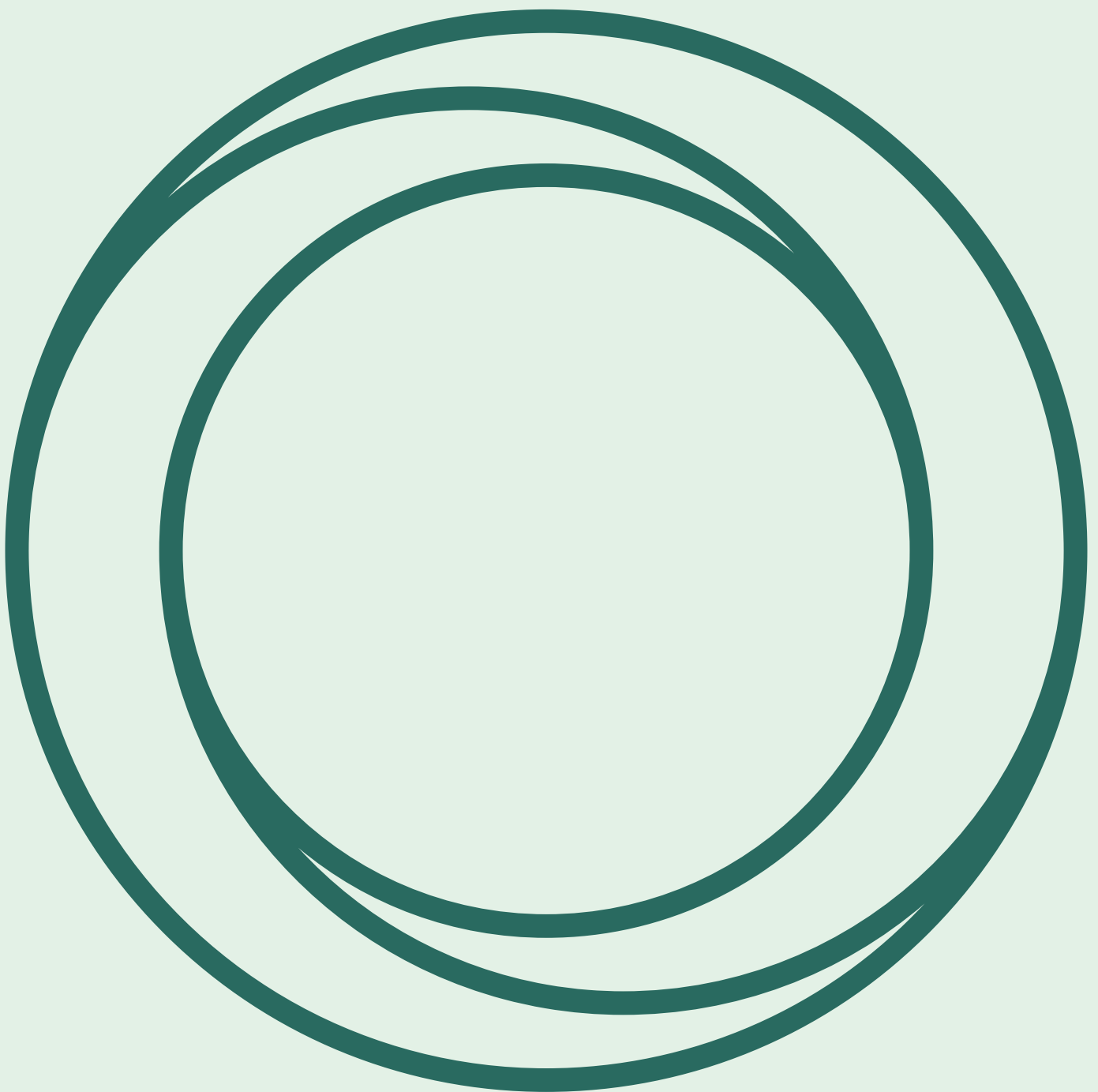


EPIIC Conference

Eastern Partnership for Innovations in Integrated Care (EPIIC)

**Facilitating Transformation in Healthcare in a World of Change
through Partnerships and Collaboration**

Thursday 26 and Friday 27 March 2026



EPIIC member Universities:**Integrated Care Systems (ICS):**

Anglia Ruskin University

Cambridgeshire and Peterborough ICS



University of Bedfordshire

Bedfordshire, Luton and Milton Keynes ICS



University of East Anglia

Norfolk and Waveney ICS



University of Essex

Mid and South Essex ICS



University of Hertfordshire

Hertfordshire and West Essex ICS



University of Suffolk

Suffolk and North East Essex ICS

Our health and care system is currently navigating a landscape fraught with challenges, including escalating demand due to an aging population, workforce shortages, and financial strains.

These issues have placed unprecedented pressure on health and care services and highlighted systemic weaknesses. As waiting lists for treatment grow and the burden on care professionals increases, the urgency for reform becomes ever more pressing. The necessity for innovative solutions is apparent, calling for collaboration among various stakeholders to ensure that reforms are not only effective but also the result of an extensive collaborative action especially in addressing the diverse needs of the population.

In this context, networking and partnership emerge as essential components for driving meaningful change within the health and care systems. By fostering connections among early and mid-career researchers, healthcare practitioners, commissioners and policymakers, EPIIC serves as a platform to share insights, research findings, and best practice. Most importantly, our university partnership, EPIIC has produced invaluable evidence that can inform effective commissioning and practice. As we gather in this 3rd annual EPIIC Conference to discuss the important achievements of our universities, it is crucial to recognise that the strength of our care systems lies in our ability to work together, leveraging our collective expertise to create a resilient and adaptive health ecosystem. Collaborative efforts can bridge gaps in knowledge and resources, facilitating the development of integrated care models that enhance patient outcomes. Our universities have a crucial role to play in supporting these regional and national efforts.



Professor Yannis Pappas, Professor in Public Health and Integrated Care

- Director of BLMK Integrated Care Research and Innovation Hub
- Director of Research Centre for Health Service Organisation and Delivery
- Chair, East of England Partnership for Innovation in Integrated Care (EPIIC)

Institute for Health Research

University of Bedfordshire

A very warm welcome to all our speakers and delegates, to the third EPIIC conference at the University of Essex. I am so excited that we will be spending the next two days together, hearing more about the innovative work that has arisen from the EPIIC funding, and the meaningful and sustained impact it has had on our communities.

