



TED^xNHS

^x = independently organized TED event

Shaping Our Legacy

For the NHS, by the NHS

70
YEARS
OF THE NHS
1948 - 2018

Welcome to

TEDx

NHS

2018

We are delighted to welcome you to
TEDxNHS 2018 - Shaping Our Legacy.

There are amazing people in our NHS with inspirational experiences and aspirational ideas. TEDxNHS brings these people together once a year on a national stage to share their stories, so that we leave inspired to think differently, dream bigger, and design better for the population we serve.

It's been a momentous year as the country has united in celebrating the 70th birthday of the NHS. The NHS70 campaign has been a wonderful opportunity to look back on the revolutionary beginnings of our National Health Service, to acknowledge the 'everyday extraordinary' undertakings of our incredible workforce, and to recognise the innovations that are supporting a future of infinite possibilities.

This is reflected in today's fantastically diverse range of TEDx talks and performances. We'll be exploring the theme of 'Shaping Our Legacy' through three exciting and emotive topics:

- **Infectious ideas: disruptive innovations that go viral**
- **Untold stories: the everyday extraordinary**
- **Evolution: imperfections, resilience, and learning to adapt**

We hope that TEDxNHS 2018 inspires you to innovate, disrupt, and challenge current practice in your own organisations. Together, we're Shaping Our Legacy.

TEDxNHS 2018 Organisers



Alex Prinsley



Mark Gregson



Rebekah Tailor



Stephanie Rich

TEDx was created in the spirit of TED's mission, 'ideas worth spreading'. TEDx supports, and grants a licence to, independent organisers who want to create a TED-like event for themselves. TEDxNHS, which produces an annual event for NHS employees, reapplies to TEDx each year for its licence, and works closely with the US-based team to ensure that our events continue to develop and improve.

Infectious Ideas

disruptive innovations that go viral



Alex Welsh

A former professional footballer and teacher, Alex is currently Chief Executive of London Playing Field Foundation with whom he has been an employee since 1989. A part-time coach at Tottenham Hotspur Academy, and the author of two books, he has written several courses for The Football Association on coaching, administration and community development. Coping Through Football, one of a number of innovative projects devised by LPFF, helps people with significant mental health issues to get their lives back on track. Delivered in association with North East London Foundation Trust over four London boroughs, it is the most researched football and mental health project.

@TheLPFF



Andi Orlowski

Andi Orlowski is Head of Business Intelligence at an Academic Health Science Network in London. His work ranges from uncovering health inequalities and opportunities to improve NHS services, to helping small and medium-sized enterprises and larger healthcare private companies better understand their market, and how to best access it. He endeavours to create equitable, timely and easily interpretable access to data sets to the broadest group of stakeholders as possible. Andi is also a Senior Population Health Analytics Advisor at NHS England, and is currently studying for his Masters in Health Economics, Policy and Management at the London School of Economics.

@andrzeio



Diane Ashiru-Oredope

Diane Ashiru-Oredope is the Lead Pharmacist for the Antimicrobial Resistance Programme (AMR) at Public Health England. Since 2014 she has led the development of a national (now international) innovative behaviour change initiative, called 'Antibiotic Guardian'. Without a budget, but through effective use of networks and collaborative working, she has secured pledges from more than 60,000 individuals in the UK and abroad, to contribute to the fight against antibiotic resistance. Passionate about developing and championing others, Diane has been Public Health England's nominated mentor on the Business in the Community (BITC) National Cross Organisation mentoring circles for the last two years. She is also a mum of two young children who keep her very busy outside of work.



Hannah Burd

Hannah is a Senior Advisor at the Behavioural Insights Team (BIT) working on projects in partnership with the NHS. Prior to joining BIT, Hannah was an NHS Graduate Management Trainee where she worked in an acute hospital and an ambulance trust. After a brief flirtation with a career in HR, Hannah found she just couldn't stop getting involved with service and quality improvement projects. She developed and implemented improvement projects in all her roles in the NHS including in the Department of Health's Behavioural Insights Team. She has also worked in policy teams at the British Academy and Measure of America. She holds a Geography BA from the University of Cambridge, and an MSc in Social Policy and Interventions from the University of Utrecht.



