

OCDEM BULLETIN



FOR UNIVERSITY STAFF

WEEK COMMENCING 10 JUNE 2019

ISSUE NO 191

SEMINARS

WEDNESDAY SEMINAR

There is no Wednesday Seminar this week.

FRIDAY SEMINAR

This week's Friday seminar organised by the OCDEM Senior Academic Faculty will be a talk by Dr MattNeville who will provide a BRC Update from the OBB subtheme. The talk will begin promptly at 1pm in the Robert Turner Lecture Theatre and sandwiches for those attending will be available from 12:45

MEDICAL GRAND ROUNDS

Thursday 13 June from 13:00 to 14:00

John Radcliffe Hospital, Lecture Theatre



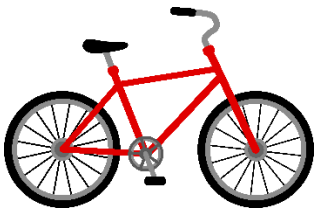
Medical Director's Office: "Patient Safety at the OUH", Prof Meghana Pandit

Stroke Medicine: "A tale from the TIA clinic: sometimes it is bl**dy difficult...", Dr Ursula Schulz

Chair: Prof Chris Conlon



Nils Rorsman has joined the Rorsman group on a temporary contract.



In case you are not aware there are a couple of events at Old Road Campus as part of Bike Week, including an E-bike try-out on Tuesday 11 June and a bike breakfast on Friday 14 June. Details below, please feel free to pass on to staff.

Cycle to work? Have a free breakfast on us and find out about e-bikes for Bike Week!

Oxford Bike Week runs from 8-16 June. It aims to celebrate the benefits of cycling and encourage more people to take to two wheels and do their bit to reduce traffic and pollution while also keeping fit and having fun. To mark the occasion, the University's Environmental Sustainability Team are offering staff who bike to work a free breakfast (a bacon or mushroom bap and a cup of tea or coffee) at the following cafes, between 8am and 9.30am.

Friday 14 June – Old Road Campus café

You need to pre-register and can sign up for a breakfast through Eventbrite here:

- 14 June Veggie option - <https://www.eventbrite.co.uk/myevent?eid=61486862862>
- 14 June Meat option - <https://www.eventbrite.co.uk/myevent?eid=61291544660>

On **Tuesday 11 June** there will also be pop-up events to promote e-bikes, which are being organised in collaboration with the Sustainable Travel team at Oxford Brookes University and [Electric Bike Sales](#). Between 8am and 12.30pm the bikes will be at the Lloyd Building at Brookes, and from 1pm to 6pm they will move to the Old Road Campus in the area between the BDI and NDM Buildings. These are public events, but staff from both universities are very welcome to attend too. They are an opportunity to find out more about e-bikes and even try riding one. E-bikes are like normal cycles but offer power assistance when needed, making even the steepest hills easy to tackle. This makes them ideal for people who regularly need to get to the University's Headington sites but don't quite feel up to the long slog up Headington Hill. Come along and have a go!



ONLINE PRESENCE: TAKING CONTROL

Creating an online presence can open up your research and teaching (or any interest!) to a global audience and is now essential in promoting yourself professionally to the outside world. This 3-hour workshop offers a comprehensive introduction to online presence and also gives a supported environment for you to plan, create, and add to your own projects.

Friday 14 June 9:15-12:15 **Book and pay**

Staff £30/ Students £15



UNIVERSITY OFF PEAK PARKING PERMITS

Whilst there is no deadline for submitting off-peak permit applications (off-peak permits are valid for 12 months from the date of issue and existing holders are responsible for renewals) departments may want to inform staff that off-peak permit applications will be processed as follows:

- Off-peak applications submitted prior to 1 October 2019 will be charged at £20 and processed by Security Services as soon as they are received. Off-peak permits issued during this period, including renewals, will continue to be issued as valid for 12 months from the date of issue and all new permits issued to existing off-peak permit holders will invalidate the current permit which will be cancelled (e.g. if an existing holder of an off-peak permit with an expiry date of 30 September 2019 applies for an off-peak permit in July 2019 then they will be charged £20, issued with a new permit valid until July 2020 and the current permit with an expiry date of 30 September 2019 will be cancelled);
- Off-peak permit applications submitted on or after 1 October 2019 will be charged at £40 and processed by Security Services as soon as they are received. Off-peak permits will continue to be issued as valid for 12 months from the date of issue.

HEALTH AND WELLBEING



YOGA IN THE WORK PLACE:

13.00-14.00 Robert Turner Lecture Theatre

11th June, 18th June & 25th June

**Carers Week 2019
10th – 16th June**

**Whatever
WORK + FAMILY
means to you,
we're here to
make it better.**



**Your University of Oxford Work+Family Space
has services that work for you:**

- Book **Back-up Care** for children, dependant adults or even yourself.
- Our **Webinars** can guide you on everything from preparing to care, to helping your parents age positively.
- **Speak to an Expert** to voice questions about care, emotional or practical issues.
- **Insider Guides** and resources sign-posts on a huge range of topics, from keeping your mind active as you get older, to making decisions about care.
- Join our upcoming webinar **"Prepare to Care: Navigating the Care Maze"** on 13 June 2019.

Go to: www.admin.ox.ac.uk/personnel/staffinfo/benefits/family/mfc



WORK+FAMILY space 





**OMH Researchers'
Association pub night**

**Monday 10 June
6pm onwards**

**The Red Lion (beer garden)
Gloucester Street
City Centre**

**Social event for
all metabolism
researchers and
students**

Come meet your fellow research colleagues in a relaxed pub environment! We have space reserved in the beer garden starting at 6pm – so drop by for some socializing over a beer or G&T. The pub also has food if you're in the mood for a nibble or full meal. You can drop us an email to let us know you're coming (chelsea.larabee@dpag.ox.ac.uk) or just turn up!



