

15 August 2017, London

WILTON'S
MUSIC HALL



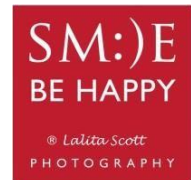
TED^xNHS
x = independently organized TED event

**INSPIRED
BY
PEOPLE**

Strategic Partner



Production and Planning



Refreshments



With special thanks to





We are delighted to welcome you to TEDxNHS 2017: ***Inspired by People.***

There are amazing people within our NHS who have inspirational stories and aspirational ideas.

In a time of upheaval, TEDxNHS aims to bring these people together once a year to share their stories on a national stage so we leave inspired to think differently, dream bigger and design better for the population we serve.

We are on a mission to learn from failure, overcome barriers, deal with the unknown, challenge perceptions on mental health, celebrate success and empower people in the NHS.

Today's event will take you on a journey through the following topics:

- ✦ Rising to the challenge
- ✦ Empowering the mind
- ✦ Embracing the unknown

We hope that today's talks and performances, as well as the people you meet, will inspire and embolden you to follow your dreams; whatever they might be.

Amazing people. Aspirational ideas. Inspired by People.

Kind regards,



Sheena Visram
Organiser / Curator



Pablo Kostelec
Organiser / Curator

WELCOME



PROGRAMME

13:00	Registration	
14:00	Welcome	
14:05	<i>Rising to the Challenge</i>	
	Derek Paravicini	The Pink Panther; Tiger Rag
	Nick Harding	Hand-me-down healthcare
	Molly Watt	Those excluded understand inclusion, like no other.
	Sheldon Steed	Connected health IS connected people
	<i>Video: Caroline Jones</i>	A tribute to nurses
	Matt King	These shoes were made for walking
	Derek Paravicini	The Piano Man
	Jo James	The feet of the swan
	<i>Video: Molly Case</i>	The last 1000 days
15:30	INTERVAL 1	
16:30	<i>Empowering the Mind</i>	
	Reena Kotecha	Inhale 1... Exhale 1...
	<i>Video: Sara Ramirez</i>	Rollercoaster
	Simon Fleming	The era of the bully is over
	Nicola Armstrong	"Where is it written, what it is I'm meant to be?"
	Amal Lad	Toy Soldier
	Paul Jennings	Words in the cracks
	Amal Lad	The Four Saints
17:30	INTERVAL 2	
18:45	<i>Embracing the Unknown</i>	
	Professor Chris Lavy	Global need in surgery and the NHS
	Rama Gheerawo	Humanising healthcare
	Nadine Haram	Necessity, the mother of invention
	Lance McCarthy	Good and Beyond
	<i>Video: Derek Sivers</i>	How to start a movement
	Beth Healey	Medicine and Mars
	Breathe	Magic Performance
20:00	Close (Wine Reception)	

Derek Paravicini - *Pianist*

BIO

Derek, now in his late twenties, was born premature, at 25 weeks, and weighing just over half a kilogram. As a result of the oxygen therapy required to save his life, Derek lost his sight, and his development was affected too. It later became apparent that he had severe learning difficulties. However, he soon acquired a fascination for music and sound, and, by the age of four, had taught himself to play a large number of pieces on the piano, of some melodic and harmonic complexity (such as 'Smoke Gets in your Eyes'). Almost inevitably, with no visual models to guide him, his technique was chaotic, and even his elbows would frequently be pressed into service, as he strove to reach intervals beyond the span of his tiny hands!



DEREK'S STORY

His enormous potential was recognised by Adam Ockelford, then music teacher at Linden Lodge School for the Blind in London. Soon, weekly and then daily lessons were arranged, in an extensive programme of tuition that was to last for several years. Painstakingly (through physical demonstration and imitation) Derek acquired the foundations of technique that were necessary for him to move forward. His natural affinity for jazz, pop and light music soon became evident; together with his improvisatory talents, ability to play in any key, and flair for performing in public!



Derek's first major concert was at the Barbican Halls in London, when he was just nine years old. He played jazz with the Royal Philharmonic Pops Orchestra. Numerous national and regional television appearances followed, in the UK and overseas. Most recently Derek featured in the series Extraordinary People (Channel 5, UK), on the Discovery Channel (Health) in the United States and on RTL in Germany. His increasing maturity both as a person and performer enabled him to give concerts in venues across England, in Europe and the United States; among them, Ronnie Scott's renowned jazz club in London and the Mandalay Bay Arena in Las Vegas, NV.