Jane Anderson

Jane Anderson is a consultant physician in HIV medicine at Homerton University Hospital NHS Foundation Trust in Hackney, East London, and has honorary academic appointments at Barts and the London School of Medicine and Dentistry, and at University College London. Jane has spent her working life in London, qualifying from St Mary's Hospital, and becoming senior lecturer at St Bartholomew's Hospital Medical College. She established the first dedicated HIV service in East London before transferring to Homerton Hospital to setup and direct the Centre for the Study of Sexual Health and HIV. Between 2013 and 2016 Jane undertook a part time secondment to Public Health England, and in 2016 became a Visiting Fellow at The King's Fund. Jane is chair of the National AIDS Trust, a past chair of the British HIV Association and an Assistant of the Worshipful Society of Apothecaries.

@ProfJAnderson

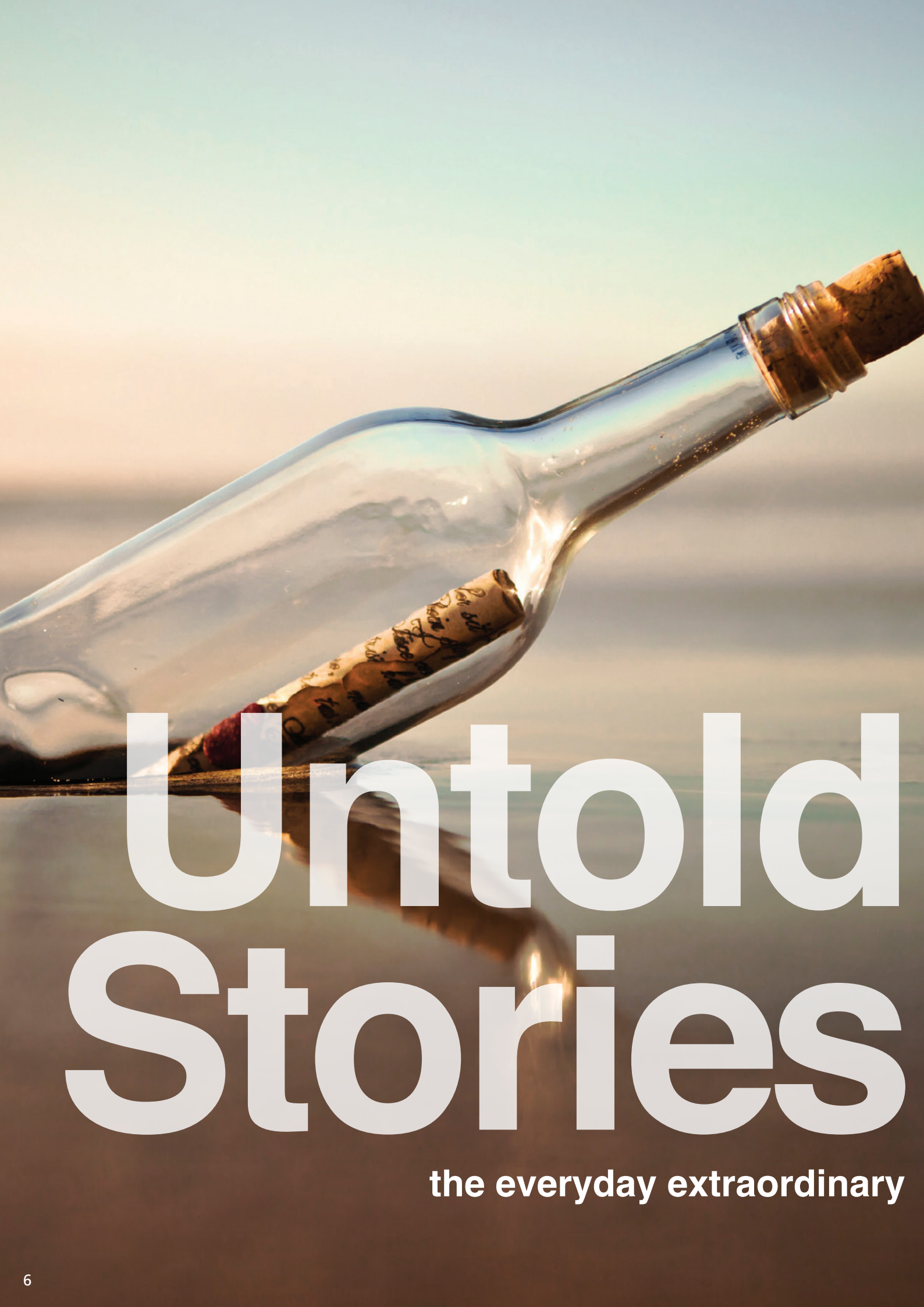


Michael Seres

Michael is the founder of 11 Health, the world's first ostomy digital platform company focused on helping patients with long term chronic conditions who are connected to medical bags. He was diagnosed aged 12 with the incurable bowel condition, Crohn's Disease. In late 2011 he became the eleventh person to undergo a small bowel transplant in the UK at The Churchill Hospital in Oxford. More recently he is a two-time cancer survivor.

