

Enter the Health & Wellbeing Awards 2018



With categories representing the breadth and reach of public health projects and programmes, the Health & Wellbeing Awards is the UK's premier awards scheme for promoting health and wellbeing.



Entering will provide your team and organisation with the opportunity to gain formal recognition for their contribution to public health.

Visit www.rsph.org.uk/health-and-wellbeing-awards or email awards@rsph.org.uk to find out more and to register your interest.

RSPH

ROYAL SOCIETY FOR PUBLIC HEALTH

AWARDS 2017

CHAMPIONING THE
PUBLIC'S HEALTH

Thursday 19 October 2017
East Wintergarden, London

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The techniques used by **Connect 5** are underpinned by the **Five Ways to Wellbeing** and a cognitive behavioural model for understanding stress, distress and learning tools for self-management.

Connect 5 training is tailored to the needs of your staff – and can take place for between one and three days depending on who it is for and how much support they can provide.



For more information on **Connect 5** and how it can benefit your team please contact JGuassardo@rsph.org.uk or call 020 7265 7333



Foreword

Message from RSPH Vice President and Chief Executive

Now in our 10th year, we are delighted to welcome you to the RSPH Awards 2017. This evening celebrates some of the incredible achievements from individuals and organisations across the UK who work tirelessly to improve and protect the public's health.

Our awards continue to shine a light on innovation and excellence to support the public's health, and we hope that tonight you will be inspired by some of the remarkable work which is taking place locally, nationally and virtually.

We were very pleased to receive a record number of submissions to this year's Health & Wellbeing Awards, representing the public, private, and voluntary and community sectors. The judges were truly spoilt for choice with the high quality of entries across all six categories.

Previous award winners and nominees recognise the high regard with which the Health & Wellbeing Awards are held, and to be nominated as a finalist is a mark of excellence. Once again, we are delighted that the Public Health Minister's Award will again be presented to the stand-out winner of one of the categories. And for the first time, we are also pleased to welcome two commendations from Public Health England to recognise outstanding work in reducing inequalities and sustainable development.

Complementing this night of celebration, we have some great entertainment including dancing from the Karen Harding Dance Studios, some words of humour provided by David Travers QC, and the launch of our new film, 'The Public's Health Across the Life Course', made in collaboration with our partners, ITN Productions.

So, on behalf of RSPH, we would like to thank you for your support and to wish you an enjoyable, entertaining and inspirational evening!



Professor Lord Patel of Bradford OBE
Vice President, RSPH



Shirley Cramer CBE
Chief Executive, RSPH

Programme



Natasha Kaplinsky



Graham Rushbrook



Karen Hardy



David Travers QC

Drinks reception: 6pm

Dinner: 7pm

Hosted by: Professor Lord Patel of Bradford OBE and Natasha Kaplinsky

ITN Film: Introduced by Shirley Cramer CBE, Chief Executive, RSPH

Health & Wellbeing Awards:
Introduced by Graham Rushbrook, Chair of the Awards Programme

Public Health England Commendations:
Presented by Duncan Selbie, Chief Executive of Public Health England

Public Health Minister's Award:
Presented by Steve Brine MP

Entertainment: Karen Hardy Dance Studios and after-dinner speaker David Travers QC

Carriages: 10.30pm

Menu

Starter

Citrus Cured Salmon, Salmon Citrus Gravlax, Rye Bread, Lemon Dill Dressing

(V) Heritage beetroot, Terrine, Goat's Curd, Pickled Beetroot Puree, Horseradish

Main

Autumn Chicken, Wild Mushrooms, Truffle Gnocchi, Summer Greens, Light Jus

(V) Butternut Squash Ravioli, Pumpkin Seeds, Pinenuts, Sage Oil

Dessert

English Apple and Cinnamon, Tart Tatin, Cinnamon Ice Cream

Wines

The War Horse Chenin Blanc, Stellenbosch, South Africa, 2016
The War Horse Shiraz, Stellenbosch, South Africa, 2013



Health & Wellbeing Awards – 2017 finalists

Arts & Health Award

CREATIVE FUTURES (UK) LIMITED MUSIC FOR CHANGE



Music for Change is a multi-stranded arts-based programme tackling low levels of school readiness, poor speech, language and communication

development, and low levels of family engagement among children aged 0-4 years and their families in one of the most deprived parts of central London. (Photo: Paul Grover for Creative Futures)

