

Here For Health Newsletter

Welcome to the **Summer 2025** edition of our Newsletter which includes activities Here for Health (H4H) has been involved in, training opportunities and some dates for your diary.

Here for Health Service Update

The Here for Health team remain passionate about supporting patients to optimise their lifestyle habits to reduce harms, support better health and smooth the transition between hospital care and community services. From early 2026, due to financial pressures, the service will be funded through a *Waiting Well* grant from Oxfordshire County Council. The team will focus on lifestyle support for patients awaiting operations. The Inpatient Tobacco Dependency team is unaffected and will continue as usual. This change will mean a reduction in support for other hospital patients and staff. Further details will be shared once confirmed. **New referrals can no longer be accepted from 29th September**, except for urgent cases.

We encourage staff to refer patients directly to the most appropriate community services. Guidance is available on our [community services](#) page to help patients access the right support quickly and easily.

Keep an eye on X (@OUH_Here4Health) or our website for updates.

Recent activities and developments

Here for Health (H4H) continues to facilitate healthy lifestyles through health promotion stands for national public health campaigns.

In the community

- H4H supported three Cherwell on the Move events, in Grimsbury, Ruscote and Bicester between April and July. This provided an opportunity to offer blood pressure checks & have meaningful health promotion conversations with the local community. In total, we measured 38 residents' blood pressures, with 87% of these individuals living in the 'Brighter Future' Neighbourhoods.



Above: H4H team taking blood pressures at a community health promotion event

Health promotion stands

- June saw [National Bike Week](#) marked with a stand in the JR. Supported by OCC, this gave staff and visitors the space to explore cycling in the context of its health benefits.
- July's [South Asian Heritage Month](#) pop up stand focussed on the idea of finding and following routes to wellbeing.
- [Salt Awareness Week](#) was an opportunity to offer BP checks and start conversations about adding extra flavour to food without using salt.

Other activities

- H4H supported the launch of new walking routes in the grounds of NOC, available via [GoJauntly](#). Staff are encouraged to use these routes to enhance their well-being. The routes are also used to support patient rehabilitation.
- A H4H awareness session was held for the Horton's Physio department.



- Delivered an interactive session about self care and lifestyle optimisation for Pulmonary Fibrosis patients.
- The inaugural meeting for the Neuro Inclusion Staff Network was chaired by H4H's Service Development Manager. Email [Emma](#) for details/monthly meeting link.
- MECC Super Trainer sessions were delivered to organisations across Oxfordshire.
- How to implement Health Promotion in secondary care was explored in a day session delivered for the Open University skills week.
- MECC training continued with different sessions for Registrars at OCC's Public Health in Practice (PHIP) training day, for Community Health and Wellbeing Workers & OUH's Patient Experience Team.
- H4H co-produced and delivered sessions to raise the awareness of the impact of menopause symptoms, management strategies and to promote the role of line managers and colleagues in creating a supportive framework. Sessions were delivered to MRC staff, and as a live Teams event for OUH staff.
- Attended BOB ICB Prehabilitation Away Day. OUH current practice was shared, followed by group discussions.
- Dietetic students from OBU shadowed the H4H liver clinic, the ERAS prehab session and patient consultations.

Tobacco Dependency Team Update

- Further to the last update, a very limited TDA service remains in operation. Due to reduced funding, in-patients are now triaged, with some receiving calls rather than a face to face visit as an in-patient.
- In line with NICE guidance and the NHS Prevention Programme, all inpatients who smoke should still be offered appropriate support such as Very Brief Advice and NRT, even if a TDA is not able to attend.
- Refer to the [NRT Medicines Information Leaflet](#) (MIL) for guidance on prescribing NRT and signpost or refer patients to local Stop Smoking Services for ongoing support.

Teaching & Training Opportunities

- We continue to deliver interactive teaching sessions in person and using Microsoft Teams. We provide a variety of training and awareness sessions. This includes [MECC training](#) – available for any OUH staff interested in supporting others to consider making small positive changes.
- Please contact us for information on how we can tailor sessions to suit your team's needs.

Dates for Diary

- 16 October – **Stoptober**, pop up at JR, Level 2, 11-1pm
- 30 October – **Black History Month**, pop up at JR, Level 2, 11-1pm
- 13 November – **Men's Health Awareness Month**, pop-up at JR, Level 2, 11-1pm

Here for Health information

Family & Friends Feedback:

“Hope you are able to keep offering advice to others this is a much valued service ...”

Find us on X!

Stay up to date with our latest service developments: [@OUH_Here4Health](#)

Here for Health Key Details

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