

**TED<sup>x</sup>NHS**

x = independently organized TED event



**CAMPUS  
LONDON**

RE:IMAGINING  
HEALTH

PROGRAMME

# Sponsors



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## Food



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## Refreshments



# Welcome

We are delighted to welcome you to TEDxNHS 2016; Re:imagining Health.

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

Today's event will journey through three topics:

Designing User Experience  
Blurred Boundaries  
Disruption

We hope you enjoy the speakers and performers and the chance to network with others and that you leave inspired, re-energised and re:imagining health.

Kind regards,



**Manpreet Bains**  
Organiser / Curator



**Jon Holley**  
Co-organiser / Curator

# DESIGNING EXPERIENCE USER

Will  
Stahl - Timmins

The death of  
text

John Evans OBE  
& Philip Mason  
MBE

The choice to  
coproduce our  
freedom

Kinan  
Muhammed

Measuring and  
understanding  
our motivation  
will make us  
healthier

Rosamund  
Snow

It's probably their  
fault

Yvonne  
Farquarson &  
Richard  
McDougall

Breathe Magic

**Performance: Molly Case**

**1400 - 1515**

1600 - 1725

Michael  
West

Compassionate  
leadership for  
compassionate  
health care

Na'eem  
Ahmed

The power of  
meaning

Jonathan Tsun  
& Ilona Blee

Restoring  
balance to the  
NHS narrative

Waheed  
Arian

Limitless vision

TED Talk

Hilary Cottam:  
Social services  
are broken. How  
can we fix them?

# BLURRED BOUNDARIES





# DISRUPTION

Tamara  
Rajah

Live better with

Sophie  
Bostock

Why I would  
prescribe digital  
sleep medicine  
for the NHS

Adam  
Swersky

How investment  
can power  
innovation

TED Talk

Rebecca Onie:  
What if our  
healthcare  
system kept us  
healthy?

Keith Grimes &  
Maneesh Juneja

See one, do one,  
teach one  
&  
Immersive Health:  
Are we ready?

*Performance:*

*flight Brigade*

1800 - 1930

# SPEAKERS



**Will Stahl-Timmins**

*Data visualisation and infographics specialist, The British Medical Journal*

Will is an information graphic designer working for The BMJ, creating visualisations for doctors and researchers. He believes that visualising data can help to transform it into something much more valuable: knowledge. His career has focussed on visual communication of health research, using infographics and data visualisation techniques. He turns raw data into engaging visual stories, so that the information can immediately be put to use by those that need it.



**John Evans, OBE**

*John is a disability rights and equality consultant*

John specialises in independent living, personalisation, user empowerment and co-production. John was a Department of Health user-led-organisation specialist and then joined the National Co-Production Advisory Group. John was one of the first people to set up an Independent Living scheme in the UK. John was a director at the European Network on Independent Living and the European Disability Forum. He has advised European Commission on numerous disability projects. John was one of the founders of both the National and the Hampshire Centre for Independent Living. John is an editor of 'Disability and Society'. John is passionate about co-production and believes this is the way forward for the future.



**Phil Mason, MBE**

*Speaker*

Born in 1940, the son of medical missionaries in the Belgium Congo, came to in England in 1952. Trained as a sports teacher at Loughborough College. Was a gymnast at a time when this was an obscure sport and enjoyed competing in different parts of the country. He was injured while coaching on a national school's gymnastics course. After treatment, the only choice was to live in a Nursing Home in Hampshire. There he became involved with a group of fellow "inmates" who wanted out. They were determined not to spend their lives in this establishment. Working together, this became possible.

# SPEAKERS



**Dr. Kinan Muhammed**

*Neurology Clinical Fellow, University of Oxford*

Kinan is a Neurology clinical fellow working at the University of Oxford. He was awarded a Wellcome Trust Clinical Research Fellowship to investigate motivational deficits affecting neurodegenerative disorders such as Parkinson's disease. His research uses a combination of biosensors, eye tracking and brain imaging to understand the mechanisms underlying apathy and is developing new methods of measuring motivation. Kinan has a strong interest in the use of technology in medicine and neuroscience and his research has won multiple awards. He also holds an NHS clinical entrepreneur fellowship and is actively involved in medical education.