LIVE MUSIC NOW A CHOIR IN EVERY CARE HOME



A Choir in Every Care Home is a UK-wide initiative which supports innovative, sustainable and effective music interventions for older people. Supported by

35 national organisations including the CQC, it has created the largest ever review of published evidence about music for older people and several practical toolkits. (Photo: Jonny Campbell)

UNIVERSITY COLLEGE LONDON AND CANTERBURY CHRIST CHURCH UNIVERSITY MUSEUMS ON PRESCRIPTION



Museums on Prescription addressed issues of loneliness and social isolation in vulnerable older adults. Participants referred by health, social care and

third sector organisations, took part in 10-week programmes of museum-based sessions located in central London and Kent consisting of tours, talks and creative activities inspired by the collections. (Photo: University College London)

Community Health Development Award

ACTES TRUST TRENDING



Trending is a new concept clothing bank, providing good quality clothing to people in Middlesbrough so that they can be better equipped for employment,

education and training. People bid for items through a Facebook page and collect clothing from the boutique-inspired Trending shop, enabling people to accept clothing donations with dignity. (Photo: Actes Trust)

MYTIME ACTIVE ACTIVE LOCAL LINKS



Active Local Links is a project based on the Isle of Dogs that sets out to address health inequalities through asset-based community development.

The project acts as a catalyst to release the potential of residents and local partners and ultimately develop Active Local Linkers who champion health and wellbeing in their community. (Photo: Mytime Active)

THE FRIENDS OF HEDNESFORD PARK THE SIGNAL BOX COMMUNITY EDUCATIONAL HUB



Through the Signal Box Community Educational Hub, The Friends of Hednesford Park holistically targets health issues through free weekly activities for

vulnerable adults and young people. Supported volunteers then provide community events in the park and the local community. (Photo: The Friends of Hednesford Park)

Health & Wellbeing Awards – 2017 finalists

Healthier Lifestyles Award

EVOLVE: A SOCIAL IMPACT COMPANY PROJECT HE:RO (HEALTH ENGAGEMENT: REAL OUTCOMES)



Project HE:RO addresses physical, emotional and cognitive health challenges faced by children aged between 5 and 11 through the placement of highly

trained and motivated Health Mentors in schools. The programme currently operates in Birmingham, Bradford, Cardiff, Coventry, Lincoln, London, Nottingham, Sandwell, Scunthorpe and Wolverhampton. (Photo: Evolve 2017)

LIVEWIRE (WARRINGTON) CIC FIT TO TACKLE



Fit to Tackle is a targeted weight management programme for inactive, obese males in disadvantaged areas of Warrington. Initially a 12

week pilot, it has developed into a sustainable outcomes model: the cornerstone of changing perceptions in terms of physical and mental health, social wellbeing and partnership working. (Photo: Livewire)

PUBLIC HEALTH DIETITIANS IN WALES NUTRITION SKILLS FOR LIFE



The all-Wales Nutrition Skills for Life™ programme provides training and initiatives to support community workers, volunteers and

peer leaders to promote healthy eating across the life course. By training those who understand the needs of local people, communities across Wales are empowered to access a healthy diet. (Photo: Public Health Dietitians in Wales)

Public Mental Health & Wellbeing Award

ADDACTION UK MIND AND BODY



Mind and Body is an early intervention programme that supports young people involved in or deemed vulnerable to self-harming behaviours. Mind and

Body is currently delivered across Kent, Cornwall and Lancashire and helps participants to talk openly about mental health, reducing stigma and helping them develop more positive coping strategies. (Photo: Addaction UK)

MOSAIC CLUBHOUSE MOSAIC CLUBHOUSE



Since 1994, Mosaic Clubhouse has helped people affected by mental illness to increase their engagement and participation in the local

communities in the London Borough of Lambeth. This initiative supports people living with a mental illness to have a productive and satisfying quality of life. (Photo: Mosaic Clubhouse)

