

TEDxNHS

x = independently organized TED event



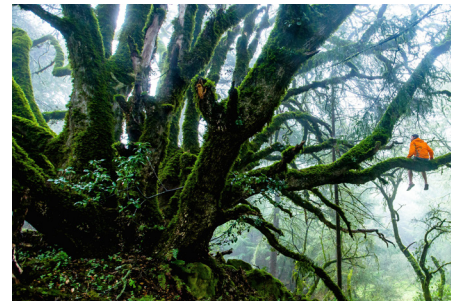
BEYOND OUR COMPONENT PARTS

agenda

10.00: Registration

11.00: Opening - East London NHS Foundation Trust Choir

11.10: Welcome



**11.20: Talk category -
Open Hearts:**

A celebration of our workforce, exploring wellbeing and culture

- 11.20 **Finding inspiration in the NHS is easy, if you know where to look**
Yusuf Yousof
- 11.35 **The empathy switch**
Sammy Batt-Rawden
- 11.55 **Without a script, several actors down**
Jen Gilroy-Cheetham
- 12.20 **Are we really well?**
Andy Knox
- 12.35 **Appreciation redefined**
Raj Adgopul

**13.00 - 14.00: Lunch Break
and welcome back**

**14.10: Talk category -
Progressive Steps:**

A journey to explore equity and equality and shape our health system for the better

- 14.10 **Pride in practice**
Jacob Bayliss
- 14.30 **I am a medical feminist**
Sarah Hillman
- 14.45 **Entertainment –**
Comedian, Becky Brunning
- 14.55 **Do we truly believe in rehabilitation?**
Kate Morrissey
- 15.15 **The power of purpose**
Prerana Issar
- 15.30 **Faces of the NHS: 1.5 million stars**
Alexandra Adams

15.50: Break

**16.20: Talk category -
Divergent thoughts:**

A platform for innovation, spreading ideas and disrupting norms through sharing knowledge

- 16.20 **Why rethinking PTSD can change everything**
Charlie Webster
- 16.40 **One sentence that transformed my life**
Lucy Watts
- 17.00 **Entertainment –**
Poet Owen Shears
- 17.10 **Together for Grenfell: A personal journey**
Fatima Elguenuni
- 17.30 **Welcome to the motherhood**
Sarah Hesz and Katie Massie-Taylor
- 17.45 **Creating joy in work is the only way to save the NHS; 15 seconds, 30 minutes, a social movement to increase joy in work**
Rachel Pilling and Dan Wadsworth

18.00: Closing words

18.20 - 20.30: Drinks

Reception

TEDxNHS
x = independently organized TED event

 @tedxnhsofficial  @TEDxNHS

#TEDxNHS



**TEDxNHS Snapchat filter
by PinkNews**



contents

page

Welcome

Strategic partner

Who are TEDxNHS?

Our values

Speakers

Entertainment

TEDxNHS family

Sponsors and supporters

In kind supporters

Goody bags

Venue

TEDxNHS journey

Future of TEDxNHS

Notes

welcome to TEDxNHS 2019

Beyond Our Component Parts

Since 1948, the NHS has sought to deliver the highest quality care to millions of people across the UK. From welcoming a new-born baby, to saying goodbye to a treasured loved one, the NHS has become embedded in all our lives, acting as the touchstone for so many of our most important moments.

The journey of the NHS has been an incredible success, but one not without its challenges and in recent times we have seen the NHS stretched perhaps more than ever before. An ageing population, workforce pressures and of course the 'B-word' adding strain to the system.

One thing that does remain constant in the NHS – it's people. A workforce of over 1.5 million dedicated staff, who work tirelessly and often go above and beyond to fulfil the founding values and ideals of our most precious national institution. A deeply committed and caring workforce that strives to innovate, to bring about change and to always deliver excellent healthcare.

TEDxNHS looks to celebrate these people, who drive and shape our NHS, sharing their stories on a national stage to inspire and spark new ideas. This year we proudly bring you staff and patients from a wide range of backgrounds, experiences and levels. This year's theme – Beyond Our Component Parts, is focussed on our people and will be exploring three topics:

- Open Hearts
- Divergent Thoughts
- Progressive Steps

Over the last 6 months, 17 new speakers have worked in collaboration with our TEDxNHS team of coaches to craft their talks. We hope you will be blown away with the honesty, emotion and creativity of the words you hear today and use them as a springboard to think about your own story and how storytelling can be part of the process to deliver change in the NHS.

If we have learnt anything from the last year of organising TEDxNHS, it is the power of people and just how much passion, energy and ambition exists amongst the NHS workforce. We hope to bring you on that journey today and deliver a vision of a brighter, stronger and fairer NHS, that we believe exists just over the horizon.

TEDxNHS 2019 Co-Organisers



Allegra Chatterjee



Shane Costigan



Ayse Gungor



Anthony James

strategic partner

Imperial College Health Partners (ICHP) is extremely proud to be the single strategic partner of TEDxNHS.

We share the same ambition of driving positive change across health and care, and feel honoured to have been a part of this wonderful initiative which has gone from strength to strength over the last few years. TEDxNHS is leading the way in finding new ways to engage and empower through harnessing the power of storytelling - truly inspiring the health and care workforce to make positive change happen and drive improvements for patients and professionals.

We were first introduced to the potential of TEDxNHS when we became their main sponsor in 2016 after being introduced to their co-founders. After witnessing first hand that year's incredible event and the inspiring speakers, and the reaction of health and care professionals to this, we knew TEDxNHS was truly unique and a special opportunity to inspire positive change in the NHS. It was an opportunity that ICHP wanted to be part of; we wanted to secure TEDxNHS' future, support its growth and ensure its legacy. This

is why in 2017, we pledged to build on our support of the inaugural event by becoming the first strategic partner of TEDxNHS.

