

## HEALTH AND WELLBEING BOARD

28 NOVEMBER 2018

	<b>Report for Information</b>
<b>Title:</b>	Citizens Stories: The Michael Varnam Award 2018
<b>Lead Board Member(s):</b>	Councillor Sam Webster (Chair)
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<b>Brief summary:</b>	Information about the shortlisted nominees and winners of the Michael Varnam Award 2018.

### **Recommendation to the Health and Wellbeing Board:**

The Health and Wellbeing Board is asked to:

- a) recognise the dedication, enthusiasm, commitment and achievement of those shortlisted for, and particularly the winners of the Michael Varnam Award 2018.

### **Contribution to Joint Health and Wellbeing Strategy:**

<b>Health and Wellbeing Strategy aims and outcomes</b>	<b>Summary of contribution to the Strategy</b>
Aim: To increase healthy life expectancy in Nottingham and make us one of the healthiest big cities	The Michael Varnam Award recognises those who have made a difference to the health and wellbeing either of the population as a whole or a disadvantaged section of our community.
Aim: To reduce inequalities in health by targeting the neighbourhoods with the lowest levels of healthy life expectancy	
Outcome 1: Children and adults in Nottingham adopt and maintain healthy lifestyles	
Outcome 2: Children and adults in Nottingham will have positive mental wellbeing and those with long-term mental health problems will have good physical health	
Outcome 3: There will be a healthy culture in Nottingham in which citizens are supported and empowered to live healthy lives and manage ill health well	
Outcome 4: Nottingham's environment will be sustainable – supporting and enabling its citizens to have good health and wellbeing	

**How mental health and wellbeing is being championed in line with the Board's aspiration to give equal value to mental and physical health**

The Michael Varnam Award recognises those who have made a difference to the health and wellbeing either of the population as a whole or a disadvantaged section of our community.

**Background papers:**

*Documents which disclose important facts or matters on which the decision has been based and have been relied on to a material extent in preparing the decision. This does not include any published works e.g. previous Board reports or any exempt documents.*

None