We will be hearing from all six of the regional universities and integrated care systems which comprise EPIIC and learning about the new innovations and exciting projects in health and social care, as well as the development of partnerships and strong connections that have arisen between the universities, integrated care systems and wider community.

Our excellent keynote speakers will lead us in discussions on critical areas of health and social care delivery including workforce development, leadership and health equity, advances in digital technology, and a health system embedded in trust and kindness. The presentations and posters provide insight and evidence informed best practice on embedding the three key priorities of the NHS 10-Year Long Term Plan into research and practice: Community-focused Care, Digital Health and Health Promotion.

There is something for everyone in this programme, and we have also made sure there is time for networking, fun and relaxation, so please do make the best use of the setting, the people around you, the talks, posters and presentations. And if you have never played Essex Disc Golf before then this is a must do! The importance of innovation, transformation, leadership and partnership working has never been more critical, and it is a privilege and pleasure for us at the University of Essex to host you, our partners, for the next two days, and navigate and explore collectively how we can best face the challenges of the future, and meet the needs of service users.



Professor Victoria Joffe

- Dean of Integrated Health and Care Partnerships
- Professor of Speech and Language Therapy

University of Essex

EPIIC thanks the following organisations for their contributions to sponsorship for the conference:



The Brain Injury Social Care Network

This NIHR-supported Incubator is hosted by the Health Wellbeing Care Hub.

The aim of the incubator is to build research capacity and nurture impactful research in acquired brain injury social care research.

It is led by colleagues from University of Essex and University of Plymouth. It welcomes anyone wanting to engage in research that supports people disadvantaged by acquired brain injury. This, includes those affected by life experiences such as homelessness, migration, domestic abuse. More sustainable models of social participation after brain injury is one example of outputs it hopes to see.

Input comes from key stakeholders, including academic and charity partners, and professional organisations. It is actively seeking improved representation across occupational groups, and diverse lived experiences, in its advisory network and workstreams. It also welcomes collaboration with anyone working on these and other relevant topics.

For more information, follow the [Heads Together group on LinkedIn](#).



Health Innovation East

Great ideas only make a difference for our health when they are put into practice. Whether we're working with global companies, pioneering start-ups, universities or health providers Health Innovation East helps the best innovations in health and care reach the people, places and problems where they deliver most benefit. As the region's experts in implementing health innovation our team includes healthcare professionals, specialist technologists and commercial advisors; our collective skill set is at the forefront of the advances being made across health and care.

The East of England is home to some of the world's greatest science and healthcare practitioners, yet it is also characterised by significant health inequalities. We are proud to part of a national network that strives to bring the most promising innovations to those who need them.

To improve the health of the region we also have a comprehensive, paid-for consulting service which enables us to broaden and deepen our purpose, supporting those most in need.



ASUS

ASUS delivers powerful, secure, and reliable technology designed to drive modern organisations forward. Built on decades of innovation from ASUS, our business portfolio spans premium laptops, desktops, all-in-ones, and expert-grade workstations engineered for performance and durability. From ultra-portable productivity to high-performance computing, every device is rigorously tested to meet demanding industry standards, including MIL-STD durability benchmarks. With enterprise-grade security, simplified manageability and dedicated business support, ASUS empowers organisations of all sizes to work smarter, collaborate seamlessly and scale with confidence in an evolving digital world.

Wivenhoe House Hotel

Enjoy an afternoon tea for two at Wivenhoe House Hotel, a beautiful four-star hotel in Colchester, on the Essex, Suffolk border. Forget the stereotypical floral curtains and antique armchairs, Park Brasserie at Wivenhoe House is bringing afternoon tea into the 21st century.

Essex Rebels

Enjoy the electric atmosphere of an Essex Rebels game with either 2 courtside tickets or a family ticket to an up-coming game. Experience the award-winning game day experience, fast plays, top-tier competition and an atmosphere that pulls you in. Game days deliver family-friendly entertainment with a live DJ, cheerleaders, interactive competitions, giveaways, children's activities, big-screen action, great food and drink, and our iconic mascot, Queen B – all designed to make you feel part of every play.

Agenda – 26 March

Time	Session
08.30 – 09.15	Registration, Poster and Exhibit Showcase and Networking (with refreshments)
09.15 – 09.30	Introduction and Welcome: Professor Frances Bowen, Vice Chancellor, University of Essex and Professor Victoria Joffe, Dean of Integrated Health and Care Partnerships, University of Essex
09.30 – 10.00	Keynote address: NHS 10-Year Workforce Plan – Setting the Scene: Professor Phil Carver, Regional Director of Workforce, Training and Education – East of England
10.00 – 11.00	Keynote address: Leadership and Health Equity for All: Dr Tim Elwell-Sutton, Deputy Regional Director of Public Health, South East OHID, DHSC and NHSE
11.00 – 11.30	Refreshment Break
11.30 – 13.00	Snapshot View of EPIIC Innovations: Representatives from the six EPIIC partner universities
13.00 – 14.30	Lunch, Poster and Exhibit Showcase and Networking
14.30 – 15.45	Impact of EPIIC: Representatives from NHS, voluntary and third sector organisations, and service users
15.45 – 16.45	Keynote address: From analogue to digital: the future of digital technology in the NHS: Nicky Murphy, Regional Director of Digital Transformation NHS England – East of England
16.45 – 17.00	Closing Remark: Professor Yannis Pappas, University of Bedfordshire, Chair of EPIIC
17.00 – 18.00 (optional)	Essex Disc Golf with Andrew Bateman Tour of the Health, Wellbeing and Care Hub Further time for Poster and Exhibit Showcase
18.00 – 19.00 (optional)	Drinks Reception at Wivenhoe House Hotel
19.00 – 21.30 (prebooked)	Dinner at Wivenhoe House Hotel

Synopsis of presentations



Keynote address

NHS 10-Year Workforce Plan – Setting the Scene

Professor Phil Carver

This presentation introduces the NHS 10-year Workforce Plan and the workforce changes needed to support future models of care.

It highlights the need for increased workforce flexibility through reformed job families, role portability, and system wide workforce models, supported by national frameworks for consistent role design.

It emphasises the importance of aligning workforce planning with technology, AI and digital transformation across the NHS.