This ongoing partnership has meant we have been able to support the strategic development and growth of TEDxNHS. This is now a growing movement building year on year creating vast personal development opportunities not just for the speakers but also the wider NHS workforce. The volunteers made up of NHS colleagues make this event possible and have created a vast TEDxNHS network and we are proud to have encouraged members of our own ICHP team to be part of TEDxNHS family.

And this is just the beginning.

We are excited about what's next for TEDxNHS and are already looking ahead to not only next year but five, 10 years from now and how TEDxNHS will continue to provide a platform to spread and inspire change, creating a healthier population and a happier workforce. This is why we're delighted to continue our longstanding partnership with the TEDxNHS team to bring you 'Beyond our Component Parts' for 2019.



Amy Darlington
Communications and Engagement Director
Imperial College Health Partners



TEDxNHS
x = independently organized TED event



who are TEDxNHS

What

TED is a global community that brings together the world's leading thinkers and doers to share ideas that matter in any discipline – tech, business, entertainment, science, humanities, business, development etc.

In the spirit of 'ideas worth spreading', TED created TEDx, a programme of local volunteer-led events that bring together people to share a TED-like experience. Among these grew TEDxNHS...

Founded in 2016 by two NHS clinicians, Manpreet Bains and Jon Holley, TEDxNHS is the world's largest TEDx event license holder. Organised by the NHS for the NHS, TEDxNHS operates on a fully not for profit basis, with a multidisciplinary team of volunteers, made up of NHS staff from across the UK.

Why

TEDxNHS was founded as a unique movement to allow the voices of everyday NHS staff and patients to be heard on a national stage and spread their learning across the system. It aims to break down the walls that can exist between professions, organisations and cultures to share learning in a new and exciting way.

We aim to create a celebration of the NHS like no other, a unique event allowing people to celebrate the NHS and share their stories on a national stage; inspiring us to think differently, dream bigger and design better for the population we serve.

How

Since our birth in 2014 TEDxNHS has organised an annual event to showcase the extraordinary stories of over 50 speakers including staff, patients, volunteers and innovators from across health and social care.

We have grown from an event for around 100 people, to now over 1000 in just 4 short years.

We have begun to build a community of like-minded individuals, our TEDxNHS Family, who share our values and believe in the creativity, drive and ambition of the people within the NHS.

We now reach 1000s of family members each month through our mailing lists, social media and other platforms, with new people joining the family each and every day.

our values



The power of people.

We believe that the NHS is driven by an incredible workforce. We believe the best ideas usually come from the frontline or lived experience and that everyone can innovate and lead change to improve services, patient care and staff wellbeing.

A culture of fairness.

We believe that every voice should have the opportunity to be heard. We believe in flat hierarchies, open collaboration and the richness of diversity to enable every individual to reach their full potential.

Storytelling for change.

We believe that effective story telling can lead to meaningful change. We are all driven by our own personal stories – our hopes, our fears and our ideas. Being able to harness these narratives, to bring people with us, is a skill that can inspire, change cultures and drive improvement.

TED^xNHS
x = independently organized TED event

TEDxNHS 2019 speakers

Each year we select a new theme and topics to shape a unique event.

Through team workshops 'Identity, diversity and culture' became the clear priorities for TEDxNHS 2019. Which developed into our final theme...

Beyond Our Component Parts

This year's theme celebrates the very heart of the NHS and today we will explore it through three topics. Together the NHS is made of many components and we aim to celebrate how through coming together, we are greater than the sum of our parts...

Open Hearts

A celebration of our workforce, exploring wellbeing and culture.



Yusuf Yousuf

Finding inspiration in the NHS is easy, if you know where to look

Yusuf is a healthcare support worker in Older Person's Services at The Royal London Hospital, Barts NHS Trust, a role he transitioned to after more than 10 years as a hospital porter. He has an interest in patient-centred care and what this means to staff.

 @yusuf_yousuf



Sammy Batt-Rawden

The empathy switch

Sammy is a Registrar in emergency and intensive care medicine, a doctor with the Air Ambulance Kent Surrey Sussex and the current chair of The Doctors' Association; Sammy is a fierce advocate for doctors and the NHS. Following the premature birth of her son Joshua and a turbulent 3-month stay in NICU, she now has a new appreciation of the NHS.

 @sbattrawden



Jen Gilroy-Cheetham

Without a script, several actors down

Jen has had a challenging few years with regards to her health and just wants to feel safe within the health system. In her lived experience journey, Jen feels that highlighting what's worked well to help her to feel safe and what needs to change is valuable and may help others in the future.

 @gilroy19



Andy Knox

Are we really well?

Andy trained as a doctor in Manchester and worked in various hospitals across the city before training as a GP. He is now an executive GP for Lancashire North CCG and works with the Better Care Together Team for Morecambe Bay. His particular area of interest is 'Health and Wellbeing'. As a qualified facilitator he loves to host and facilitate conversations about reimagining cities and regions as healthy places and generally reimagining the future.

@wellbeingandy



Raj Adgopul

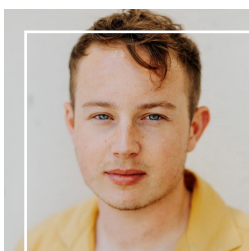
Appreciation redefined

Raj is a first-generation Indian economic migrant who arrived in the UK with just £5 in his pocket. Raj now has 20+ years of nursing experience in theatre, district nursing and public health, with a specialisation in early years development. To date Raj is the only male Indian Health Visitor in the whole of the UK.