THE READING AGENCY AND THE SOCIETY OF CHIEF LIBRARIANS READING WELL BOOKS ON PRESCRIPTION



Reading Well Books on Prescription helps people manage their health and wellbeing through recommending helpful reading. The books can be

recommended by a health professional or users can self-refer, and titles are available to borrow for free from public libraries in England. (Photo: The Reading Agency)

Health & Wellbeing Awards – 2017 finalists

Technology & Health Innovation Award

BEST BEGINNINGS BEST BEGINNINGS



Best Beginnings aims to inform and empower parents and professionals to reduce health inequalities, so that all children in the UK have the best start in life,

by creating and distributing engaging digital resources that are fully endorsed and recommended by healthcare professionals, training healthcare professionals and influencing policy. (Photo: Best Beginnings)

HEALIOS HEALIOS



Healios is a specialist provider of psychological services focused on delivering improved outcomes and user experience for people

affected by mental illnesses. It is the only provider of online Family Intervention (FI), enabling patients and their families to access the same high quality care no-matter where they are in the country. (Photo: Helios)

SOLUTIONS 4 HEALTH FALLSFREE4LIFE: QTUG TECHNOLOGY



FallsFree4Life (FF4L) aims to provide early detection of falls risk using innovative QTUG technology and prevention interventions to lower risk, prevent hospital

admissions, and reach BME populations. Both Bracknell Council and Slough have commissioned FF4L for their 65+ years and 60+ years residents respectively. (Photo: Solutions 4 Health)

Workplace Health & Wellbeing Award

NESTLÉ UK AND IRELAND NESTLÉ UK AND IRELAND EMPLOYEE HEALTH & WELLBEING PROGRAMME



Nestlé UK and Ireland's Employee Health & Wellbeing Programme holistically promotes healthy behaviours and helps employees develop a broad

understanding of health improvement, so that they can make informed choices about their health and live longer and more productive lives. (Photo: Nestlé)

PIONEERING CARE PARTNERSHIP BETTER HEALTH AT WORK AWARD COUNTY DURHAM



The Better Health at Work Award provides a structured approach to tackling health inequalities in the workplace. A range of interventions/ campaigns (e.g. diet

nutrition and mental health) are delivered and advocates recruited/trained to champion health/ wellbeing activities, currently in over 60 workplaces across County Durham. Benefits of the Award include reducing absenteeism and improving staff morale. (Photo: Pioneering Care Partnership)

SOUTHAMPTON SOLENT UNIVERSITY SOLENT HEALTH



Southampton Solent University's health promotion service recognises that the settings in which people live their daily lives are crucial in determining their health. It

works to create supportive environments for health via a wide range of programmes, helping the university community to take more control over, and improve, its health. (Photo: Southampton Solent University)

Health & Wellbeing Awards judging panels

RSPH is extremely grateful for the commitment and expertise of the following professionals and experts who took part in the judging panels for the Health & Wellbeing Awards 2017.

Chair of the Awards Programme: Graham Rushbrook

Arts & Health Award

Daisy Fancourt (Chair)
Peter Ellis
Tim Osborn
Nick Ponsillo

University College London
Hospice in the Weald
Breathe Arts Health Research
University of Chester

Community Health Development Award

Richard Shircore (Chair)
Ruth Crabtree
Catherine Maxwell
Toks Okeniyi

Health Promotion
Yorkshire Ambulance Service
Any Body Can Cook
Forward

Healthier Lifestyles Award

Jamie Sadler (Chair)
Mark Cummings
Robbie Currie
Penny Dane
Parminder Grewal
Ed Morrow
Alia Nessa

Food Nation CIC
Kent Community Health NHS Trust
Bexley Care Trust
Plymouth and Devon Racial Equality Council
Leeds Council
[Royal Society for Public Health](#)
Leeds Health for All

Mental Health & Wellbeing Award

Simon Bartfoot (Chair)
Danielle Garcia
Sophia Lowes
Jude Stansfield

East Herts Council
IWM North
RSPH
Public Health England

Technology & Health Innovation Award

Tracey Herd (Chair)
Nelly Araujo
Steve Boorman
Claire McDonald

Men's Health Specialist
RSPH
Empactis
Behaviour Change and Engagement Specialist

Workplace Health & Wellbeing Award

David Bates (Chair)
Rachel Faulkner
Amy McKeown
Anna Zilnyk

RSPH
Cornwall Council
Ernest & Young LLC
RSPH

Public Health England Commendations

This year for the first time, finalists for the Health & Wellbeing Awards will also be considered for two special commendations given by Public Health England.