Keynote address

Leadership and Health Equity for All

Dr Tim Elwell-Sutton

This presentation will explore how leadership at every level of the health system can actively work towards reducing health inequities and advance fair, just, and people-centred health outcomes. It will highlight how inequities arise from structural, social, and institutional forces - and how values-driven leadership, inclusive decision-making, and accountability can translate equity from aspiration into measurable outcomes. Drawing on real-world health settings, the presentation will challenge health professionals to see themselves not only as clinicians or managers, but as equity leaders and champions shaping policy, culture, care delivery, and outcomes

Snapshot View of EPIIC Innovations



Developing the Workforce through Interdisciplinary Online and In-Person Service Provision in the Health, Wellbeing and Care Hub

Professor Andrew Bateman, University of Essex

In this last year we have supported Clinical Psychology, Nursing, Occupational Therapy, Physiotherapy and Speech and Language Therapy trainees through their placements. Opportunities afforded to them have included 1:1 therapy, leading groups, and providing online support and rehabilitation. They have contributed to webinars for people living with the consequences of stroke, seen people with fairly rare presentations (e.g., Trigeminal Neuralgia, agnosia) and people with paralysis and other movement disorders that are typical after stroke and Parkinson's. The best interdisciplinary moments where students from different disciplines have worked together have been great learning opportunities and our students have talked to us enthusiastically about their experiences. Our student's creativity and enthusiasm for the work has encouraged us to develop our services offered. This presentation will celebrate some of our key insights into clinical workforce development. I will link this to some relevant policies and theories and outline directions for future development.

Driving Change Through the Integrated Care Academy

Dr Caroline Angus and Professor Valerie Gladwell, University of Suffolk

Our vision at the ICA is to enable the best possible person-centred integrated care accessible to all. We have delivered high-impact transformational change programmes and have focused on adding value with practical, useful and useable solutions, grounded in the realities of the challenges faced by our people, communities and workforce on a day-to-day basis. We embed co-production principles, ensuring lived experience shapes integrated care delivery. We have equipped individuals and organisations with practical skills and insights to drive transformation by delivering education, leadership, and workforce planning programmes, enabling local leaders and teams to apply what they learn directly within their communities, shaping services and strategies that meet real needs. We have driven innovation and research by building capacity, supporting innovation adoption and generating evidence to aid future decision-making.

When the Rocks Rain In: Ripples that Matter through NICHE's Way of Evaluating-With to Amplify Place-Based Change

Professor Sally Hardy, Johnny Yuen and Idris Phillips-Fry, University of East Anglia

Change in health and care rarely arrives as a dramatic wave; it starts quietly in relationships, conversations, and the courage to notice what others miss. NICHE, the Norfolk Initiative for Coastal and Rural Health Equality, brings together a constellation of locally rooted projects whose collective impact emerges through the ripples they create. In this session, we explore how NICHE's approach to evaluating-with — rather than evaluating-on — turns inquiry into shared ownership and transforms evaluation from a compliance exercise into a catalyst for belonging and action. We trace five interconnected movements that underpin NICHE's place-based model: integrating evidence, curating community, sharing knowledge, demonstrating value, and transforming the workforce. Through stories of practice and partnership, we show how overlapping ripples of change reshape what care can look like in coastal and rural contexts. Ultimately, evaluation becomes not a final step but a living pond: a reflective, relational space where insight becomes motion and every contribution matters.

System Dynamic Modelling for Future Strategic System Needs and Demands

Delyth Ford and Charlotte Mullins, University of Hertfordshire

This session explores how system partnership and innovation can make best use of the combined skills within the NHS and academia to drive strategic commissioning and system transformation. It will reflect on the practical realities of accessing and using data, learning to speak a shared language, and aligning business understanding with analytical insight.

The presentation will delve into the need to understand the complexities of NHS payment flows, differing organisational cultures, and risk appetite and how this is then translated to develop assumptions to support the system to achieve success at scale and enable wider spread.

Collaborative Partnerships for Transforming the Health and Social Care Workforce

Professor Nasreen Ali, University of Bedfordshire

Health and social care systems face significant workforce challenges, including the need to increase diversity and better reflect the communities they serve. Traditional recruitment and integration approaches often fail to engage underrepresented groups and do not address structural barriers.

This paper presents learning from the Talk, Listen, Change (TLC) Workforce Research Programme, which brings together universities, NHS organisations, schools, community groups, and arts organisations to co-produce more inclusive workforce pathways. The programme combines research, community engagement, and targeted interventions across different workforce contexts.

Two examples are presented. The Collaborative Targeted Outreach Programme (CTOP) engaged young people, parents, and career-switchers through community events, school activities, university visits, and a theatre performance, using creative methods to communicate research findings and lived experiences. The Making it to the Registers project explored the barriers and enablers experienced by overseas-trained healthcare professionals seeking registration with UK regulators, also using arts-based approaches to share lived experiences and research insights.

Findings from these programmes in the BLMK ICB highlight how cross-sector partnerships and creative methods can improve engagement, inform policy, and support more inclusive and sustainable workforce transformation.

Strengthening and diversifying the health and social care volunteering landscape

Melanie Boyce and Andrea Grosbios, Anglia Ruskin University

Volunteers play a crucial role in health and social care by, for example, helping to improve patient experiences, building a closer relationship between services and communities, along with tackling health and social care inequalities. However, over the last few years we have seen significant changes in the formal volunteering landscape, particularly in patterns of engagement. Whilst the reasons are multifactorial, research indicates that increasing inequality alongside a reduction in the free time people have available are having significant impacts. With an active policy drive to shift health and care services further into local communities over the next ten years, a more inclusive and flexible volunteer landscape will be pivotal to its successful delivery. In response our research, a collaboration with Cambridgeshire and Peterborough (C&P) Integrated Care Board and Anglia Ruskin University, was undertaken to identify ways to support and strengthen the health and social care volunteer landscape in the region.

Phase I involved the dissemination of a regional online survey to volunteers and those that support/manage volunteers in the NHS, local authority and community and voluntary sector in C&P. The issues and insights highlighted from the survey were then explored in greater depth in Phase II, along with a scoping survey to employers in the region to examine levels of engagement with volunteers and volunteering. In our talk we will present key findings and recommendations to strengthening and diversifying the volunteer landscape.