@rajadgopul

Progressive Steps

A journey to explore equity and equality and shape our health system for the better.

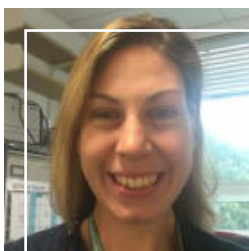


Jacob Bayliss

Pride in practice

Jacob currently manages Pride in Practice for the LGBT Foundation - a quality assurance and social prescribing award focusing on the health needs of the LGBT community. He has a long history of training, consulting and developing community-led initiatives to tackle health inequalities and to create meaningful change.

@Jacobbb_91



Sarah Hillman

I am a medical feminist

Sarah first became interested in understanding the role of gender in medical practice as an undergraduate. Sarah went onto complete her PhD looking at antenatal tests used in pregnancy and her research interests now lie in women's health within primary care.

@sarahhillman26

TED^xNHS
x = independently organized TED event



Kate Morrissey

Do we truly believe in rehabilitation?

Kate is a senior programme manager for NHS England, leading a national programme on improving mental health in secure and detained settings. Kate also leads on the care after custody initiatives (RECONNECT), focussing on pathways of care out of custodial settings. She is a champion for the views of service users across community, prison and immigration removal settings, ensuring they are involved in the development of services.

 @KateMorrissey5



Prerana Issar

The power of purpose

Prerana is the first NHS Chief People Officer. In joining the NHS, Prerana brings a wealth of expertise in leadership development and strategic talent management, as well as diversity and inclusion. Prior to joining the NHS Prerana was Director for Public-Private Partnerships at the United Nations, leading the development of the United Nation's first strategic human capital approach.

 @prerana_Issar



Alexandra Adams

Faces of the NHS: 1.5 million stars

Alexandra is a 4th year medical student. She is also registered blind and hearing impaired, making her the first deafblind person in the UK to be trained towards becoming a doctor. Having faced discrimination and inequality in the workplace, she advocates for better diversity, inclusivity and representation for those with disabilities.

 @alexandra_DBmed  @alexandraelaineadams

Divergent Thoughts

A platform for innovation, spreading ideas and disrupting norms through sharing knowledge.



Charlie Webster

Why rethinking PTSD can change everything

Charlie is an experienced broadcaster and journalist across both TV and radio, covering nearly every major sporting event. She has spoken widely about her personal experiences of PTSD, having experienced sexual abuse as a teenager, as well as a near death experience when she contracted malaria during a charity cycling challenge.

 @charliecw  @charliewebster



Lucy Watts

One sentence that transformed my life

Lucy is a young adult with a life limiting condition who has exceeded every prognosis given. She is a prominent patient advocate and disability activist. Lucy works closely with the NHS to improve patient experience as well as internationally to improve access to palliative care. She received an MBE in the 2016 New Years Honours at the tender age of 22 in recognition for her work.

@LucyAlexandria @lucyalexandriawatts



Fatima Elguenuni

Together for Grenfell: A personal journey

Fatima has been member of the North Kensington community for over 20 years. Since the Grenfell tragedy Fatima has had a major a role in helping organisations to develop relationships with local communities to move beyond Grenfell. She is passionate to ensure that the community voice is amplified at decision-making levels both locally and national.

@FElguenuni



Sarah Hesz & Katie Massie-Taylor

Welcome to the motherhood

Katie and Sarah met in a playground as tired new mums and since then have created the top social app for mums, Mush. They champion the importance of friendship and community for new parents and raise awareness of the loneliness and confidence crisis many new mums experience. Mush is part of the NHS Innovation Accelerator.

@mushmums @mushmums



Rachel Pilling & Dan Wadsworth

Creating joy in work is the only way to save the NHS; 15 seconds, 30 minutes, a social movement to increase joy in work

Rachel, a consultant ophthalmologist and her colleague Dan, a transformation manager, co-founded 15s30m to enable all NHS staff and patients to reduce frustration and increase joy. 15s30m has now become an internationally recognised tool for spreading quality improvement in health and social care.

@15s30m

entertainment



Compere Alan Nobbs

Alan trained and practiced as a Registered Nurse in Hull for 16 years before moving into senior operational and strategic leadership roles, working locally, regionally and nationally. But, his passion for leading for improvement, and his love of people, now find him working as a leadership development practitioner as Head of Design and Practice for the NHS Leadership Academy – with a real interest in helping to build leadership that will drive compassionate and inclusive organisations.

 @Alannobbs



Music East London NHS Foundation Trust Choir

#ELFTin1Voice are just like all of you. We're NHS staff and service users supported by our amazing choir director Leanne Sedin. We are committed to singing together as an amazing way we can share messages of hope, recovery and co-production. We believe in what Ella Fitzgerald said, "the only thing better than singing is more singing," and gosh, the NHS needs more singing!

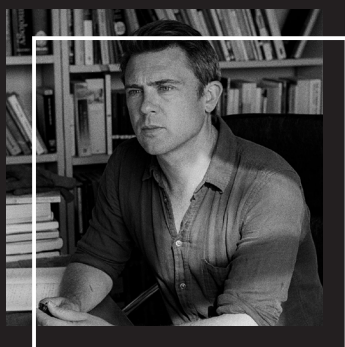
 @ELFTArts



Comedy Becky Brunning

Becky Brunning is an award-winning comedian, actor and writer. The Funny Women finalist is most well known for playing Lindsay Lucas in Broadchurch. Her Edinburgh fringe show Bloom tackled subjects from feminism to accidental gay marriage to sperm donation, and was named as Number 2 in a list of the Festival's 10 Hidden Gems by What Culture. You may have recently spotted her in ITV's A Confession alongside Martin Freeman.

