



FOR UNIVERSITY STAFF

WEEK COMMENCING 6 AUGUST 2018

ISSUE NO 150

SEMINARS

There are no seminars this week.



Thank you to everyone who completed the RDM Survey.

SUMMER FITNESS CLASSES AT IFFLEY ROAD SPORTS CENTRE

Oxford University Sport have launched a new fitness class timetable for summer vacation. The timetable includes 11 different classes from Yoga to Les Mills Bodypump and Stages Indoor Cycling.

The programme runs seven days a week and the majority of classes are delivered in the new GLD Studio, which opened in November 2017 and offers a modern and air conditioned environment to exercise in.

The full timetable and more details including how to get involved can be here:

www.sport.ox.ac.uk/fitness.



Health Improvement Advice Centre

Issue 18—Summer 2018

The summer edition of the [Here for Health](#) newsletter comes at a very exciting and busy time for us. Over the last few months there have been great developments to our service, partnerships and team.

Firstly we would like to welcome Natasha Regisford-Reimmer (pictured) who will be joining us on 13th August. Natasha is on a fixed term post as a Health Promotion Practitioner till the end of March 2019. Predominantly based at the JR in the Health Improvement Advice Centre Natasha brings a wealth of experience in behaviour change and motivational techniques having previously worked for OUH as a sexual health adviser. The addition to our team will enable us to focus more time on coordinating smoking cessation support across the Trust.



Smoking Cessation at Here for Health

Kate Hutton, [Solutions4Health](#) Smoking Cessation Secondary Care Lead, is part of the [Here for Health](#) team on a Friday 0930-1700. Kate offers free one-to-one smoking cessation support and NRT and can also provide smoking cessation education sessions to staff. If you are currently a smoking cessation advisor and would like to receive a refresher training, please get in touch via email: Kate.Hutton1@ouh.nhs.uk or hereforhealth@ouh.nhs.uk.

Maternity stop smoking support

Smoking Cessation Advisor Cihan Kayikci works in close partnership with the [Public Health Midwives](#) to run 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.



Training Opportunities

As part of our contribution to 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. This includes updates on services that can be signposted or referred to for on-going support. If you are interested in learning more about what we can offer please contact us at hereforhealth@ouh.nhs.uk or telephone 01865 221429.

Sessions can be tailored to your needs and the range of sessions on offer include:

- Awareness sessions (10-30 minutes)
- Identification and Brief Advice (IBA) for alcohol and tobacco (60 minutes)
- Talking to patients about health and wellbeing (2 hours)
- Train the trainer course for IBA (alcohol and tobacco) (5.5 hours)



Training in brief advice for alcohol and tobacco is also available on the OUH elms:

<https://www.enternisestudy.com/Public/Search11.aspx?n=100633&zz=31497745>

Recent Activities and Developments at Here for Health

- Supported Anna Hinton in the delivery of a **Healthy Hospital Day** at the Churchill and the NOC. The days created a real buzz about Health and Wellbeing and enabled **Occupational Health, Here for Health** and various Community Services to engage with staff and members of the public in healthy living conversations.

- We partnered with Ellie Marshall from the **Hepatology** team to promote the very-first NASH day—an event supporting an increased public awareness of the more aggressive form of fatty liver disease—non-alcoholic steatohepatitis. For more information about NASH visit www.britisHLivertrust.org.uk



- We continue to host **dietetics 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. Here's a snap shot of what the most recent Dietetics students thought:

"Keep having dietetic students – a highlight of placement."

"I gained confidence in talking to members of the public as the morning progressed"

"Very exciting and proactive work with patients"

- Our partnership with the **Cancer Nursing team** is evolving and we now form an integral part of the Trusts Cancer Quality Action Plan for living with and beyond cancer. This includes the provision of training to the Cancer Specialist Nurses and Support Workers to enable them to confidently engage and empower patients to make health behaviour changes. Oxfordshire County Council are also providing us with a great opportunity to use their Livewell Database <https://livewell.oxfordshire.gov.uk/> to provide cancer patients and OUH staff easy access to the services available in Oxfordshire. We are in the process of linking services to the current database so will provide an update on this in our Autumn newsletter.
- Here for Health** have recently linked with the **Enhanced Recovery after Surgery (ERAS)** team at OUH. We are excited by the potential of working alongside such a proactive team and exploring what our service can contribute in this area.
- We joined the **Cardiac Research** team for a second year to deliver an interactive healthy living presentation to the students of Bishop Lovejoy school in Bodicote. Feedback was very positive from both students and staff. For example: *"I loved the workshop. I still have the book they gave us. I downloaded the scanner App to see how much fat is in things I eat."*
- Engaging in regular health promotion stands at the JR and Churchill in partnership with **Achieve Oxfordshire, Community Dental Services** and the **Hummingbird Centre** continue to be successful and popular.



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.