Michael started blogging about his journey, and is a published author and patient mentor. He was the Co-Chair of NHS Digital Services User Council and helped implement the first Skype clinics in the UK. In 2015 he was announced as Stanford Medicine X first Patient-in-Residence, and is an Executive Board member.

@mjseres



Untold Stories

the everyday extraordinary



Charlotte Kemp

Charlotte Kemp is a Consultant Clinical Scientist, and Head of the Clinical Measurement Section of the Medical Physics Department at South Tees Hospitals NHS Foundation Trust. She leads her section in delivering and developing safe and effective specialist services in line with clinical need and the strategic requirements of the Trust. Charlotte has worked as a scientist for more than 15 years, completing a PhD in sleep and brain activity in 2009, becoming a Chartered Engineer in 2015, and was one of the first Chief Scientific Officer's Fellows in 2016. She is passionate about using her skills as a scientist and engineer to help transform NHS services for the benefit of patients.



Hannah Barham-Brown

Hannah Barham-Brown is a junior doctor, and Deputy Chair for Professional Issues of the British Medical Association's Junior Doctors Committee. Before medicine, she graduated from Durham University with a BA Hons in Combined Arts, and from Northumbria University with a BSc Hons in Paediatric Nursing.

As a #WonkyMedic, Hannah advocates for people with disabilities in the NHS and society. She's also Ambassador for disability charity 'My AFK' (Action for Kids). Hannah regularly works with the media: She blogs for HuffPostUK, writes for national newspapers, and appears on news reports internationally. She campaigns for better access for wheelchairs, having crowdfunded for her own chair.

While shamelessly using her disability as an excuse to skip 'leg day', she's completed a disability triathlon and a 10k run...so far.

 [@HannahPopsy](#)



Jackie Marshall

Jackie Marshall has 30 years' experience working as a qualified nurse, initially working in operating theatres, later qualifying as a district nurse, then as clinical nurse specialist in both Oncology and Palliative care. Jackie is currently employed as an Associate Director of Nursing at Whipps Cross University Hospital (Barts Health NHS Trust). In her spare time Jackie has been working with the First Aid Support Team to provide first aid to refugees in Calais and Dunkirk.



Naveed and Samiya Parvez

Naveed and Samiya Parvez's journey began when their son, Diamo, was born in 2003. Diamo was diagnosed with severe developmental delay. He was quadriplegic, and had very little head control, requiring orthotic support. Through their heartfelt experience of the impact this had on Diamo's everyday life, they sought a solution for themselves. Through scanning and 3D printing, they have developed a system to create tailor-made orthotics that take weeks (rather than months) to produce. They are designed to fit a growing child, and to improve the child's quality of life. Sadly, Diamo passed away in 2012, but Naveed and Samiya have formed their company, 'Andiamo', in his memory to support the needs of children globally.

 [@AndiamoHQ](#)



Prof. Derek Prinsley

Prof. Derek Prinsley (AM) qualified as a doctor in 1942. Months later he was drafted into the RAF as a Medical Officer serving in England and the Middle East, and served for four years. Returning to North Yorkshire in 1947, he continued his career in medicine. His experience and his courage to challenge, reinvent and pioneer would see him establish geriatric medicine as a distinct discipline, which understands the unique needs of older people. In doing so, he 'incidentally' set up a dedicated unit for younger, chronically disabled people, became a World Health Organisation Fellow, advised on geriatric dietetics, and set up the first day-hospital in the United States. During his career Derek worked in England, before and after the NHS formed, Australia and America, as well as many developing countries as a WHO fellow. Aged 97, he now lives in Melbourne where in 2014 he was honoured as a Member of the Order of Australia in the Queen's Birthday Honours for services to medicine.



