

## **The Michael Varnam Awards 2016**

In 2007 NHS Nottingham City, in conjunction with partners, set up an annual recognition award in memory of Dr Michael Varnam. Michael was a great inspirational practitioner who worked tirelessly for 35 years to improve the health and wellbeing of some of our most disadvantaged people in Nottingham. The local health community wanted to honour his life and ideals, as well as his vision for the future.

The award is given to publicly recognise and honour the dedication, enthusiasm, commitment and achievement of an individual and a group who have made a difference to the health and wellbeing of people in Nottingham. The award recognises that motivated by altruism and caring, they have made a difference to either the population as a whole or a disadvantaged section of our community.

A panel of judges met to consider all the nominations received and, from a shortlist, selected the winners. The awards were presented at an event on 26 October 2016.

In recognition of the achievements of all of the shortlisted nominees, a brief summary of the reason why they were nominated is set out below.

### **Individuals**

#### **Louise Detain – Winner**

*“...works selflessly to improve the lives of others both in her everyday life and as a volunteer.”*

Louise Detain works tirelessly to help her local community and those in need...

- Is a foster carer with Barnardos
- Works with L’Arche Nottingham to help those with learning disabilities
- Volunteers to improve disabled access at Greenbelt Festival
- Runs two children's choirs
- Supports others at her local Slimming World
- Works with Equation to help educate about healthy relationships and does domestic abuse prevention work

#### **Maxi Leigh – Highly Commended**

*“...unstinting in her belief that things can change for the better...”*

Maxi has been a strong advocate for sufferers and survivors of abuse in childhood. Using her own resourcefulness, networking, and development skills, she has achieved much to help those in need...

- Founded Support for Survivors – a self-help charity for survivors of sexual abuse.
- Has become a Survivor Advisory Panel Member of the National Catholic Safeguarding Commission.
- Is CEO of Enixam – Organisation for the delivery of Sexual Abuse Training to Clinical Professionals.

A leaflet about Support for Survivors has been included at the end of this report at the request of Maxi Leigh.

### Bushra Naeem – Highly Commended

*“...serving the community with social isolation and communication needs.”*

Bushra has been voluntarily supporting her community since she was 18, and in this time she has helped many good causes...

- Does work to help women suffering from social isolation as a result of communication needs.
- Has supported people with mental health issues.
- Raised money for charity and set up a food bank, providing a lifeline for her local community.
- Vice President of the Ahmadiyya Muslim community women’s group.

### **Groups**

#### The Nottinghamshire Deaf Wellbeing Action Group - Winner

*“Campaign for Deaf People to have Equal Access to Health Services”*

The Deaf Wellbeing Action Group helps provide practical help to, and campaign for the rights of the deaf community. They have 5 main areas of work:

1. Ensuring access for deaf people to information and services
2. Promoting learning and high quality teaching of British Sign Language
3. Supporting deaf children and families
4. Ensuring staff working with deaf people can communicate effectively in British Sign Language
5. Consulting with the local deaf community on a regular basis.

A representative of the Nottinghamshire Deaf Wellbeing Action Group will be attending the Health and Wellbeing Board meeting.

#### Souprunners – Highly Commended

*“... you should never underestimate the power of a cup of tea and a chat – it really is the ‘little things’ that make a difference.”*

Souprunners is a voluntary organisation run by students from the University of Nottingham in their spare time. It provides food and other assistance for homeless people out on the streets.

- The group doesn’t just run in term time – Soupruns are run every Tuesday and Sunday 52 weeks a year.
- In the academic year 2015/16, they distributed around 884 soups, 1872 sandwiches, 936 bananas, 1040 satsumas, 1924 biscuits, 1508 packets of crisps and 1092 hot drinks to those in need.

## Nature in Mind – Highly Commended

Nature In Mind is a free service within Framework that uses the unique power of nature and green spaces to improve mental wellbeing. Nature In Mind offers a programme of activities including things such as gardening, walking, cycling, nature based arts and crafts, conservation tasks, animal care, bush craft - anything that involves spending time in and interacting with nature. Activities take place in a supportive group setting and in addition to the benefits of fresh air, exercise and learning new skills, Nature In Mind provides a great way of tackling social exclusion and meeting new people.

A growing body of independent research shows that spending time in natural and green spaces can significantly -

- reduce stress and anxiety
- reduce levels of depression
- improve physical health
- improve mood and self esteem
- help to reduce the need for medication
- help to overcome isolation and social exclusion

Over 200 people per year benefit from the service. Here are some of their comments from activities in September:

“It’s stopped me from worrying about things”

“I’ve learnt new things - wood burning, cooking. And met new people”

“I enjoyed the session, it’s reduced my anxiety keeping busy”

“It brings a variety of people together in a friendly setting”

“I learn things when I come to these places, it’s built up my confidence about things”

For more information about Nature In Mind, please contact us at The Burrow, 40 Forest Rd West, Nottingham NG7 4EQ Tel: 0115 970 9591 email: [natureinmind@frameworkha.org](mailto:natureinmind@frameworkha.org)

# Support For Survivors

A Registered Charity supporting Male & Female  
SURVIVORS of Childhood Sexual/Physical/  
Psychological/Incest Abuse & Rape



**YOU ARE NOT ALONE**

Support For Survivors Founded by Maxi Leigh Sept 2014 due to lack of support service within Nottingham City. We support male and female survivors aged 16 plus who has suffered from childhood **Sexual/Psychological/Physical/Incest Abuse, Rape and Domestic Violence with the following.**

**Peer Led support groups**

**Peer Led one to one Support**

**Peer Led Personal Development Programmes**

**Peer Led Creative Arts & Crafts**

**Peer Led Outreach Intervention**

**Peer Led Mediation**

**Peer Led Chaperone & Advocacy support with Police Intervention**

**Peer Led Legal Advice Support working with Bhatia Best Solicitors**

**Working in partnership with 'The Truth Project' (Jay Inquiry)**

**Peer Led Crown & Civil Court Support**

**Housing - Benefits - Welfare Advice & Referral Pathways**

**Drug & Alcohol Addiction Referral Pathway**

**Homeless advocacy support**

**NHS - GP - Dental - Mental Health advocacy support**

**Wellbeing and Wellness Plans**

**Adult Learning Courses**

**Volunteering**

**Coaching**

**Mentoring**

**Working with & referral too many partner agencies within the City**

Maxi Leigh

**Founder-Survivor-Specialist Care Service Director (Support for Survivors)**

**Nottinghamshire Healthcare NHS Foundation Trust Public Governor**

**Email [maxineleighs4s@gmail.com](mailto:maxineleighs4s@gmail.com)**

**Telephone: 0781 571 5698**

• A time to listen •

A time to share •

A time to heal •

Support for Survivors. Registered Charity Number 1165986

C/o Self Help Nottingham & Nottinghamshire

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