

Here For Health Newsletter

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

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 attended an AfiUK meeting, focussing on healthy lifestyle habits related to the menopause.
- A council-organised community pop up in Rose Hill saw H4H supporting by taking blood pressures and holding lifestyle conversations.

Lifestyle Medicine Masterclass

H4H hosted OUH's first Lifestyle Medicine (LM) study day. H4H welcomed outside and internal speakers. Attendees left with better knowledge of the benefits of optimising



Above: The LM study day

lifestyle habits and ideas of how to use Making Every Contance Count to open up the conversation about making change. The importance of co-operation between health professionals and the third sector was also covered.

Health promotion stands

- Trainee pharmacists gained health promotion experience at stands for [National Cholesterol](#) month and breast cancer awareness at the JR.
- A pop up stand looking at [Sugar Awareness](#) was held. H4H were pleased to work with an Oxford Brookes University nutrition student.
- H4H supported a [Mouth Cancer Awareness](#) stand organised by the Community Dental Service, focussing on lifestyle optimisation to reduce the risk of mouth cancer.
- A stand dedicated to men's health, and prostate cancer in particular, was held for [Men's Health Day](#).
- A combined stand for [Love Your Liver](#) & [Dry January](#) was held, providing experience for two trainee pharmacists.



Above: Lifestyle conversation at liver health stand

Dates for Diary

- 3 April – **Cherwell on the Move**, Banbury, 10:30-1pm

Here for Health information

Find us on X!

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

Here for Health Key Details

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