Evolution

imperfections, resilience and learning to adapt



Aaron Brown

Aaron Brown was the first person with Cystic Fibrosis to qualify and join the Royal College of Surgeons. He qualified as a surgeon in 2010, just two years after leaving medical school. He subsequently trained in General Practice and became a GP in 2014. He is now a GP Partner, elected Chair of the local LMC (GP political body), and started his own company to improve ear care in the community. Recently he won a place on the NHS England Clinical Entrepreneur Programme. He is also a proud husband and father of two.

 [@DoctorCF](#)



Amy Overend

Since qualifying as an adult nurse, Amy has worked across both adult and neonatal intensive care settings. Since moving into neonatal care, Amy has since become a specialist nurse, looking after sick and premature babies. Now in neonatal intensive care, she has expanded on her role within the field. Amy is currently a Trustee, and Non-Executive Director at Bliss, the sick and premature baby charity. She also contributes to the All Parliamentary Party Group for Baby Loss. In addition to these roles, Amy holds a place on the British Association of Perinatal Medicine Quality Collaborative Board; as well as being an expert reviewer for the National Institute for Health Research. Amy also created 10 Things To Know, a supportive platform for NHS professionals to share ideas to help improve staff wellbeing and coping strategies.

 [@AmyOverend](#)



Chris Turner

Chris is consultant in emergency medicine at University Hospitals Coventry and Warwickshire NHS Trust. He is interested in governance and high-performing teams. These interests led him on a journey from Mid Staffs to founding Civility Saves Lives. This is a campaign that aims to raise awareness of the impact we have on each other in healthcare. He runs Civility Saves Lives with Joe Farmer, Penny Hurst and Jo Dawson, and all have been struck by the enthusiasm with which their message has been embraced across the NHS. They are proud to be part of the Learning From Excellence movement.

 [@orangedis](#)



Dan Smith

Dan has worked in the NHS since 1997. Since qualifying as a Paramedic in 2002 he has held a number of leadership roles in the North West Ambulance Service (NWAS). In 2009, Dan was appointed as one of the first Advanced Paramedics in NWAS, and he is currently the Area Consultant Paramedic for Greater Manchester, responsible for clinical leadership, quality, practice development and professional standards across the area. Dan holds a BSc in Contemporary Health Practice, an MSc in Advanced Practice, with specific interests in leadership, end of life care, and law. Dan is also a Tactical Commander for NWAS, and is an Honorary Lecturer for Edge Hill University.

 [@NWAmb_Dan](#)



Imran Sajid

Imran is a physician who works in various settings, from clinical practice as a generalist with expertise in psychotherapy and pain medicine, to teaching, system design and healthcare commissioning, working to bridge the evidence-policy gap. Building upon over a dozen undergraduate and postgraduate accreditations, he continues to study a range of disciplines, including philosophy, ethics, psychology, behavioural economics, diagnostics, and statistics. He draws upon these different domains to better understand motivation, purpose and flourishing, as well as how to support decision-making.

 [@imransajid](#)



Hannah Thornton

Hannah works as a Communications and Toolkit Officer at South Yorkshire Housing Association where she is also involved in the Big Lottery funded project Age Better in Sheffield. After graduating from the University of Sheffield with a first-class degree in music in 2016, Hannah enjoys a variety of musical activities in her free time. When she's not working, Hannah can be found exploring the best of what Sheffield has to offer, from live music to volunteering, food markets to theatre, and many beautiful sunsets in the Peak District.



Performers



Amal Lad

Amal believes that music speaks a language beyond words, and can connect with a diverse audience on a human level. He aims to use music to help connect people with their own feelings of health, and use it as a tool to improve mental and physical wellbeing. Amal's debut album "Complex Simplicities" was featured on BBC Introducing in 2012, and he has since composed music for various projects ranging from theatre productions to short films. He is currently training to be a GP in the West Midlands area.



ELFT Beats

ELFT Beats are a drumming group created within East London NHS Foundation Trust. The group is formed by ELFT Staff, service users, and supported by the expertise of the Pandemonium Olympic Drummers. Many ELFT staff volunteered in the London 2012 Olympics. One of the legacies from this is the continuation of the Pandemonium drummer group, which a number of staff are still part of.



New Note

New Note are an award-winning charity project based in Brighton. They use music to help people who have faced addiction issues. Their musicians have faced many barriers, including homelessness, isolation and mental health issues, and use music to reconnect to themselves, their families and the wider community.