 @BeckyBrunning



Poetry Owen Sheers

Owen Sheers is a novelist, poet and playwright. His BAFTA and Grierson nominated film-poem, The Green Hollow has recently been published by Faber, who also published his BBC film-poem to mark the 70th anniversary of the NHS, To Provide All People.

 @owensheers www.owensheers.co.uk



Magicians Spread a smile

Their mission is spreading smiles to seriously and terminally ill children and teenagers in hospital by providing entertainment including fairies, magicians, face painters, singers, artists, therapy dogs, children's characters, celebrities and theatre visits. They ensure that visits are personalised to each child they visit by liaising closely with hospital staff and visit over 6,000 bedsides each year!

 @SpreadASmileUK www.spreadasmile.org

faces of the NHS



#FacesOfTheNHS is a long-term photography project run by a deafblind medical student. The goal of the series is to represent and celebrate diversity amongst staff who work for the NHS, past, present and future. These faces are proudly displayed as part of our event material and around the venue today.

 [FacesoftheNHS](#) www.FacesoftheNHS

TED^xNHS
x = independently organized TED event

paintings in hospitals

Paintings in Hospitals is a national charity dedicated to using world-class art to inspire better health and wellbeing for people in the UK. Studies show that art can help people stay well, aid our recovery from illness and injury, and support us to live longer, more fulfilling lives. Paintings in Hospitals is committed to bringing the benefits of art to everybody by providing art activities and artwork displays, from both their own art collection of 4,000 pieces and through partnerships with national museums and galleries, to all types of healthcare and social care. If you want to find out more about how art is selected for care settings please pop along to their stand today.

🐦 @artinhospitals

paintingsinhospitals.org.uk



women speakers in healthcare

Women Speakers in Healthcare (WSH) was founded by five NHS women who were brought together by frustration at seeing so many all-male panels (manels) and all male keynote speakers at conferences. Diversity benefits everyone, and we believe all healthcare events should be gender balanced. They are building the UK's largest database of female healthcare professionals who have an interest in speaking at these events. If you want to find out more please find their stand today.

🐦 @womenspeakersHC

womenspeakersinhealthcare.co.uk



in kind supporters



Barefoot Wines

Barefoot Wine are beyond proud to have supported TEDxNHS from the very beginning – their event series has been pinnacle in spreading love amongst new wine drinkers and they have met some incredible people on the way as part of the TEDxNHS journey. Barefoot love what TEDxNHS stand for – community, independence and forward thinking. Cheers!



Book Fairies

We invite YOU to get involved. If you're lucky enough to find one of the books hidden at TEDxNHS today, once you've read it you can then hide it yourself again in plain sight! Also, with the stickers in your goody bag you can hide your very own books. It can be any book you've read. Just pop a sticker on and add some ribbon and leave it in plain sight! The aim is to put a smile on someone's face when they discover your beautiful gift.

Will you be the first book fairy in your area or workplace? Check out [#ibelieveinbookfairies](#) to see all the fairies hiding books and to get some ideas! Head to [ibelieveinbookfairies.com](#) to find out more and pick up some other stickers and goodies :)



RADA for Business

RADA Business helps people at work become brilliant communicators. They build on the work of one of the world's most respected drama schools to deliver world-class training programmes and coaching for organisations and individuals. RADA for Business has kindly held bespoke sessions for all our TEDxNHS speakers for the past two years.



Raffertys

Raffertys is a creative agency that's only happy when its work means something, says something and inspires everyone. They have kindly produced this years programme, posters and lanyard cards.



PinkNews

PinkNews is the brand for the global LGBT+ community and next generation. With over 50 million unique monthly users across multiple platforms, PinkNews is bringing inclusive media to an engaged and growing global audience. For TEDxNHS PinkNews has kindly created an exclusive Snapchat filter and provided additional media support.



TEDxNHS Snapchat filter
by PinkNews

TEDxNHS family

Since 2014, TEDxNHS has grown thanks to the support of our partners, volunteers and hundreds of cheerleaders from across health and social care.

To all of you we would like to say a massive thank you, but also welcome to our TEDxNHS Family. To us, TEDxNHS is about much more than an event, it is about building a community, where we can find a sense of belonging and connection through a mix of shared values, common experiences and unconditional support – a family.

Within our core team alone this year, we have experienced joy and sadness, health and illness, births, weddings and the passing of loved ones. We have supported one another, learnt from each other and worked together to create a growing movement in TEDxNHS that is always welcoming of new ideas and perspectives.

Today sees the further growth of the TEDxNHS family as we enter an important new chapter in the TEDxNHS journey. One which will take TEDxNHS beyond a single event and build on the momentum and energy that our speakers, team and audience bring with them each year.

Thank you to our incredible core team for TEDxNHS 2019...