Derek's talent, love of music, and, above all, the ability to communicate through sound means he will continue to thrill audiences for years to come in the UK and abroad.

PERFORMER

Rising to the Challenge

Professor Nick J Harding OBE

Chair for Sandwell and West Birmingham CCG



With a compelling vision 'Healthcare without boundaries', Nick created an award-winning CCG recognised for its innovative culture and delivery winning HSJ CCG of the Year twice. He was founding GP Partner at Modality Partnership that is now moving quickly as a national primary care provider organisation. He has a real passion for creating a sustainable future for healthcare with general practice at its heart and has done a number of roles such as chairing specialised commissioning, evaluating new care models or driving through personally a leadership programme for West Midlands GPs to support their emergence as future leaders and help achieve change.

Molly Watt

International Ambassador/Advocate



My name is Molly Watt, 22 years old. I was once written off by society! However, today I am a tech/web, accessibility and usability consultant, a motivational speaker, author, illustrator, blogger, International Ambassador/Advocate.

Company Director, co-founder of Molly Watt Trust charity. Oh did I mention I'm deafblind.

Sheldon Steed

Entrepreneur, Philosopher and Father



Sheldon is a father of two boys with type 1 diabetes. He realised that the best way for people to manage diabetes, asthma or any long-term condition was to allow them to be better connected with their support, and digital tools connect us better. Sheldon tells how the digital platform his sons are using for their diabetes is connecting people with their clinicians. "Connected Health **IS** Connected People." Sheldon is the CEO of Mumoactive, a health tracking and communications platform. Mumoactive is part of DigitalHealth.London Accelerator and is working with NHS organisations across London.

SPEAKERS

Rising to the Challenge



Matt King OBE

Leading inspirational speaker, Author, Lawyer, Artist, Adventurer and Mentor

Matt King OBE is a leading inspirational speaker, author, lawyer, adventurer and mentor. Matt was paralysed from the neck down in an accident whilst playing rugby at the age of 17. He has since become a mouth painting artist, learnt to ski, competed in marathons and published his autobiography, 04.04.04. Matt shares with us his inspiring story of his journey from the rugby pitch to rehabilitation and recovery.



Jo James

Lead Nurse for Dementia

Jo James is the lead nurse for dementia at Imperial College Healthcare NHS Trust. She has just co-written a best practice guide for healthcare professionals looking after patients with dementia. Her story and ambition stem from her past experience with her own mother and the care she received. In her call to action she demonstrates what each and every one of us have the capability to achieve.

