusiastic commitment to our service greatly. With this in mind, we look forward to welcoming a new team member at the end of January!

### **Here for Health Key Details**

If you would like to find out more about anything mentioned in this newsletter, please feel free to contact us using the details below:

- Phone: 01865 221429
- Email: [hereforhealth@ouh.nhs.uk](mailto:hereforhealth@ouh.nhs.uk)
- Website: [www.ouh.nhs.uk/patient-guide/here-for-health/](http://www.ouh.nhs.uk/patient-guide/here-for-health/)