Co-Organisers



Allegra Chatterjee



Anthony James



Ayse Gungor



Shane Costigan

Team Leads



Curation
Charlotte Hall



Communications
Katie Harrison



Logistics
Tory Tozer-Brown



Partnerships
Zanab Garba-Sani

Volunteer Coordination



Julie Lowe

Communications



Camilla Dobinson



Greta McLachlan



Kate Doughty

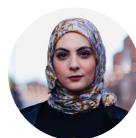


Louisa Conlon

Curation



Clara Burr-Lonnon



Fatima Ahmed



Gemma Gerzon



Hope Denyer



Natalie Bradley



Sara Sekelj



Zara Brookes

Logistics



Chloe Norton



Doa'a Kerwat



Georgia Watson



Pinchas Kahtan



Sh'anesu Gutsa



Yvonne Tin

Partnerships



Aaniya Ahmed



Hannah Hiscock



Joe Skelton



Maria Martinez



Mark Clymer



Sammy Fell



Samrina Bhatti



Tina Vu

Crew

Andy Wilkinson, Ben Sanders, Cecilia Price, Eloise Taylor, Fortune Glavee, Hai Lin Leung, Isi Ojobo, Jack Howell, Joseph Wood, Katherine Denning, Katherine Jones, Lucy Bonsall, Natalie Fisk, Olivia Hay, Paul Jackson, Phillipa West, Rachel Tompkins, Sally Warfolk, Sophie Hodges.

TEDxNHS
x = independently organized TED event

sponsors and supporters

Our fantastic events are only possible through the support and generosity of our brilliant forward-thinking sponsors and partners.

TEDxNHS simply couldn't happen without them. With their vision and commitment we are able to bring you TEDxNHS 2019 today.

Strategic Partner



Imperial College Health Partners (ICHP) is extremely proud to be the single strategic partner of TEDxNHS.

We share the same ambition of driving positive change across health and care, and feel honoured to have been a part of this wonderful initiative which has gone from strength to strength over the last few years.

Our purpose is to innovate and collaborate for a healthier population. We turn the potential of innovation into reality to help solve pressing challenges by collaborating across the health sector. By connecting a unique network of health experts, ICHP can accelerate the adoption and spread of innovation amongst our member organisations and beyond.

imperialcollegehealthpartners.com

 @Ldn_ICHP

Accounting Partner



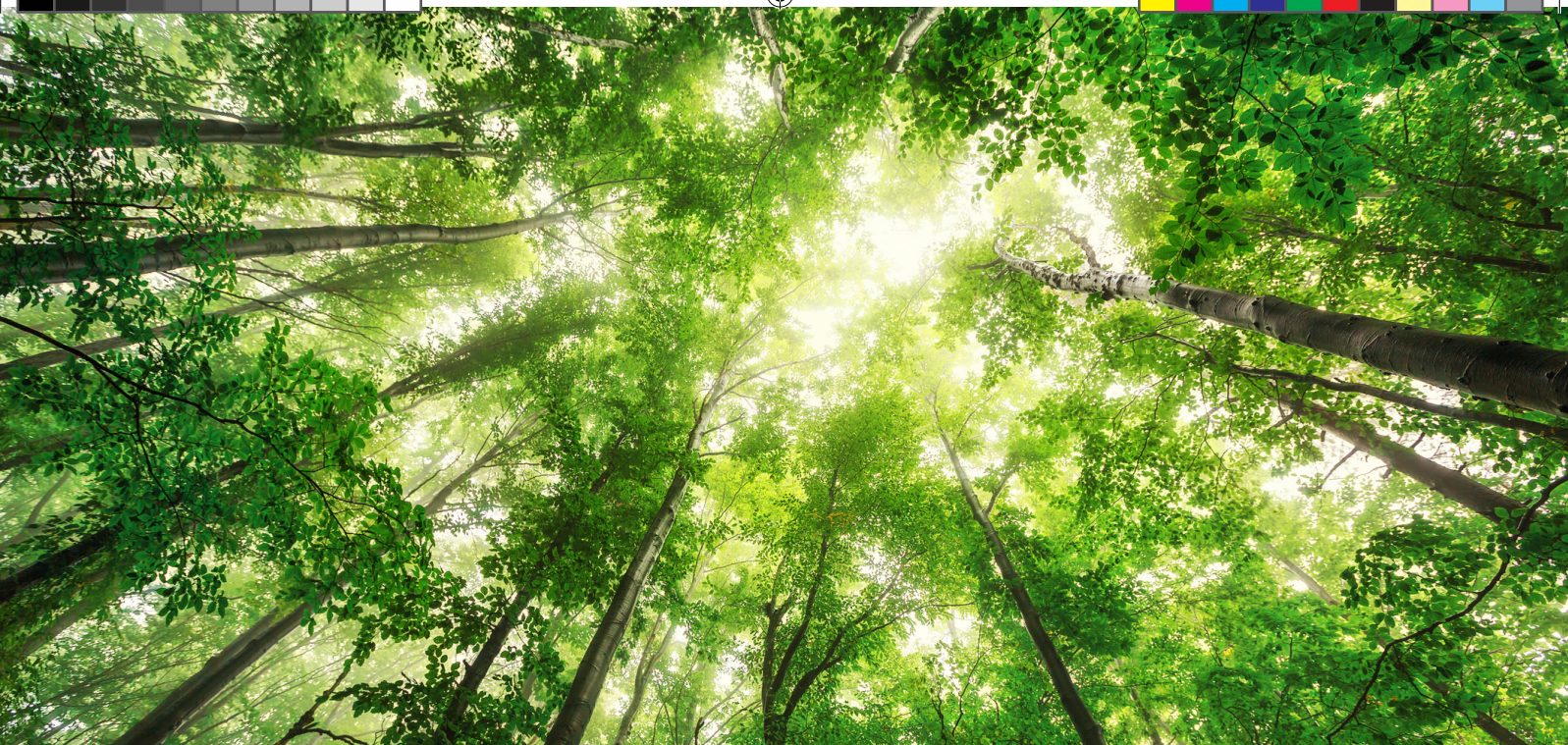
The Faculty of Medical Leadership and Management is the professional home for medical leadership in the UK. We are an independent charity that aims to improve patient care by improving the quality of leadership in our health services.