**Dr. Rosamund Snow**

*Patient Editor, The British Medical Journal*

Rosamund Snow worked in communications for 20 years, and has lived with type 1 diabetes since she was a teenager. Having been the subject of other people's research projects on numerous occasions, in 2013 she completed a PhD as a service-user-researcher, working on an entirely patient led project to explore healthcare services from the users' point of view. She is The BMJ's patient editor, and also works at Oxford University, developing and researching patients' involvement in medical education. She has published on obstacles to accessing healthcare services, clinician/patient/researcher partnerships, and best practice models in patient driven education for healthcare professionals.



**Yvonne Farquharson**

*Founder and Managing Director, Breathe Arts Health Research*

Yvonne is a social entrepreneur who has specialised in designing, developing and delivering arts and health programmes for the NHS since 2008. After working in a variety of roles for the BBC, and then as Performing Arts Manager for Guy's & St Thomas' Charity, Yvonne founded Breathe Arts Health Research in 2012. Yvonne has gained international recognition and received multiple awards for her work in the arts and health sector. She has co-authored papers published in peer-reviewed medical journals and frequently speaks at conferences and events globally. Under Yvonne's leadership, Breathe has won a number of prestigious awards - most recently NHS England selected Breathe as the winner of national rehabilitation award 2016. Breathe is now a recognised service provider to our National Health Service.



# SPEAKERS



**Richard McDougall**

*Magician, Breathe Arts Health Research*

Richard is a Member of The Inner Magic Circle with Gold Star and a former World Open Champion for Close-Up Magic. He performs internationally and has appeared at several events hosted by HM The Queen, including a private party to celebrate her Diamond Jubilee. He has also created magic for other performers, most notably a Derren Brown TV show which won the Silver Rose of Montreux. In the field of medicine, Richard has taught in seminars at London's Ministry of Health and worked with senior oncologists in Spain, France, Hungary and Brazil, helping them to deliver scientific data improving awareness and inter-personal skills with patients.



**Professor Michael West**

*Senior Fellow at the King's Fund, London and Professor of Organizational Psychology at Lancaster University Management School. Visiting Professor at University College, Dublin and Emeritus Professor at Aston University.*

Michael West graduated from the University of Wales in 1973 and received his PhD in 1977. He has authored, edited or co-edited 20 books and has published over 200 articles for scientific and practitioner publications, as well as chapters in scholarly books. He lectures widely both nationally and internationally about the results of his research and solutions for developing effective and innovative health care organizations.



**Dr. Na'eem Ahmed**

*Radiology Specialist Registrar, South London*

Na'eem is currently a radiology registrar in South London. He is a founder of Selfless, an international healthcare organisation, committed to finding innovative ways to address our global healthcare challenges. Na'eem received the Prime Minister's Point of Light Award on New Year's Day 2015. Na'eem has served as a Trustee of Macmillan Cancer Support and adviser for the Mayor of London's Team London. Na'eem has previously worked for NHS National Medical Director Professor Sir Bruce Keogh and Secretary of State Rt Hon Justine Greening MP. Na'eem is an Editorial Board member for Clinical Medicine.

# SPEAKERS



## Jonathan Tsun & Ilona Blee

### *Final Year Medical Students*

Jonathan and Ilona are two final year medical students. Jonathan received his first degree in Economics from Tufts University in the USA. Ilona received her first degree in Medicinal Chemistry from University of Liverpool. They are passionate about healthcare and promoting a more human face of the NHS.



## Dr. Waheed Arian

### *Radiology Specialist Registrar, North West England*

Waheed has established a groundbreaking telemedicine scheme where 50 volunteer UK medics use Skype to advise their clinical colleagues in the Emergency Departments of Kabul's major hospitals. Afghan health authorities say that dozens of lives have been saved because of the Arian TELE-HEAL scheme, which is run as a charitable trust. Waheed was born in Kabul during the Soviet-Afghan conflict and cheated death many times as a child before making his way to Britain aged just 15. Graduating from Cambridge University, with additional qualifications from Harvard and Imperial, Waheed is passionate about using the positive potential of education to help communities across the globe, which informs the long-term goals for the charitable trust. Waheed is currently planning the expansion of the telemedicine scheme to other countries – details at [www.ariantele-heal.com](http://www.ariantele-heal.com).



## Tamara Rajah

### *Founder and CEO of Live Better With*

Tamara Rajah, 33, is the Founder and CEO of Live Better With, a healthcare platform that aims to make day-to-day life a little bit better for people living with long-term illnesses. Prior to Live Better With, Tamara was the youngest global Partner at McKinsey & Company, where she specialised in healthcare and led McKinsey's global knowledge and client work on regional entrepreneurship in life sciences and technologies. Tamara has founded three previous ventures, and is a trustee of the Founding Board of Sherry Coutu and Reid Hoffman's Scale-Up Institute.