Impact of EPIIC



Partnership working in the Health, Wellbeing and Care Hub - Hope and Opportunity at the Hub

Ian Rogers, Area Development Manager, East of England, Parkinson's UK (representing EPIIC work from the University of Essex)

My talk is entitled 'Hope and Opportunity at the Hub' and I will be speaking about the importance of having opportunities in the community for people with Parkinson's to access advice and support in a welcoming setting to fill gaps left when facing long waits for NHS services. It will also look at how important it is to engage young people such as medical students in this work as a way of inspiring our Parkinson's workforce of tomorrow and what they can bring to the Parkinson's cause.

THRIVE: Building culture, compassion, and confidence

Helen Muncey, Head of Education at Queen Elizabeth Hospital, and Nicola Plaatjies, the Deputy Head of the Education Faculty (representing the EPIIC work from the University of East Anglia)

THRIVE is a year-long, pilot graduate leadership programme designed to support and retain newly qualified and early-career multi-professional registrants. Delivered at The Queen Elizabeth Hospital King's Lynn, the programme was funded as a proof-of-concept initiative by NICHE to test and evaluate an innovative approach to early career leadership development.

THRIVE responds to workforce challenges by nurturing confidence, resilience and leadership capability at a critical point in professional transition. The programme integrates leadership development, quality improvement, research literacy and professional skills, underpinned by principles of compassionate and collective leadership. Creative, reflective, and psychologically safe learning approaches were used throughout, alongside structured learning days, executive shadowing, 360-degree leadership feedback, mentorship and completion of a workplace-based quality improvement project.

The programme was independently evaluated by Dr Theresa Shaw, Nurse Consultant and Facilitator, using a mixed-methods approach to capture participant experience, leadership confidence, quality improvement outcomes and organisational impact. Evaluation findings demonstrated a significant positive impact on leadership confidence, self-awareness and professional identity. Participants reported increased confidence to lead, improved emotional intelligence, enhanced understanding of organisational complexity, and tangible improvements in workplace culture and patient care. Quality improvement projects delivered measurable local impact and strengthened teamwork and engagement.

NICHE proof-of-concept funding enabled robust evaluation and learning, demonstrating THRIVE's value as a scalable and sustainable leadership development model. The programme contributed to clearer career aspirations and the development of a future leadership pipeline. The presentation shares programme design, participant voice, outcomes and key learning to inform wider system

Social Value Calculator

Hannah Morgan-Gray, VCFSE Alliance/CEO NHSCVS (representing the EPIIC work from the University of Hertfordshire)

Hannah will introduce an innovative Social Value Calculator developed through collaboration between the VCFSE sector, the University of Hertfordshire and the Hertfordshire and West Essex Integrated Care System. The tool was designed in response to the sector's limited capacity for data collection and the skills and knowledge required to effectively demonstrate impact. This intuitive calculator provides a practical approach for organisations to evidence and articulate their social value. The session explores how the tool can strengthen impact reporting without increasing the burden on organisations, while helping to surface the significant contribution of the VCFSE sector to communities and public services.

The importance of Research and Innovation in improving outcomes - examples from a world that is changing fast.

Dr Sanhita Chakrabarti, Deputy Chief Medical Officer BLMK ICB and Women's Health Champion BLMK ICB (representing the EPIIC work from the University of Bedfordshire)

History shows us that research and innovation has been the corner stone of all developments in healthcare. In this day and age where we have novel communicable diseases, non - communicable diseases becoming a major burden of disease. We need to turbo boost innovation and research to get quicker answers to help our population health needs. The NHS is a turning point where we need more innovation and research to help with our challenges and help with our transformation. Collaboration with higher educational institutions gives us opportunities to transform care whilst generating answers to complex challenges. Showing examples, we will talk about practical examples how research and innovations through collaborations can improve better integrated care.

The Social Spark Journey: From Partnership to Place Based Impact

Nicky Stevenson, Senior Lecturer and Jenny Garrett MSE/ARU Senior Anchor Project Manager, Mid and South Essex NHS Foundation Trust (representing the EPIIC work from the Anglia Ruskin University)

Social Spark's journey: how a partnership approach began, where we are now, and the ripples that followed. We'll cover NIHR enabled growth of our Basildon-based community research and innovation hub, the practical support we've provided to the third sector, and how coproduction, lived experience and community listening sessions are shaping the health interventions of the future.

Keynote address

From analogue to digital: the future of digital technology in the NHS

Nicky Murphy

From analogue to digital: the future of digital technology in the NHS. This session will set out priorities for digital transformation in the NHS over the next five to ten years. It will describe the approach to delivering these priorities that is being taken in the East of England, along with current progress.



Speaker bios



Professor Phil Carver

Phil Carver is the Regional Director of Workforce, Training and Education across the East of England, leading the multi-professional workforce agenda, including medical education, training, quality, integrated planning, innovation, and people and culture. Nationally, he is the Senior Responsible Officer for Workforce, Training and Education in Cancer and Diagnostics, encompassing the National School of Healthcare Science and Genomics.

Phil's career spans senior academic roles at universities in England and Scotland and Director positions in the NHS. He joined legacy Health Education England in October 2017 as Local Director before moving into his current regional role.



Dr Tim Elwell-Sutton

Deputy Regional Director of Public Health, South East OHID, DHSC & NHSE

Dr Tim Elwell-Sutton is the Deputy Regional Director of Public Health for the South East of England. He is a public health specialist with experience across the public and non profit sectors in the UK and internationally.

Previous roles include leading on international relations at the Department of Health and Social Care; working on inequalities and the wider determinants of health at the Health Foundation; and serving as a Consultant in Public Health in local government. Tim has also undertaken international public health work with NGOs in Hong Kong and Nepal.

Tim holds a PhD in Public Health from the University of Hong Kong, as well as an MPhil in Medical Anthropology and an MA in Human Sciences from the University of Oxford.



Professor Andrew Bateman

Andrew is Professor in Rehabilitation at the University of Essex. As a Chartered Physiotherapist with a PhD in Psychology, prior to coming to Essex he was responsible for providing holistic neuropsychological rehabilitation, and leading research among people with long term neurological conditions through an NHS Rehab service. For the NIHR Health Technology Research Centre (Brain Injury) he is lead for workforce capacity building in research. He is also leading a NIHR-supported Brain Injury Social Care Incubator and contributes to the NIHR rehabilitation incubator. In our HWCH he enjoys supervising trainees from any of the professions, introducing them to different aspects of neurorehabilitation and encouraging their interest in clinical research.