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Dr Amal Lad - *Musician*

PERFORMER



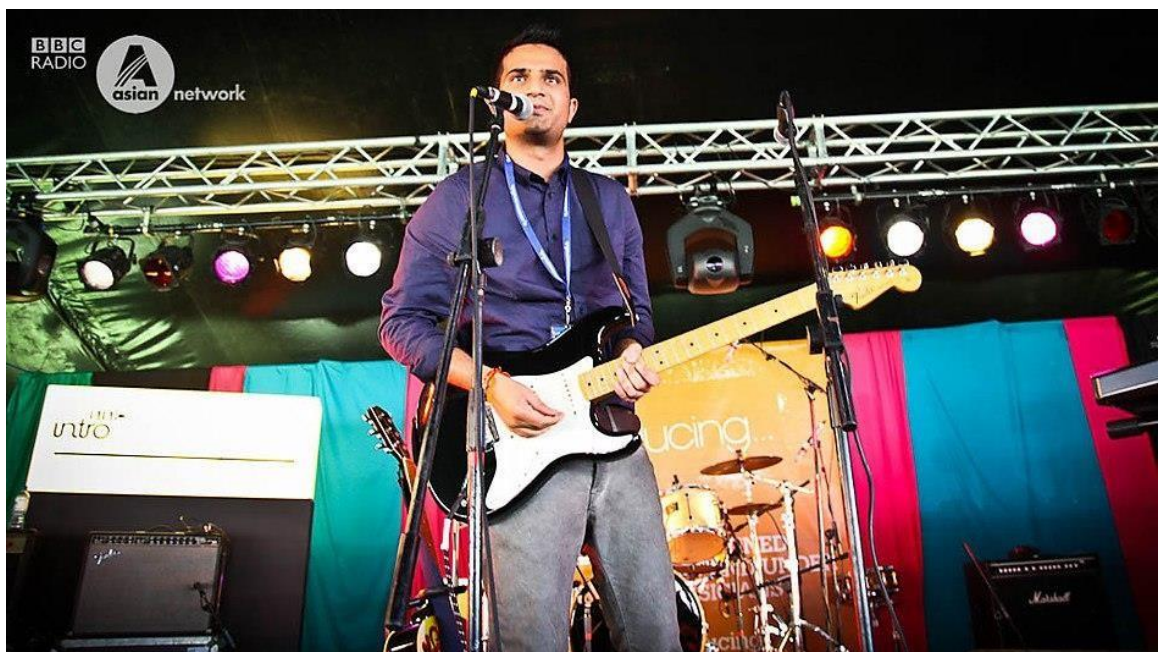
BIO

Amal Lad is a doctor with passion for exploring the collaboration between music and medicine. Amal believes in the power of music to improve health and wellbeing and is experimenting with how we can use music as a means of self-expression that can transcend words and connect us on a deeper level.

AMAL'S STORY

Aside from being a doctor, Amal is a guitarist and has been developing his sound alongside medical training. Amal is an NHS Clinical Entrepreneur fellow and his project titled "Meducasian" utilises film and music to change conversations around health within the British Asian community.

Amal has a strong passion for exploring the collaboration between music and medicine. "Hearing Tumours" is a track produced with his mother who has been suffering with a brain tumour and the music expressed her symptoms of headache, tinnitus and mood swings. "Experimental" is a concept music album which draws inspiration from a variety of medical and human themes from kidney stones to the effect of adrenaline on the heart. It is an experiment in to how we can use music as a means of self-expression that can transcend words and connect on a deeper level.





Reena Kotecha

Medic, Advocate

Reena Kotecha is a mindful medic. She speaks about her experience as a junior doctor and how this led her to learn about mindfulness meditation, encompassing teaching she received from the Dalai Lama. She has since gone on to design and develop the 'Mindful Medics' programme, to improve the health and wellbeing of healthcare professionals, empowering them to better care for others.



Simon Fleming

Orthopaedic Trainee and President of the British Orthopaedic Trainee Association

Simon Fleming has driven a national initiative to tackle behaviours like bullying, undermining and harassment. #HammerItOut is inspiring other specialties to challenge the status quo and change cultures. Supported by the Academy of Medical Royal Colleges, Royal Colleges of Surgeons and others, he aspires to create a just culture; better for staff, patients and the NHS.



Nicola Armstrong

Mental Health Services Advocate

Nicola Armstrong has an inspirational personal story having overcome a difficult start in life marked by mental illness enduring for decades. Following her recovery, she made a significant contribution to the health system, sharing her insight and helping to drive improvement in mental health services.



Paul Jennings

Specialist Mental Health Police Sergeant

Paul Jennings is a specialist Mental Health Police Sergeant with Hampshire Constabulary and an NHS Innovation Accelerator Fellow. He is co-leading the expansion of a new model of care called Serenity Integrated Mentoring (SIM), across community mental health teams in the UK, Holland and the United States. SIM integrates police officers and mental health nurses into specialist, intensive mentoring teams that encourages service users struggling with the highest levels of demand and risk to thrive, not just strive.

Embracing the Unknown

SPEAKERS



Professor Chris Lavy OBE

Orthopaedic and Spine Surgeon and Professor of Orthopaedic and Tropical Surgery

Chris Lavy trained as a GP then switched to surgery. He worked for 10 years in Malawi where he built a children's orthopaedic hospital and a regional college of surgeons. He set up a second orthopaedic hospital in Zambia and is building a third in Zimbabwe. He is currently Professor of Orthopaedic and Tropical Surgery at Oxford University.



Rama Gheerawo

Director for the Helen Hamlyn Centre for Design

Rama is an international figure within design, business and innovation. He is Director of the Helen Hamlyn Centre for Design at London's Royal College of Art, looking at how design can address some of society's toughest issues. He is in high demand as a keynote speaker internationally, and writes, curates exhibitions and runs workshops for audiences that range from students to business executives.



Nadine Haram

NHS Clinical Entrepreneur and Plastic Surgery Registrar

Nadine is an NHS Clinical Entrepreneur and plastic surgery registrar. She drew on her passion for innovation and global surgery and co-founded Proximie, an award winning augmented reality platform for surgeons, dubbed by CNN as the 'Future of Surgery'. Proximie allows doctors to virtually transport themselves in to any operating room to collaborate and train in real-time ensuring patients get the best care the first time every time and that crowdsourcing of surgical knowledge is seamless and accessible around the world.