We set the standards for medical leaders in the UK, and recognise good leadership through the award of Fellowship of FMLM – the gold standard for medical leadership. Through our annual conference, Leaders in Healthcare, our journal, BMJ Leader, and the many educational initiatives we create and support, we have always been guided by our members.

We are proud to support another fantastic programme at TEDxNHS.

fmlm.ac.uk

 @FMLM_UK



Sponsors



Abbott

Abbott is a global healthcare leader that helps people live more fully at all stages of life. Our portfolio of life-changing technologies spans the spectrum of healthcare, with leading businesses and products in diagnostics, medical devices and nutritionals. Our 103,000 colleagues serve people in more than 160 countries.

abbott.com

[@AbbottNews](#) & [@AbbottGlobal](#)



Atrainability works with healthcare providers and teams to address the 'Human Factors' that enable high-performance medical professionals and teams achieve their potential, learn from success and excellence, reduce incidents and near-misses, and enhance patient safety. We've worked extensively with the NHS since 2002, with our experience spanning the entire healthcare spectrum. We have recently launched Human Factors eLearning courses utilising the revolutionary, neuroscience based, Download™ learning methodology which reduces learning times whilst delivering better retention and application of critical knowledge. TEDxNHS is a superb platform for spreading fundamental and valuable innovation and sometimes downright common sense across the healthcare system. It is a privilege to be able to support it.

atrainability.co.uk

[@atrainability](#)



At DrDoctor we're building the future of outpatient care. Our cloud-based patient management tools automate and virtualise processes and care, so that Doctors can focus on their patients, and that patients can engage as true partners in their care.

Our vision is that all care will be provided based on the needs of the patient and their condition. That you'll have a real time, two-way dialogue with your doctor and care will be provided in the setting that suits you most. You'll only need to travel to hospital when you really need it.

drdoctor.co.uk

[@WeAreDrDoctor](#)



We are a truly ethical consultancy. To make the world a better place, we help people transform the way their services, organisations and leadership are experienced. By offering project consultancy and resourcing for sustainable delivery, supplemented by training and leadership development capabilities, we help people to save money and improve their business by giving them the skills to deliver transformation for themselves. We want to improve public services and to change the way consultancy is done – we are a network of 1,500 expert, experienced consultants, handpicked for expertise in each project. Partnering with TEDxNHS means we are able to share our ideas, giving you the support and capability to deliver change in your organisations.

redquadrant.com

[@redquadrant](#)



We are a social enterprise providing cutting edge capability building and sharing of knowledge across public services developing them to collaborate, innovate and lead. Initially we came together as a delivery partner of the Cabinet Office Commissioning Academy and now deliver a range of programmes aimed to build capacity and help realise outcomes collaboratively. Following the recent success of our Somerset Academies where we worked with Somerset County Council, the local CCG and Health England to create a more integrated approach to health and social care we are partnering with TEDxNHS because we want to help shape the future of the NHS.

publicservicetransformation.org

[@ServiceReform](#)

Supporting



england.nhs.uk

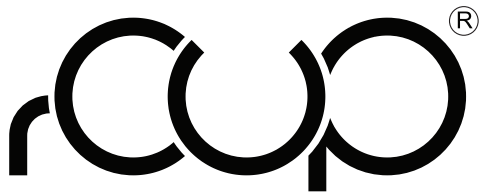
[@NHSEngland](#)



innovationagencynwc.nhs.uk


[@innovationnwc](#)

goody bags



sweet[®]
freedom
always sweet, always natural



CANO
WATER[®]


Treats include:

We have done everything possible to list out allergy advice but please check individual labels and websites for more information.

rCUP

rCUP is the world's first reusable coffee cup made from used paper cups. Designed within the principles of the circular economy, where today's waste is used to make tomorrow's product, rCUP designed to last at least ten years and is 100% recyclable.

We are proud to support TEDxNHS because we believe in harnessing all the materials, ideas and resources we have now, for a better tomorrow.

Happy snack

CONTAINS: PULSES

At The Happy Snack Company our number one priority is to make you feel good about the snacks you eat.

United in the belief that healthy snacking shouldn't be boring, our #1 priority is to put a smile on your face. We believe in roasting our tasty snacks in our own purpose built facility to ensure consistent quality and 100% snacking satisfaction.

Sweet freedom choc shots

MAY CONTAIN (due to factory contamination): any of the 14 major allergens.

Life is sweet here at Sweet Freedom, but a healthy kind of sweet! All of our innovative, delicious range of products are natural, dairy, gluten, soya and GMO free as well as vegan and perfect for dieters and diabetics too. We make all our products here in the UK and make healthy taste great.

Canowater

CONTAINS: Water.. just water..

CanO Water was created in response to the damaging impact that plastic bottles have on the environment. With approximately 8 million tonnes of plastic ending up in the ocean each year, CanO Water is an infinitely recyclable alternative to plastic bottles. Recycle your can and it will be back on the shelf in as little as 6 weeks.

Rebel Kitchen milk drink

CONTAINS: NUTS

Our products come from, and work harmoniously with nature: Every time you chose Rebel Kitchen you're directly accessing the healing power of plants. We're about more than just nutrition, we possess a powerful vision of ease and health for all.

There are also some extra treats around the venue for you to enjoy today:

RUDE HEALTH

Rude Health Kombucha

Not suitable for young children and pregnant or breastfeeding women.

Rude Health Kombucha is made just as you would make it at home, on bigger scale. Made with Sencha green tea, it is unpasteurised, uncarbonated and we let fermentation do its thing. That fizz is all natural. Zing. It comes in two classic flavours; original and ginger.