These commendations will be made for outstanding contributions to:

- Reducing Inequalities at Community Level
- Sustainable Development

The recipients of the 2017 commendations have been selected by a Public Health England Award Committee consisting of a number of public health experts.

The committee reviewed all of the shortlisted entries against strict criteria to ensure that the projects were exemplars in each commendation's field.



Photo: Guzelian

"The commendations we have awarded cover two critical responsibilities for everyone in public service; reducing inequalities and sustainable development. Tonight's award-winning organisations have demonstrated that they are doing an exceptional job in addressing them."

Duncan Selbie

Chief Executive of Public Health England

Public Health Minister's Award

Launched in 2014 and developed in partnership by the Department of Health and RSPH, the Public Health Minister's Award recognises and rewards excellence and innovation in public health programmes delivered by organisations across all sectors and in settings, such as workplaces, schools, care homes, hospitals and the community.

The 2017 winner has been selected from a shortlist made up of this year's category winners of the Health & Wellbeing Awards by a Department of Health Award Committee led by Steve Brine MP, Parliamentary Under Secretary of State for Public Health and Primary Care.

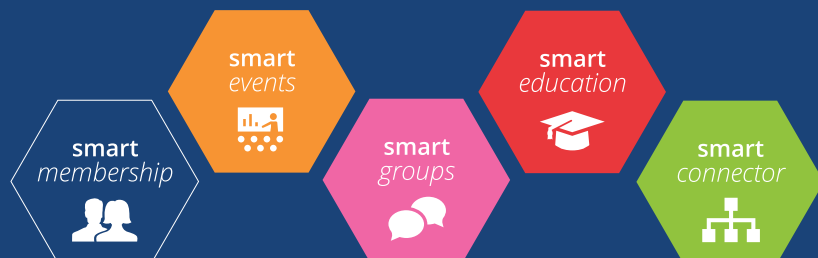


"I am delighted to have been involved in judging the shortlist for the Public Health Minister's Award 2017. The category winners of this year's Health & Wellbeing Awards, from which the winner is chosen, are all inspiring projects that have contributed to improving the public's health and wellbeing and deserve our celebration."

Steve Brine MP

Parliamentary Under Secretary

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”

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Public Health Journal Award **supported by Elsevier**

Public Health is an international, multidisciplinary peer-reviewed journal and one of the world's longest established public health publications, having been published since 1888.

The Public Health Journal Award recognises the most downloaded article of the previous full year.

The 2017 award goes to Professor Michael Kelly of the University of Cambridge and Dr Mary Barker of the University of Southampton for their paper 'Why is changing health-related behaviour so difficult?'



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*Sources: The Legal 500 2016, Chambers & Partners 2017

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Featuring illustrations by Gin Lane 2016 artist **Thomas Moore**
and audio version by actor **Michael Sheen**

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VISION, VOICE AND PRACTICE

What does the future
look like if we don't take action now
on the things that shape our health and wellbeing?

health: from here to where?

RSPH and the Health Foundation invited creative writers to
imagine that future – and inspire leaders of
tomorrow to change it.

Enter this dystopian future now at **fromheretowhere.org**

Project funded by the Health Foundation

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The Public's Health Across The Life Course

For a third consecutive year, RSPH and ITN Productions have produced a news and current affairs-style programme bringing to life the continuing efforts of a range of partners to improve and protect the public's health.

There is a continuing need to both address the social determinants of health at every stage, and educate people of all ages on issues ranging from the impact of social media on teenagers, to the importance of a health-promoting workplace. 'The Public's Health Across The Life Course' explores how health

professionals, local and national government, the voluntary and community sector and communities themselves are working vigorously to achieve a healthier nation.

Anchored by Natasha Kaplinsky, this news-style programme talks to a number of key players in the public health field, and looks at the work being undertaken by RSPH and others to champion the public's health across a broad range of issues.

Visit www.rsph.org.uk/itn-film-2017 to watch the full programme.

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