Oxford Metabolic Health

~ Symposium 2019 ~

**Monday 1 July 2019, Medical Sciences
Teaching Centre, South Parks Road**

Don't miss a day of talks, posters
and networking, showcasing
Oxford's breadth and strengths
in *metabolism-related* research

Topics include circadian clock
control of metabolism, cancer
metabolism, health sensor data
mining, integrative metabolomics
and more

Speakers include David Ray (OCDEM), Deborah Goberdhan (DPAG), Robin Choudhury (CV Med) and Bill Haynes (Head of NNRCO), with keynote address from John O'Neill (LMB, Cambridge) on how eating feeds into the body clock



*Submit your abstract by 10 June for
poster presentation and a 'lightning
talk' session and have a chance to be
selected to give an oral presentation*

Register at

<https://www.medsci.ox.ac.uk/omh/events>

For more information contact

jane.itzhaki@medsci.ox.ac.uk





Oxford University Hospitals **NHS**
NHS Foundation Trust

Health Improvement Advice Centre

Issue 21—Spring 2019

Welcome to the Spring edition of the [Here for Health](#) newsletter.



Firstly we would like to welcome Natnaree Kaewhin (pictured) who joined the [Here for Health](#) team in March. Natnaree is on a fixed-term post as an Assistant Health Promotion Practitioner funded by the CCG until March 2021.

We are delighted to announce that with Natnaree joining the team we have been able to open a [Here for Health](#) clinic at the Churchill. Based in the Respiratory Day Case Unit we are able to provide a drop in service as well as supporting patients on wards and holding regular promotion stands in outpatient clinics. The clinic operates Monday to Friday 0900-1700.

We are pleased to share that the Horton [Here for Health](#) clinic has become well established since its launch in November 2018. The clinic has grown substantially from 13 patient contacts in December to 70 contacts in March. Whilst this month we unfortunately said goodbye to Lucy, Health Promotion Practitioner at the Horton, who is leaving the [Here for Health](#) team we still look forward to continuing the support for patients, staff and visitors to the Horton.

Recent Activities and Developments at [Here for Health](#)

- For No Smoking Day (13th March 2019), [Here for Health](#) held promotions at the Horton and JR sites. We had lots of positive conversations about how to succeed in stopping smoking and how to access community support through Smokefreelife Oxfordshire.
- Healthy Hospital Day took place at the JR and Horton hospitals on 6th February and 10th April respectively. These were great occasions to meet patients, staff and visitors and conduct mini Health-MOTs, as well as an opportunity to promote [Here for Health](#) and network with community support services.
- We have made new links this last quarter with the [Injury Minimization Programme for Schools \(I.M.P.S\)](#) and Maureen Warner who is working at the JR as the OUH Carers Oxfordshire Adviser. We look forward to developing our partnership work with both throughout 2019.
- The [Here for Health Team](#) held a promotion stand in partnership with Geraldine Ward (Diabetes Inpatient Specialist Nurse) and Maureen from the Healthier you: NHS Diabetes Prevention Programme to promote the Diabetes Prevention week at the JR. It was a fantastic opportunity to meet staff, patients and visitors to promote awareness of diabetes and ways of reducing the risk of developing Type 2 diabetes.
- In partnership with the [Here for Health](#) team, Smokefreelife Oxfordshire (SFLO) will be running drop-in stop smoking clinics at OUH hospitals. Debbie Coleman, a SFLO smoking cessation advisor will be seeing patients onsite; every Monday at the Churchill and NOC, every Wednesday at the Horton and every Friday at the JR.
- In line with Oxfordshire County Council's focus on making mental wellbeing a priority in Oxfordshire, [Here for Health](#) held promotion stands in partnership with [Oxfordshire Mind](#) on 9th May at both the JR and Horton Hospitals. The aim was to promote the upcoming Mental Health Awareness week and ways of taking care of your mental health.
- The [Here for Health](#) team continue to run weekly pop-up stands on Thursday mornings in the main corridor at the JR. These are popular and provide opportunities for people to find out their blood pressure and engage in discussions about healthy lifestyles.



Horton No Smoking Day



Interactive mental health promotion

Training Opportunities

We deliver 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 use. Upcoming training opportunities can be accessed by OUH staff on the [Here for Health](#) intranet site. Two of the most popular options are:

The Power of Healthy Conversations training which explores how to have conversations with patients that effectively encourage them to change their lifestyles. Techniques cover both brief and in-depth consultations. Click here to [view details and book](#).

OUH Smoking Cessation Champion training available is now available for staff who have completed their last advisor training within the past 5 years. Click here to [view details and book](#).

As part of our outreach we can offer expresso training for those who find it difficult to leave their area of work. In as little as 5-10 minutes a member of our team can support you in situ to have time saving and effective conversations with your patients about alcohol and tobacco.

For more information, or to arrange alternative training dates, please contact us at hereforhealth@ouh.nhs.uk

We are delighted to share that the [Here for Health](#) team won the national [Thrive Tribe Most Effective Partnership Award](#) after being nominated by community partner [Achieve Healthy Weight Loss Oxfordshire](#). Partnerships with organisations such as Achieve are vital to the [Here for Health](#) service. It meant a lot to us to be recognized in this way and we are thrilled to have won! Thank you.



Here for Health Key Details

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](#) for one-to-one, tailored information and support, including referrals to FREE community services.

JR Blue Outpatients— Monday- Friday 0900—1700

Horton Outpatients— Monday-Thursday 1000-1600

Churchill Respiratory Medicine— Monday-Friday 0900-1700

- ♦ 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 Natnaree appreciate your continued support.

