

**Director of Public Health**

**1. Alcohol Awareness Week**

Alcohol Awareness Week took place from 11-17 November 2019 on the theme of 'Alcohol and me'. Nottingham marked the week with an alcohol awareness event on Wednesday 13 November. The aims of the event were to encourage citizens to think about drinking, find out more about alcohol consumption and have conversations with a trained professional to help better understand the impact of alcohol on their health and wellbeing. The event, held at Bulwell Riverside joint service centre, featured stalls run by Nottingham University Hospitals NHS Trust (NUH), Nottingham Recovery Network and Alcoholics Anonymous. Citizens also had the opportunity for a free fibroscan, courtesy of NUH colleagues. 32 citizens took the opportunity to have their liver scanned, 8 of whom will go on to have further investigative work as a result. This was a great event, attracting positive media and good local feedback. It was a success due to the combined efforts of a range of local health and care organisations. My thanks to everyone involved.

**2. Michael Varnam Awards 2019**

It was wonderful to have the opportunity to spend the afternoon recognising and celebrating contributions made by individuals and groups to improving health and wellbeing in Nottingham City. I would like to thank all those nominated for their hard work and dedication, with special mention for the winners and highly commended runners-up in each category.

Individual winners

- Aleks Jackowska – Winner – Aleks has volunteered with the Jigsaw Youth Club for 20 years, helping to provide activities for young people with a high functioning Autism Spectrum condition.
- Valentine Nkoyo – Highly Commended – Valentine, founded Mojatu, and has worked tirelessly to raise awareness of Female Genital Mutilation (FGM) so that survivors can receive the right support & new cases can be prevented.
- Louise Wilkins – Highly Commended – Louise makes an important contribution to Nottingham's drug & alcohol services, supporting some of the most vulnerable in our city.

Group winners

- Cafe Sobar – Winner – Café Sobar is a social enterprise and successful cafe run by Double Impact, providing people with the opportunity to volunteer, receive training and enter employment which are crucial steps in individual's recovery from alcohol addiction.
- Imara – Highly Commended – Imara supports children, teenagers, and families in Nottingham following a disclosure or discovery of child sexual abuse.
- Nyasa Daughters – Highly Commended – Nyasa Daughters is a local community group ran by women from Malawi, providing a range of help for disadvantaged and vulnerable individuals in their local area.

### 3. Nottingham City Council Plan 2019-2023

Full Council signed off a new Council Plan 2019-23 at their November meeting. The plan sets out an ambitious vision for Nottingham, with health and wellbeing at its heart. There is a total of 185 pledges, many of which will contribute to improved health and wellbeing by addressing the social determinants of health including, physical activity, smoking in pregnancy, alcohol harm, dental health, breast feeding, child obesity and more. Delivering on these pledges will make a substantial difference to the health and wellbeing of Nottingham citizens but we cannot do it alone. The plan makes a commitment that the Council will work in partnership with local organisations and communities. Please take the time to read through the plan and let me know how you can contribute: <https://www.nottinghamcity.gov.uk/media/2215620/nccplan19-web.pdf>

### 4. Have you had your flu jab?

Flu is a highly infectious disease which sees thousands of people in hospital each year. We are all at risk of getting flu, and we can unknowingly pass it on to other more vulnerable people.

You can attend your GP practice or local pharmacy for a free jab if you are:

- living with a long term health condition
- pregnant
- aged 65 years and over
- a carer
- aged 2 or 3 years old

The school aged immunisation team will also be visiting all primary schools to vaccinate pupils in every year (Reception to Year 6).

We are asking all Health and Wellbeing Board member organisations to do what they can to support efforts to increase rates of vaccination uptake in Nottingham this winter. You could start by sharing this Childhood Flu vaccination video on your social media accounts -

<https://sharegoodtimesnotflu.co.uk/>.

### 5. Local Authority Health Profile 2019

Public Health England have published updated health profiles for all upper tier/unitary councils in the country. The profile ([available here](#)) gives a picture of people's health in Nottingham and is designed to act as a 'conversation starter'. The profile highlights some of the challenges we know we face in Nottingham, where there is still much for us to do.

The profile also highlights the levels of deprivation in Nottingham, with Nottingham identified as one of the 20% most deprived districts/unitary authorities in England. 29.5% (17,555) of children live in local income families. Comprehensive summaries of the most recent indices of deprivation (published September 2019) are available on [Nottingham Insight](#).