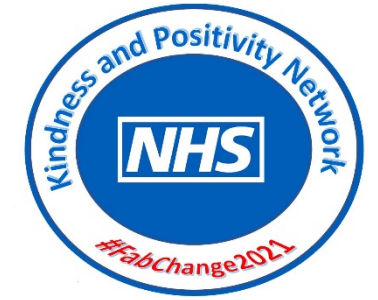


# Tent 1 Kindness & Positivity

09:30-12:30 repeated at 15:00-17:00



## Fab Tent Facilitator: **Paul Delvin**

NHS Kindness & Positivity – Be Your Best Self. #NHSKindnessAndPositivity

Proudly led by the NHS Emergency Care Improvement Support Team

@DevlinPJ [paul.devlin@nhs.net](mailto:paul.devlin@nhs.net)

### What the campaign is all about:

We all appreciate that being kind is a really nice thing to do. And being on the end of an act of kindness can make our day. What most people don't realise though, is that kindness, when combined with positivity is critical to achieving personal and professional success.

Interest in kindness and positivity has grown considerably across the NSH over the past 12 months. So much so, that it has become a new social movement. Colleagues have discovered that, as well as helping build personal resilience in the face of unprecedented challenges. It also helps us to be our best selves.

The NHS Kindness & Positivity Network is being launched as part of FabChange2021. The aim of the network is to provide:  
Training in key kindness and positivity concepts, including a very simple overview of the science involved.

An opportunity for likeminded people to come together to share practical kindness experiences and learn from each.

Training to become a Kindness and Positivity Coach or access a coach

Our call to action:

***'choose kindness and positivity as a means to be your best self and help others do the same'.***



# Tent 2 The Little Things are the Big Things

09:30 - 17:00



## Fab Tent Facilitators:

**Mathew Little & Donna Little**

## Themes/Speakers:

09:30-10:30 **Becky Thomas**; High Five Friday

10:30-11:00 **Caroline Yates & Caroline Bestwick**; Royal Wolverhampton NHS Trust – The Oral Health Project; Keep Smiling

11:00-12:00 **Katrina Creedon Royal Wolverhampton NHS FT**; A&E Pocket Handbook of Medicines

12:00-13:45 **Lunch Break**

13:45-14:00 Intro What are the Little Things?

14:00-14:30 Dr McCabe - #CallMe

'Last 1000 days' & discussions about #EndPJParalysis

#HelloMyNameis & Discussions

'Please Answer' with discussions around discharge to assess and support on discharge home.

16:00-17:00 National Dignity Chair Jan Burns MBE; The Dignity Do's & Don'ts in your practice



# Tent 3 Bumps In the Road

09:00 – 17:00



**Fab Change 21 Festival**  
**November 24th**



**Fab Tent Facilitators:** **Vanda Carter & Claire Flatt**

**Themes/Speakers:**

**09:00-11:00 Robert Ayers & Lindsay Hanmore;** Bumps in the Road; Action Learning Set

**11:00-12:00 BREAK**

**12:00-12:15 Nicola Tikasingh** – Learning from Deaths

**12:15-12:30 Shahid Sardar** – Virtual Visiting

**12:30-13:30 LUNCH Break**

**13:30-14:30 Tina Hadley-Barrows** Consultant Physiotherapist; Keele CAT group Methodology

**14:30-15:00 BREAK**

**15:00-16:00 Hesham Abdalla;** Hextime <https://hexitime.com/impact-stories>

**16:00-16:15 Jon Anderson;** PIFU

**16:15-16:30 Lorraine Talbot;** Telemedicine

**16:30-17:00 Closing Remarks & Final Discussions**



# Tent 4 The growing trend for evidence-based design in health and care environments

10:30-11:30



Presenters:

**Chair: Deidre Stewart**, Senior Director & Nursing Executive, Cerner

**Robert Selley**, Strategy Lead - Whipps Cross Redevelopment Programme

**Amanda Sparkes**, Divisional Director of Operations and Nursing, Royal Free London NHS Foundation Trust

**Allison Deagle**, Matron, Digital Transformation, The Newcastle upon Tyne Hospitals NHS Foundation Trust

**Christopher Bill**, assessment suite matron, The Newcastle upon Tyne Hospitals NHS Foundation Trust

## Tent Description:

Designing a hospital has come a long way from putting some beds in a room and calling it a ward.

Join us for a discussion on the hospital builds of today and tomorrow – from who has to be consulted to what needs to be taken into account. Our panellists represent the journey organisations must take from planning to completed new build, and bring with them their expert advice from across that lifecycle.

If you have ever wondered how to become involved in influencing hospital design for the better, this could be for you.