REAL HANDFUL

UNRULY FLAVOUR

Real Handful Goji Berries

CONTAINS: NUTS SOYA GLUTEN CEREAL MILK OATS AND SOME FRUITS.

We're on a mission to save healthy snacking from serious. Complex nutritionals, fad diets, fake endorsements and boring packaging has turned snacking into a complete minefield, when it should just be simple. So we're done with 'good' and 'bad' because after all life isn't binary, and neither are we.



Ugly Drinks

WE ARE UGLY. AND WE'RE NOT GOING TO SUGARCOAT IT FOR YOU: WE'RE JUST A DRINK. NO UNOBTAINABLE LIFESTYLES. NO RIDICULOUS PROMISES. JUST THE WAY WE LIKE IT. NO SUGAR. NO SWEETENER. NO CALORIES. AND ABSOLUTELY NOTHING ARTIFICIAL. SO CAN THE OTHER CANS. IT'S TIME TO GET UGLY.

TEDxNHS

x = independently organized TED event



your venue today

For 2019 we are proud to have secured the famed venue: indigo at The O2!

With 1000 capacity under the famous tented roof, indigo at The O2 has established itself as one of the best places in London to enjoy any genre of entertainment in an intimate setting.

Accessibility:

The TEDxNHS team have worked hard to meet any additional needs of our attendees. We have a specially assigned accessibility desk in the foyer. Please come and ask one of the team any questions or let us know if we can help in any way throughout the day!

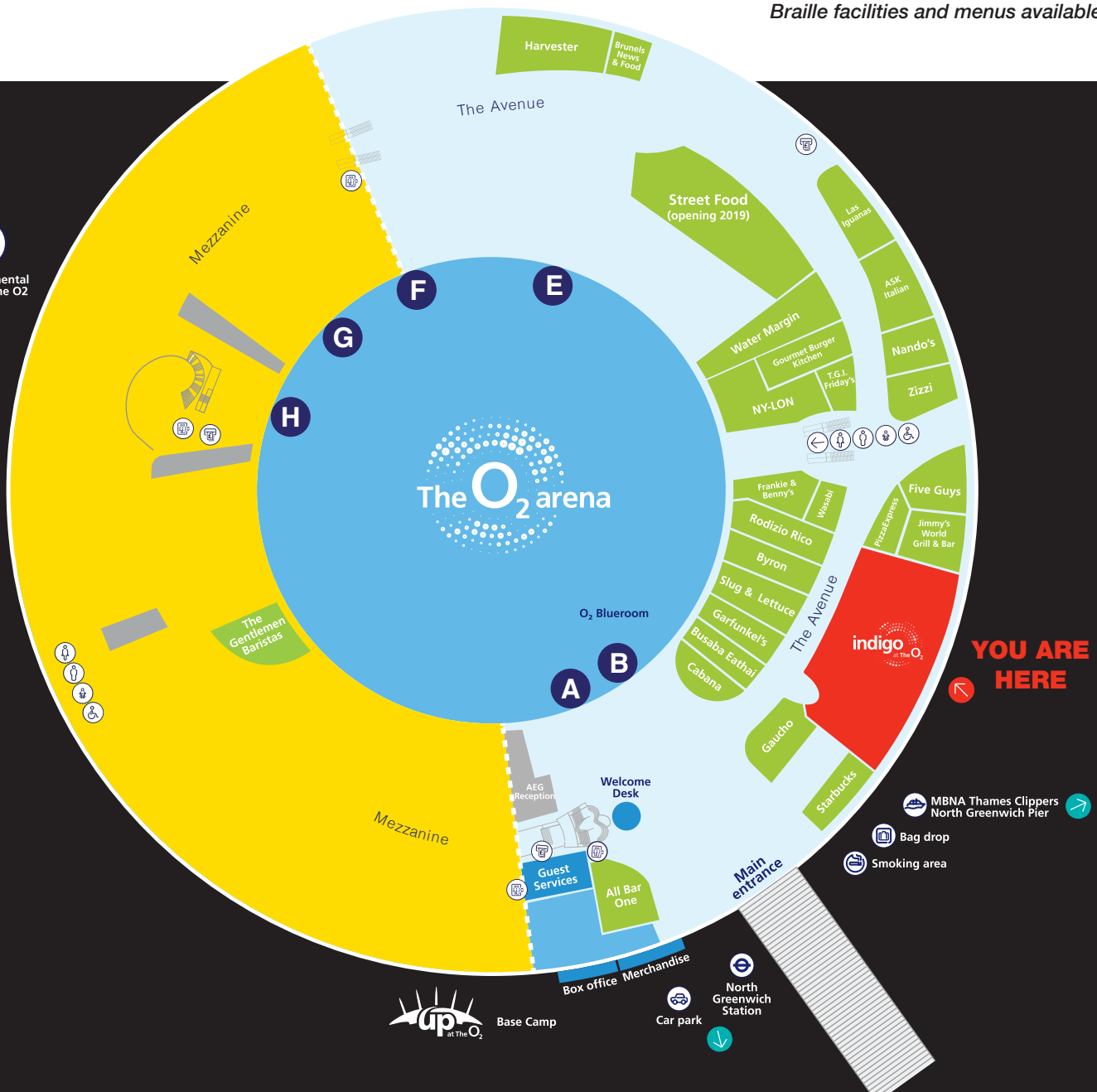
Toilets:

There are wheelchair accessible toilets on every level with female, male and gender neutral toilets throughout.