Dr Caroline Angus

Caroline brings a wealth of experience from academia, local authority and the NHS to her role as Integrated Care Academy Director. Caroline has previously delivered large scale transformation programmes in both public health and the NHS, where her expertise in partnership working and innovation has resulted in cross-sector collaboration and the adoption and spread of innovation that address local health needs and strategic priorities.

Delivering change that is person-centred and co-ordinated are key principles that are central to the ICA's vision of "delivering integrated care accessible to all". She believes that a key aspect of supporting change involves equipping our people and partners with the skills, support, and opportunities needed to deliver integrated care, which can be enabled through co-production, learning, workforce transformation, leadership development, research, and innovation.

Caroline has a passion for delivering integrated care and working across multi-organisational boundaries in order that we can bring together all the components of care and support that our people and communities want and need.



Professor Valerie Gladwell

Professor Valerie Gladwell is Director of Health and Wellbeing at the University of Suffolk, an anchor institution with a strong civic mission to improve population health and reduce inequalities. She previously headed up research within the Integrated Care Academy, leading applied and system-focused research to support integrated care and workforce development. Her work spans applied research, evaluation, and knowledge exchange across health and wellbeing, with particular expertise in physical inactivity and women's health. She leads and contributes to co-produced evaluation and research across a range of place-based and system-level initiatives, working closely with communities, practitioners, and policymakers to generate evidence that is useful, usable, and locally meaningful.



Professor Sally Hardy

Throughout her academic career Professor Sally Hardy has remained closely linked with promoting practitioner led inquiry and facilitating transformational workplace change. Sally re-joined the University of East Anglia in September 2019 as Dean of the School of Health Sciences, forging collaborative links across the East of England region and internationally. She leads the Norfolk Initiative for Coastal and rural Health Equalities (NICHE), Anchor Institute with the Norfolk, Waveney and Suffolk Integrated Care System and was Chair of the Eastern Partnership for Innovation in Integrated Care, across all six HEIs, and is evaluating the effectiveness of this model across the East of England. Sally's research focuses on understanding what factors contribute to sustainable workplace cultures and effective health and social care systems and works closely with international partners addressing population health and inequalities impacted by climate change. Her latest book bringing collaborating partners as contributing authors addressing Workplace Wellbeing for Nurses and Health Care Professionals is now available as a useful resource to ensure the health and care workforce remains resilient against intensive challenges of working across public sector changes.

A founding member of the annual Skellern Lecture series: <http://www.skellern.info> and manages the annual Worshipful Company of Barbers, Nursing Clinical Scholarships. <https://barberscompany.org/how-to-apply/>. In collaboration with Norwich University of Arts, the Restoration Trust, and other local partners is also a founding member of the Norfolk Arts and Health Collaborative. <https://norfolkartsandhealth.com>.



Johnny Yuen

Johnny Yuen PhD is a Senior Research Associate with NICHE at the University of East Anglia, focusing on evaluation and workforce development in rural and coastal health and care. His work explores how place-based innovations address inequalities and support transformation across integrated care systems. Drawing on expertise in critical realism, practice development, benefits management and social value frameworks, Johnny leads evaluation design, impact narratives, and theory-driven analysis of NICHE's portfolio of projects. He is committed to building collaborative, context-sensitive approaches that strengthen communities and enable sustainable improvement.





Idris Phillips-Fry

I joined NICHE in December 2023 to fill the role of administrator before taking on the role of programme manager in December 2024. Before joining UEA I started and ran two successful businesses, one of which is still running today under new management. I grew up in the local area of Norfolk and have experienced some of the issues NICHE is tackling first hand and so I am grateful to be a part of this project, enabling me to give back to the community I grew up in. I completed a master's degree in physics at UEA and have a deep love for the university which I bring to work with me every day at NICHE along with the scientific and analytical skills I developed during my studies. I am a competitive martial artist, which helps me maintain a healthy work life balance, professional discipline and manage the stresses of work.

I have been a member of the SOFTN conference international steering committee and the secretariate for the conference since we first began planning. My role within the committee has been in the organisation of all logistical elements of the conference along with taking lead on the promotion and marketing strategies for the conference.



Delyth Ford

Delyth has worked within Analytics in the NHS for 26 years. Although based within a commissioning setting, Delyth has made use of all data available including Acute, Primary Care, Community and Mental Health. Her role within the HWE Population Health Management Team is to use data and insights to identify opportunities to improve outcomes for the HWE population. Delyth enjoys seeing the journey from data and insights to practical intervention that can make a difference.



Charlotte Mullins

Charlotte Mullins has worked within the NHS for 32 years in Acute, Community and Mental Health Trusts with her time spent more recently in commissioning organisations. Her role includes co-leading Population Health Management in HWE ICB with Dr Sam Williamson and leading the Research, Innovation and Evaluation function. Charlotte enjoys putting data to use to improve our populations' outcomes and understanding how the role of Research has a critical role in acquiring new knowledge that will facilitate these improvements.



Professor Nasreen Ali

Nasreen Ali is Professor of Public Health Equality at the University of Bedfordshire and leads the Talk, Listen, Change (TLC) Workforce Research Programme within the Integrated Care Research (ICR) Hub. Her interdisciplinary research addresses structural and intersectional inequalities in health and social care, with a focus on workforce diversity, community engagement, and inclusive service design. She works in partnership with communities, health systems, and policymakers, centring lived experience to inform research, policy, and practice. Her work aims to improve outcomes for marginalised communities at local, national, and international levels.



Ian Rogers

I've been an Area Development Manager for the East region at Parkinson's UK since September 2024 having spent my career to date in the charity sector and policing. My role is to raise awareness, find opportunities and improve services for people living with Parkinson's across Essex, Suffolk and Norfolk. I'm keen to change attitudes and perceptions around Parkinson's, it affects a wide range of people and is incredibly individual in the way it does so. It touches more than just the person diagnosed as it changes dynamics for loved ones and family members too. I am passionate about working with partners in the community who can help give a more expansive view of Parkinson's, and encouraging younger people and professionals to look at ways of becoming involved and working with those affected, and promoting awareness of this cause.