# Tent 5 Poets Corner

14:00-14:45

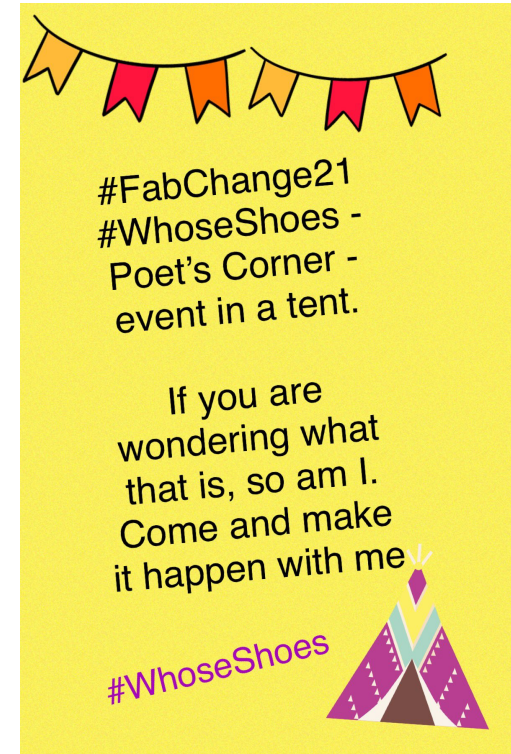


**Fab Tent Facilitator:**  
**Gill Phillips**

## Tent Details:

### #WhoseShoes Poets Corner

You could write a poem or just rock up and join the fun



**Fab Change 21 Festival**  
**November 24th**



# Tent 6 Wellbeing

10:00-13:00



## Fab Tent Facilitator:

Dani Gillett

## Themes/Speakers:

10:00-12:00 Dani Gillett & **Emma Perris** Edge Hill University; Wellbeing Session & Peer Support

12:30-13:00 Cook With **Roy Lilley**; Lunchtime Live Cooking Session



# Tent 7 NHS Horizons

10:00-12:00 & 15:00-16:00

<b>10am</b>	<b>Introduction</b>
<b>5 mins</b>	Menti <ul style="list-style-type: none"> <li>Let people know who you are and where you're from Cilla Black style</li> <li>Have you participated in the s4ca before?</li> </ul>
<b>5mins</b>	Introduction to the session. <ul style="list-style-type: none"> <li>Outlining what we will be doing the aims of the day and the speakers who are joining us....</li> </ul>
<b>30 mins</b>	<b>In conversation with... Helen Bevan</b> <ul style="list-style-type: none"> <li>History of s4ca and how it links into fab change day</li> <li>Overview of school</li> <li>Everyone to sign up to the S4CA</li> </ul>
<b>15mins</b>	BREAK TIME
<b>5 mins</b>	Kahoot – Quiz on wellbeing from the teachings in school?
<b>30mins</b>	Panel discussion: 30 minutes Topics of discussion: <ul style="list-style-type: none"> <li>Introduction to the panel and the topic up for discussion</li> <li>Resourcefulness module and why this past year it was especially important to focus on this during the course</li> <li>Focus and pick up on the stand out moments of the resourcefulness module</li> </ul>
<b>15mins</b>	Q&A with the panel
<b>5 mins</b>	Menti; How useful have you found today's sessions? After today's session will you be taking part in s4ca this November?
<b>12:00</b>	Everyone to sign up to the S4CA
<b>Close of session</b>	

**Fab Change 21 Festival**  
November 24th



15.00-16.00  
Discussion  
Networking  
Peer Support and  
sharing



# Tent 8 Power of Music

10:00-12:00 & 14:00-16:00



## Fab Tent Facilitators:

Ignar Rip & Jennie Negus

## Tent Details:

- Ignar Rip will discuss the power of music, through out our life course.
- Ignar will equip participants with the tools to use to help look after your Mental Wellbeing through the use of music.
- Everyone should have a playlist of songs from when they were aged 15-25yrs
- What songs matter to you and why?

You can find out more about Ignar's work here <https://fabnhsstuff.net/campaigns/ignars-music-as-a-care-tool-guides>

**Fab Change 21 Festival**  
**November 24th**





# Tent 9 Fab Stuff Happens Everywhere

10:00-12:30



## Fab Tent Facilitators:

Louise Hansford & Candie & Eddie

## Tent Details:

10:00 Introduction to the NHS APA – Candie

10:15 Take 20 – Eddie

10:45 College of Lived Experience – Stuart

11:15 Dorset Pop Up Clinics - video and Louise

11:45 Stigma – video and Louise

12:00 Round up and Q&A's

12:15 Back care - Kirsty Kendrick OH Physiotherapist (Royal Wolverhampton NHS Trust) Lunch time stretches: <https://youtu.be/c696iC3eDjs>

12:30 Close