Food and beverages

There are a number of restaurants around indigo at The O2 where you can grab a bite. Many restaurants offer discounts for NHS staff and we have also arranged several exclusive discounts for TEDxNHS guests as shown below:

Beer and Burger Store	Happy Hour Burgers – Cheese, Chicken or Vegan Burgers for £5 between 12-5pm. 25% off everything else.	<i>Vegan option available.</i>	<i>The restaurant is wheelchair accessible and has a disabled toilet</i>
Busaba Eathai	25% off food	<i>Caters for vegetarians and gluten free diets. Vegan menu available</i>	<i>All areas are accessible by wheelchair</i>
Cabana	20% off food	<i>Caters for vegetarians and vegans with gluten free options</i>	<i>The restaurant is wheelchair accessible and has a disabled toilet</i>
Frankie and Benny's	20% off main menu	<i>Caters for vegetarians. Gluten free menu available</i>	<i>The restaurant is wheelchair accessible and has a disabled toilet on the second floor via a lift. Braille facilities and menus available</i>
Garfunkel's	20% off food	<i>Caters for vegetarians and vegans</i>	<i>The restaurant is wheelchair accessible and has a disabled toilet</i>
Gourmet Burger Kitchen	15% off total bill	<i>Cater for vegetarians and vegans. Serves halal chicken. Gluten free menu available</i>	<i>The restaurant is wheelchair accessible and has a disabled toilet</i>
Nandos	20% off total bill	<i>Cater for vegetarians and vegans with gluten free options.</i>	<i>The restaurant is wheelchair accessible and has a disabled toilet. Braille facilities and menus available</i>





the TEDxNHS Journey

Since being founded in 2016, TEDxNHS has grown rapidly. Here we take a look back at the TEDxNHS story so far...

AUGUST 2016

The first TEDxNHS is held at Google Campus for just over 100 people. The first year's theme – RE:IMAGINING HEALTH. Imperial College Health Partners become first main event sponsor.

DECEMBER 2016

A new year, means a new team for TEDxNHS. This time led by Sheena Visram and Pablo Kostelec.

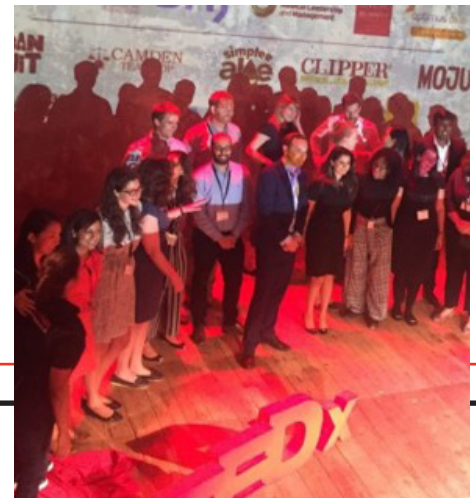
JANUARY 2016

TEDxNHS Founders Manpreet Bains and Jon Holley meet during their time as part of The Faculty of Medical Leadership and Management's National Medical Director's Clinical Fellow Scheme.



SEPTEMBER 2016

Imperial College Health Partners formed their strategic partnership with TEDxNHS .





DECEMBER 2017

The next TEDxNHS team are recruited, this time led by Alex Prinsley, Mark Gregson, Rebekah Taylor and Stephanie Rich.



DECEMBER 2018

Marking the start of the next chapter of TEDxNHS, a new team take the reigns, led by Allegra Chatterjee, Anthony James, Ayse Gungor and Shane Costigan.

AUGUST 2017

TEDxNHS returns for a second instalment. This year the event is hosted at Wilton's Music Hall, to an audience of 300, exploring the theme: Inspired By People.



AUGUST 2018

The third TEDxNHS takes place to mark the 70th anniversary of the NHS. Welcoming over 400 people to London's BFI IMAX to explore a new theme of: Shaping Our Legacy.

FRIDAY 4 OCTOBER 2019

Today is the big day, TEDxNHS 2019 – Beyond Our Component Parts. Our biggest event yet, welcoming over 1000 people to celebrate the NHS under the famous tented roof at indigo at The O2.

TEDxNHS
x = independently organized TED event





the future of TEDxNHS

As we take our next steps, we will continue to rely on the support of our growing family. We would love for you to join us on this journey, as we continue to build meaningful partnerships across the health and social care landscape.

Here are just a few ways you or your organisation could get involved:

Create content

Share a story or showcase the work of your colleagues or your organisation by contributing to a blog, video or podcast.

Donate skills and resources

TEDxNHS relies on an amazing team of volunteers from across health and social care. As we grow we would particularly benefit from website, data, communications, media and design support.

Advertise

Share our content, events and workshops through your internal communications, professional networks and other channels.

Create future speakers

Talent scout, finding potential future speakers for the TEDxNHS stage from your own organisation.

Sponsor us

TEDxNHS is a non-profit organisation that relies on the support of our network of partners. With a growing audience and global branding, we have a wide variety of potential benefits to offer our partners.

Get in touch any time to see how we can work together to deliver change. We would love to hear from you!

-  TEDxNHS2019@gmail.com
-  TEDxNHS.com
-  [@TEDxNHS](https://twitter.com/TEDxNHS)
-  [@tedxnhsofficial](https://www.instagram.com/tedxnhsofficial)

TEDxNHS
x = independently organized TED event

 [@tedxnhsofficial](https://www.instagram.com/tedxnhsofficial)  [@TEDxNHS](https://twitter.com/TEDxNHS)

#TEDxNHS



**TEDxNHS Snapchat filter
by PinkNews**



notes

page



TED^xNHS
x = independently organized TED event





Brochure design by Raffertys

TED^xNHS
x = independently organized TED event

 @tedxnhsofficial  @TEDxNHS

#TEDxNHS