Helen Muncey

Helen Muncey is the Head of Education at Queen Elizabeth Hospital, King's Lynn, where she leads the development of educational programmes for healthcare professionals. With a wealth of experience from education focused roles at Cambridge University Hospitals, Royal Surrey County Hospital, and Health Education England, she brings expertise in healthcare education, quality assurance, and workforce development.

Helen creates a learning environment that promotes clinical excellence, professional growth, and leadership. She has introduced initiatives like the THRIVE Programme, which helps newly qualified professionals navigate the complexities of the NHS. Her focus on continuous improvement, lifelong learning, and addressing workforce challenges such as recruitment, retention, and staff well-being ensures that educational efforts align with broader healthcare goals, fostering sustainable workforce development and better patient experience and care.



Nicola Platjies

Nikki is the Deputy Head of the Education Faculty and has worked in Education since 2009. As Deputy Head of the Faculty her remit includes Education, Research and Innovation, and ensuring these are captured with the education portfolio the team provides. During this time, she has held the position as Post Graduate Education lead for the International Nurse programme, Preceptorship and the Return to Practice Programme and previously as the PDN for the division of surgery. She has been a nurse for 23 years and held clinical posts in emergency surgery and as a ward sister in female surgery and gynaecology before moving into clinical education. Her education qualifications include DipHE, BSc in Nursing, PGCERT and MSc in Medical Education. It is a privilege to support our learners and staff to develop and to influence patient care through education.



Hannah Morgan-Gray

Hannah Morgan-Gray is a senior leader in the voluntary, community, faith and social enterprise (VCFSE) sector, with extensive experience in system leadership, partnership working and organisational development. She is currently CEO of North Herts and Stevenage CVS, a registered charity supporting the VCFSE sector to be effective, sustainable, and well connected. Hannah is an elected member of the Hertfordshire and West Essex VCFSE Alliance, facilitating collaboration between public sector organisations and the VCFSE sector. Through this role, she has worked with the University of Hertfordshire and the Hertfordshire and West Essex Integrated Care System (HWEICS) on an initiative connecting health, care and education. Outside of her day-to-day role, Hannah is also Co-Founder and Director of Climb Hitchin – an indoor rock climbing and training facility run by the community, for the community.



Dr Sanhita Chakrabarti

A passionate clinical leader with decades of experience in women's and children's health, Dr Sanhita is dedicated to creating healthier futures for families and communities. As a Public Health Consultant, she specialises in value-based health and care, focusing on prevention, early intervention, and reducing health inequalities.

Currently serving as Deputy Chief Medical Officer at Bedfordshire, Luton and Milton Keynes ICB, she leads the region's research and innovation portfolio – driving collaboration and system-wide improvements that make a difference at population level.

Alongside her leadership role, Dr Sanhita continues to provide clinical care in sexual and reproductive health in Milton Keynes, supporting women who need expert, compassionate gynaecological care.

Her work is powered by one clear mission: to ensure every woman and child has access to the right care, at the right time, wherever they are.



Nicky Stevenson

Nicky Stevenson is a specialist researcher and teacher on the Voluntary, Community and Social Enterprise sector. She has over 30 years' experience including at ARU and running her own consultancy. She is a founder director of Social Enterprise East of England and has previously worked for Charity Bank and been an assessor for the Social Enterprise Mark. She has a special interest in social impact measurement, has designed a number of tools and is a Social Return on Investment practitioner. She is the co-author of "Inside Social Enterprise - Looking to the Future".



Jenny Garrett

Jenny leads on Social Spark, bringing together partners from health, local authorities, universities and the third sector to grow community led innovation and research. She specialises in building collaborative models that centre lived experience, strengthen third sector capability and create practical pathways for communities to shape services. Jenny currently oversees the development of the Social Spark Community Research and Innovation Hub, supported through NIHR funding, and is committed to embedding coproduction, community listening and place-based prevention into everyday practice.



Nicky Murphy

As the Regional Director for Digital Transformation in the East of England (NHS England), Nicky provides oversight and support for the delivery of transformational change with digital technologies by working with provider, ICB, ICS and national teams. Nicky also has international experience in the private sector with Amazon Web Services where she helped governments around the world to deliver their healthcare priorities with cutting edge technology. Nicky has also worked in a range of national, regional and local roles across the NHS, including as Chief of Staff & Director of Policy Delivery to the Deputy Chief Executive at NHS England.

Agenda – 27 March

Time	Session
08.30 – 09.00	Registration, Poster and Exhibit Showcase and Networking (with refreshments)
09.00 – 09.55	<p>Keynote address: Changing the paradigm of healthcare through kindness and trust:</p> <p>Dr Ed Garratt OBE, Chief Executive, NHS Suffolk and North East Essex Integrated Care Board and CEO (Designate) NHS Norfolk & Waveney Integrated Care Board</p>
09.55 – 10.05	Implementing Health and Care Innovation in Partnership Sarah Hamilton, Senior Advisor at Health Innovation East
10.05 – 10:30	<p>EPIIC Work: Effective collaborations for enhancing research, practice and education driven innovations addressing population health inequalities:</p> <p>Professor Sally Hardy, University of East Anglia</p>
10.30 –11.00	Showcasing Partnership Working and Student and Practitioner Research and Practice
11.00 – 11.30	Refreshment Break
11.30 – 13.30	Showcasing Partnership Working and Student and Practitioner Research and Practice
13.30	<p>Thanks, and Closing Remarks:</p> <p>Professor Yannis Pappas, University of Bedfordshire, Chair of EPIIC; and Professor Victoria Joffe, Dean of Integrated Health and Care Partnerships, University of Essex</p>
13.30 – 14.30	Lunch, Poster and Exhibit Showcase and Networking
14.30	Close; and Safe Journey Home

Synopsis of presentations



Keynote address

Changing the paradigm of healthcare through kindness and trust.

Dr Ed Garratt OBE

Ed will share his experience and insights into the creating the highest performing ICB in 2025, an achievement built over many years alongside many partners. Understanding the learning and legacy of this achievement is important as the health service transitions into its latest phase, focused upon neighbourhood health and innovation. He will argue for the importance of building kindness and trust as a key driver of performance and sustainability in healthcare. He will also talk about the vital role of higher education in healthcare and reflect upon his experience working closely with the excellent universities in the East of England. He will be delighted to listen to the comments and ideas of delegates and answer their questions.