Embracing the Unknown



Lance McCarthy

CEO, Princess Alexandra Hospital

Lance served as CEO at Hinchingsbrooke Hospital in Cambridgeshire between 2015 and 2017, with a powerful story on leading the organisation from being rated 'inadequate' to 'good' by the Care Quality Commission.

Lance is passionate about the NHS and advocates a people-centred approach in the provision of high quality care for all regardless of background and location. He has since moved on to become CEO of Princess Alexandra Hospital, Harlow, who are also currently in quality special measures.



Beth Healey

Doctor, Explorer

Meet the doctor who braved the remotest Antarctica in the name of space exploration. Beth Healey is a 29-year-old who returned to the UK in January, having spent more than a year on the ultra-remote Concordia base as the European Space Agency's research doctor. She thinks outside the box in making the impossible – possible...

SPEAKERS



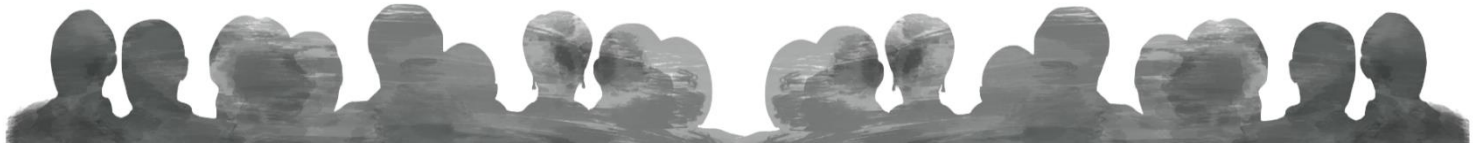
BREATHE MAGIC FOR YOUNG PEOPLE WITH HEMIPLEGIA: INTENSIVE THERAPY FOUNDATION

This programme offers 60 hours of 1-to-1 intensive therapy over a 10-day camp, followed by a total of 18 hours of monthly therapy over the following 6 months. Every magic trick we teach includes an occupational therapy exercise, and the buzz of becoming a magician gives young people a great incentive to repeatedly practice these important movements. Motor skills improve and confidence blossoms.



**MAGIC & WONDER
UNDERPINNED BY
SCIENCE**

PERFORMER



ADVISORY BOARD

The TEDxNHS Advisory Group has been created to provide a long-term strategic direction and leadership to the TEDxNHS management committee, and enable continuity of support and mentorship from previous TEDxNHS management committee members.

The board meets on a monthly basis, is chaired by the current organisers and membership is reviewed yearly.

In 2017, its membership consists of:

- ✦ Amy Darlington, Imperial College Health Partners
- ✦ Kirsten Armit, Faculty of Medical Leadership and Management
- ✦ Richard Holmes and Julie Haddon, NHS England Identity Team
- ✦ Mayi Macalou, National Medical Director's Private Office
- ✦ Yinka Makinde, DigitalHealth.London
- ✦ Manpreet Bains, 2016 Organiser
- ✦ Jon Holley, 2016 Organiser
- ✦ Gemma Self, 2016 Production Lead
- ✦ Beth Mackay, NHS Clinical Commissioners
- ✦ Rebekah Tailor, NHS Innovation Accelerator

The TEDxNHS 2017 organisers would like to thank the advisory board for all the advice and support provided over the course of the year.

TEAM



Pablo Kostelec
(Organiser/Curator)



Sheena Visram
(Organiser/Curator)



Fiona Woodhall
(Production Lead)



Matthew Grek
(Communications Lead)



Shamim Nassrally
(Sponsorship and
Partnerships Lead)



George Brighton
(Livestream Lead)



Rebekah Tailor
(Communications/
Livestream/ Curation)



Clair Chew
(Curation)



Alex Prinsley
(Production/Curation)



Bernice Knight
(Curation)



Yinka Makinde
(Curation)



Charlotte Refsum
(Curation)



Nazia Ahmad
(Production)



Emma Sterling
(Communications/
Livestream)



Harriet Nowak
(Production)



Clare Lyons Collins
(Curation)



Beth Mackay
(Curation)



Rebecca Cullen
(Production)



Ash Kalraiya
(Curation)



Axel Sylvian
(Curation)



Ilona Blee, Humans of the
NHS (Curation)



Pavitar Gandham
(Sponsorship)



Youssouf Oskrochi
(Sponsorship)



Matt Rigby
(Webmaster)

TEAM

With special thanks Manpreet Bains, Co-Founder and Organiser of TEDxNHS 2016
for her ongoing support.

Notes

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