Paul Martin

Paul is currently studying a Paramedic Practice degree at University. Previously, he was in the Royal Navy, and now works part-time as a carer for autistic adults. It was through this work that Paul realised he had skills in patience and compassion, and a friend suggested that a career as a Paramedic might suit him. He hasn't looked back, and is looking forward to qualifying in a few years' time.

Paul's love of music stems from his time in the Navy, when his friend introduced him to Oasis' Wonderwall. Since then, he has been hooked, playing in bands, and performing at open-mic nights. His musical highlight was being able to play his wife's favourite song, Wichita Lineman, at their wedding.

Programme

Session 1

ELFT Beats

Welcome by Rebekah Tailor, Mark Gregson and Stephanie Rich, TEDxNHS co-organisers

Infectious Ideas - disruptive innovations that go viral

Alex Welsh, Andi Orłowski, Diane Ashiru-Oredope, Hannah Burd, Jane Anderson, Michael Seres

BREAK 14:45

13.00

Session 2

New Note

Alex Prinsley TEDxNHS Co-organiser

Untold Stories - the everyday extraordinary

Prof. Derek Prinsley (Film)

Charlotte Kemp, Hannah Barham-Brown, Jackie Marshall, Naveed & Samiya Parvez

Amal Lad (Guitarist)

BREAK 17:00

15.30
(soft start - 15:15)

Session 3

Evolution - imperfections, resilience and learning to adapt

Aaron Brown, Amy Overend, Chris Turner, Dan Smith, Imran Sajid, Hannah Thornton

NORA (Film by Adnan Raja)

CLOSE 19:30

17.45
(soft start 17:30)

Dinner and drinks

19.30

TED talks to be played throughout the programme:



Nilofer Merchant

Got a meeting?
Take a walk



Adam Grant

The best teams have
this secret weapon



Stacey Kromer

The best gift I
ever survived



Derek Sivers

How to start a
movement

Thank you to the TEDxNHS 2018 Steering Group...

The TEDxNHS Steering Group has been created to provide long-term strategic direction and leadership to the TEDxNHS organising team, which changes on an annual basis. The Steering Group, comprised of previous TEDxNHS organising leads, founding members and partners, aims to enable cumulative learning from one organising team to the next.

The Steering Group meets every two months, and is chaired by the current TEDxNHS organising team leads. Membership is reviewed annually.

The TEDxNHS 2018 organising team would like to thank the Steering Group for the advice and support they have provided over the course of the year:

- Amy Darlington, Imperial College Health Partners
- Prof. Becky Malby, London South Bank University
- Jon Holley, TEDxNHS Founder and 2016 Organiser
- Kirsten Armit, Faculty of Medical Leadership and Management
- Manpareet Dhaliwal, Central and North West London NHS Foundation Trust
- Dr. Manpreet Bains, TEDxNHS Founder and 2016 Organiser
- Dr. Pablo Kostelec, 2017 Organiser
- Sheena Visram, 2017 Organiser

TEDxNHS 2018 Team

Team Leads

Leads support and work closely with co-organisers in the four areas to ensure TEDxNHS is the success it is today.



Tahreema Matin
Curation



Sophie Chung
Production



Naveen Keerthi
Sponsorship



Henry Ireland
Communications

Team members



Aditya Aggarwal
Communications



Aliya Kaaba
Production



Allegra Chatterjee
Curation/
Sponsorship



Anna Babic
Production



Ayse Gungor
Sponsorship/
Curation



Denis Duignan
Communications/
Curation



Eliza Hinchcliffe
Communications



Henry Gu
Curation



Justin Hayde-West
Communications



Katie Harrison
Communications



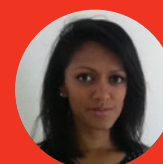
Lauren Martin
Sponsorship



Merwaan Chaudhry
Curation



Naveen Dosanjh
Curation



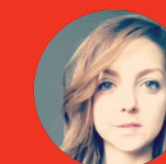
Rayna Patel
Sponsorship



Sally Morgan
Curation



Simon Fleming
Curation



Stela Chervenкова
Production

TEDxNHS is run on a voluntary basis by NHS staff. Our fantastic events are only possible through the generosity of our supporting organisations, Strategic Partners and Sponsors.

Strategic Partner:



Supporting Organisations:



Production:



Sponsors:



Sponsors in Kind:



To find out how you can support TEDxNHS and get involved in this inspirational movement for the NHS, by the NHS, email partnerships@tedxnhs.com