Implementing Health and Care Innovation in Partnership

Sarah Hamilton

EPIIC Work: Effective collaborations for enhancing research, practice and education driven innovations addressing population health inequalities.

Professor Sally Hardy

I will outline how the Eastern Partnership for Innovation in Integrated Care (EPIIC) has focused on working as an effective collaborative partnership seeking to achieve large scale transformation within and across complex systems. Lessons learned from the EPIIC partnership approach will focus on purpose and authenticity. I will introduce several conceptual frameworks that have been derived from working within complexity across my career, aiming to identify salient issues of what worked, for whom and how. It is intended to be a paper that raises the need for ongoing shared experiences, as knowledge exchange, capturing and exploring learning. The audience will be invited to share their insights and responses to the frameworks outlined and draw upon what has been heard and experienced during this and other EPIIC conferences, that can be taken back and utilised within their own workplaces.

Showcasing Partnership Working and Student and Practitioner Research and Practice:

Implementation Vigilance for an Equitable NHS 10-Year Plan: Insights from CoastGEM stroke care pathways in East Suffolk and North Essex

Professor Reza Majdzadeh, University of Essex

This presentation draws on implementation learning from stroke care pathways in East Suffolk and North Essex (CoastGEM) to examine how the NHS 10-Year Plan may translate into day-to-day delivery. The intention is not to question the Plan's strategic direction, but to show—through concrete examples—how well-designed, evidence-based actions can, if implementation pressures are overlooked, inadvertently widen inequalities in reach and benefit.

The presentation is structured in three parts. First, it sets out a practical framing for “equity in delivery” and illustrates how apparently neutral implementation choices can systematically advantage some groups and places over others. Second, it examines three plausible, recurring pressures that shape delivery outcomes: inverse care dynamics (capacity and improvement effort scaling fastest where readiness and infrastructure are strongest), the digital divide (digitally enabled routes working best where connectivity, devices, privacy and digital confidence are secure), and agency bias (pathway steps implicitly rewarding health literacy, confidence and self-advocacy, even under formally neutral rules). These pressures are presented as predictable features of complex system change—manageable with foresight, rather than treated as failures after the fact.

Third, in line with EPIIC's partnership ethos, the presentation offers one practical option for strengthening evidence-informed implementation: an “evidence-to-action” routine that links a focused decision question to a small set of observable signals and proportionate adjustments. The approach combines equity-sensitive monitoring (routinely stratified by deprivation, ethnicity, disability and geography) with short qualitative “reality checks” from front-line teams and service users, and a rapid joint interpretation cycle to support low-burden refinements such as channel parity, navigation support and targeted outreach.

The talk aims to support delivery confidence while ensuring that transformation remains reliably fair in practice for communities with the most to gain.

How does one start a company in one's 'spare' time as a busy NHS surgeon?

Professor Oliver Pearce, Milton Keynes University Hospital

How does one start a company in one's 'spare' time as a busy NHS surgeon? And how does one push it from interesting sideline to commercial success?

In my journey developing and selling adaptive underwear (EasyReach Underwear) for hip replacement patients I have learned many lessons, and overcome numerous (predictable) obstacles.

And of equal interest I am now putting lessons learned from EasyReach into practice in forming Health Tech Un.Ltd, a single company with the goal of taking health tech innovations from the interesting prototype to commercially available products in collaboration with my Open University co-inventors.

The need for MHRA approval and product testing to prevent harm to patients in any 'medical device' represents increased complexity (and costs) when developing such a product.

Representing increased 'risk' to potential investors or Venture Capital.

How does one negotiate the labyrinthine landscape in taking the working innovation, in the lab, to upscale to manufacture and form a successful company around it as the vehicle for it getting out to patients and having it's intended use?

There is no single correct answer. But one principle is, 'you need help'. And what that help looks like is at the centre of it all...

Closing the Gap: Digital Prehabilitation to Tackle Inequality and Boost Outcomes Personalised, Evidence-Based Care for Every Cancer Patient Across Deprived and Diverse Communities

Friederike Englund, Mid and South Essex ICB

Symptoms of anxiety and depression, reduction in physical fitness and a general deterioration in quality of life are common during cancer treatment (Wynter-Blyth et al, 2023). Patients living in the most deprived areas are more likely to face behavioural risks of low physical activity, smoking and poor diet (Fong et al, 2023) as well as have worse cancer experiences and outcomes than those in the least deprived areas (CRUK, 2025) and are less likely to seek or be offered support for the challenges they face.

The digital prehabilitation programme addresses health inequalities across Mid and South Essex (MSE) Integrated Care Board (ICB), aligning with the Core20PLUS5 framework and NHS Long Term Plan priorities. This programme offers a universal, personalised approach for all newly diagnosed cancer patients, using a 360° profile to deliver tailored coaching focused on physical activity, nutrition, and emotional wellbeing, with referrals for weight management and smoking cessation where needed.

Evidence from this pilot programme demonstrates that patients from the most deprived areas are just as likely to register and complete the programme as those living in less deprived areas, making this programme an effective tool in overcoming health inequalities. All participants report an overall improvement of quality of life, increased physical activity (despite ongoing cancer treatment) and reduction in anxiety and depression. Feedback highlights the benefits of regular support contact via the chat option and prompt access to dietetic, physio and specialist nurse input and expertise.

This pilot has demonstrated the impact prehabilitation can have on cancer treatment outcomes and quality of life. It reflects what Moore (2019) has found that patients who receive multi-model prehabilitation recover more quickly from surgery and are able to be discharged from hospital earlier. By improving physiological function, emotional wellbeing, and reducing recurrence risk, the programme contributes to the NHS ambition of enhancing cancer care quality, experience, and equity.

Purple Flag across the East of England

Alex Flack, Mid and South Essex ICB

Purple Flag is a digital escalation tool that supports psychologically safe learning environments for healthcare learners on clinical placement. Recognised as national best practice, it was expanded regionally through collaborative partnership working across education, practice, and system stakeholders.

The initiative enables learners to raise concerns safely via a digital form, ensuring timely, proportionate responses that prioritise learner wellbeing and sexual safety. Purple Flag has increased learner confidence, improved visibility of placement-related risks, and strengthened governance and accountability. It demonstrates how partnership-led innovation can enhance learner safety and support high-quality clinical education.