# SPEAKERS



**Dr. Sophie Bostock**

*Sophie is a Sleep Evangelist at Big Health, a pioneering digital health company*

Big Health creates automated behavioural medicine programs fuelled by tracked data. Big Health's first product, Sleepio, is clinically proven to help overcome even long term poor sleep. Sophie has worked with healthcare providers and employers to test the impact of Sleepio delivered at scale. Before joining Big Health, Sophie completed a PhD in Health Psychology at UCL. Her research interests include the mechanisms linking sleep, work stress, happiness and heart disease. When she's not sleeping, or talking about it, Sophie also teaches Public Health at the University of Southampton.



**Adam Swersky**

*Adam is an Associate Director at Social Finance*

Adam is an Associate Director at Social Finance and leads its Health and Employment Partnerships and End of Life Care initiatives. Within this, he developed and launched the first Social Impact Bond in mental health and employment. Adam was previously a Project Leader at The Boston Consulting Group (BCG), where he worked with a wide range of public, private, and social sector organisations. Adam was also previously seconded to the Clinton Health Access Initiative, where he supported a West African country to access a malaria medication subsidy. Adam has a BA in Economics from Cambridge and an MBA from INSEAD.



**Keith Grimes**

*GP & Digital Health Innovator*

Dr Keith Grimes is a GP & Digital Health Innovator. Embracing his lifelong passion for technology, he has spent much of his 15 years as a primary care physician looking for innovative ways to improve patient care, and the working environment for clinicians. He has led numerous groundbreaking projects such as the award winning 'MyLittleOne' (an intensive care camera system for neonates), and the 'Roving GP' service in Brighton and Hove. In 2015 Keith founded 'VR Doctors', a forum for doctors, patients and developers to explore the evolving role of Virtual & Augmented Reality in Health & Social care.

# SPEAKERS



## Maneesh Juneja

### *Digital Health Futurist*

Maneesh Juneja is a Digital Health Futurist who explores the convergence of emerging technologies to see how they can make the world a healthier and happier place. In 2016, Maneesh was ranked 7th most influential in Digital Health. In 2012, he left the security of his career at GlaxoSmithKline, to set up his own consultancy, MJ Analytics. In the same year, Maneesh also founded the Health 2.0 London Chapter, which has since become the UK's largest grassroots health tech community. In a career spanning 20 years, Maneesh has worked with data to improve decision-making across a number of industries.



## Molly Case

### *Molly Case is a spoken word artist and nurse born and brought up in south London*

In April 2013 she achieved national recognition after performing her poem 'Nursing the Nation' at the Royal College of Nursing, gaining over 350,000 views on YouTube in just a few months. Molly has appeared in the Guardian, the Independent, the Times, Elle magazine and Huffington Post, and was named in the Health Service Journal's Inspirational Women list and the BBC's 100 Women list. Her debut collection of poetry, 'Underneath the Roses Where I Remembered Everything' was out last year inspired by her journey to becoming a nurse.



## Flight Brigade

### *Band*

Flight Brigade are a Hampshire based 7 piece rock band who have been played by Radio x, Steve Lamacq and Tom Robinson. They've appeared on Channel 4's Sunday Brunch and were chosen by Time Out magazine to headline their 'Rising Stars Showcase' last February. BBC Introducing's Gary Crowley, Phil Jackson, Bob Harris & Janice Long are also fans, the latter describing them as 'astonishing'. They have played packed out sets at Glastonbury, Bestival and will be going to Reeperbahn festival this September. They have supported Primal Scream, Maximo Park, Turin Breaks, Dry the River and Grouplove, and are set for an extensive Autumn tour to promote their debut album 'Our Friends Our Enemies', released this October.

TEAM



Sheena Visram



Nick Aresti



Nishma Manek



Gemma Self



Manpreet Bains



Jon Holley



Jessamy Bagenal



Rammya Mathew



Alex Prinsley



Helen Cliffe



James McGowan



Sumeet Hindocha



George Brighton

*and...*

Rishi Duggal

Yen Goh

Kate Norman

Alastair Faulkner

Gemma Sullivan

**TED<sup>x</sup>NHS**

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*Pledge*

I pledge to...

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