Bridging the Gap: From Genomic Science to Clinical Change

Anita Murphy, Lead Nurse, East Genomic Medicine Service Alliance

This session explores how genomics is reshaping clinical practice and examines why genomic literacy is essential for health professionals to confidently navigate and manage these changes.

Transformation of North East Essex Community Paediatric Services through the adoption of the Balanced System framework

Elizabeth Kingsford and Monette Dormant, HCRG Care Group and ESNEFT

The HCRG & NEECPs Transformation Journey (Sept 2023–Aug 2025) - Between September 2023 and August 2025, North East Essex Community Paediatric Services underwent a significant transformation through the implementation of the Balanced System framework—a whole system, evidence based approach spanning universal, targeted, and specialist support across SLT, OT, physiotherapy, and continence services.

At the outset, services were experiencing major pressures: waiting lists exceeding two years, over 350 children awaiting follow up care, and traditional triage and treat models that could no longer meet rising demand or complexity. The response was a shift to integrated, place-based delivery with earlier access points and streamlined pathways.

Key innovations included the introduction of link therapists in schools, advice lines, and early years drop-ins, providing immediate access without the need for formal referrals. Enhanced digital resources and targeted workshops strengthened universal and targeted provision, while tools such as the OT Sensory Awareness Toolkit empowered families and educators to manage needs proactively.

The impact was substantial. By August 2025, SLT waiting lists fell from 568 with 323 breaching the 18-week threshold to just 76 with 4 over 18 weeks, with similar improvements across OT, Physio, and Continence. The two-year school age backlog (375 children) was fully cleared by March 2025, and waits for complex SLT reduced from 15 weeks to just over one week.

Feedback from families, schools, and partners highlights increased confidence, faster access, and more effective support for children. The Balanced System's collaborative, adaptable approach has delivered sustainable, equitable improvements—ensuring children and young people in Essex receive the right support at the right time.

A Cross-Site Quality Improvement Initiative to Improve Timely Antibiotic Administration in Paediatric Sepsis

Dr Maimuna Mushabe, Susan Cornwell, Louise Tebble, Grace Davis, Mary Stebbens, Mid and South Essex Hospitals

Paediatric sepsis remains a leading cause of childhood mortality, with outcomes closely linked to early recognition and antibiotic administration within the “golden hour.” Audits across the three Mid and South Essex hospital sites identified declining compliance with timely antibiotic delivery and delays in escalation and management.

In response, a multidisciplinary cross-site quality improvement collaborative was established across Basildon, Southend, and Broomfield. Using four Plan–Do–Study–Act cycles, teams identified shared barriers including communication challenges, staffing pressures, and variation in local pathways. Key interventions included the coordinated introduction of visible sepsis timers to prompt antibiotic delivery within 60 minutes, alongside delivery of “Civility Saves Lives” training to strengthen psychological safety and escalation confidence.

Following implementation (March–August 2025), compliance with timely antibiotic administration reached and was largely sustained at 100% across all sites. This project demonstrates that partnership working across multiple hospitals can successfully align culture, processes, and education to deliver sustained system-wide improvements in paediatric sepsis care.

Facilitating Transformation through Information Flow: Insights from a Multi-Agency Integrated Wellbeing Service

Dr. Fani Liapi, University of Bedfordshire

Integrated care is increasingly viewed as essential for addressing complex and interlinked physical and mental health needs. Total Wellbeing Luton is an integrated health for physical and mental health. This evaluation explores how whole system integration operates in practice.

A qualitative evaluation design was used to explore service user experiences and identify system-level factors influencing delivery of integrated care. Data was collected from service users engaged with Total Wellbeing Luton and analysed thematically to examine perceived facilitators and barriers to pathway access, navigation, and continuity of care within a Whole System Approach framework.

Total Wellbeing Luton illustrates how a coordinated pathway can bring together multiple public health and healthcare services under a single integrated model. The evaluation suggests that effective integration depends on sustained collaboration across organisations and multidisciplinary teams. Integrated care was best understood as a complex adaptive system, shaped by ongoing interactions between stakeholders rather than a straightforward linear referral process. The Whole System Approach provided a valuable lens for identifying how services connect, where gaps emerge, and where opportunities for improvement exist. Key system priorities included shared understanding across providers, consistent coordination between services, and flexibility in delivery to meet diverse user needs.

This evaluation highlights the potential value of whole system integrated care in supporting individuals with combined physical and mental health challenges. Strengthening cross-service communication, improving pathway clarity, and enhancing coordination across providers are essential for achieving sustainable long-term system change. These findings contribute to wider evidence on the practical implementation of Whole System Approaches within local public health systems.



**Transforming Early Career Transitions Through Interprofessional Partnership:
A Co-Produced Pre-Preceptorship Model**

Raihana Mohammed, Debbie Cubitt, Ashila Bhutia, Ayesha Siddika and East of England Practice Partners

Healthcare systems worldwide are experiencing unprecedented change, driven by workforce shortages, increasing service complexity and evolving professional roles. Supporting learners and newly registered professionals in transitioning effectively into practice is therefore a critical interprofessional challenge and a key priority of the NHS 10-year Health Plan. Drawing on interprofessional education (IPE) theory and partnership working, this presentation explores an innovative pre-preceptorship model co-produced by the University of Essex School of Health and Social Care, NHS England (East of England), and regional practice partners, namely: East Suffolk and North Essex NHS Foundation Trust, Essex Partnership NHS Foundation Trust and Mid and South Essex NHS Foundation Trust.

The programme operationalises the recommendations made in The Preceptorship Pulse Survey (Florence Nightingale Foundation, 2025), which highlighted the importance of

“Integrating preceptorship awareness throughout the curriculum”
(Florence Nightingale Foundation, 2025)

The presentation begins by framing transition as a shared interprofessional responsibility rather than a single-profession issue. Using the WHO definition of IPE (WHO 2010) and Wenger’s Communities of Practice theory (Wenger 1998), the speakers highlight how early, relational learning experiences influence professional identity formation, confidence, belonging and readiness for collaborative practice. Transition theory is used to demonstrate why support must begin before professional registration, not after.

The core of the presentation focuses on the co-design and delivery of the interprofessional pre-preceptorship programme.

Key features of the programme include explaining what preceptorship entails, why it matters, and demonstrates the organisation’s commitment to preceptorship. It enables learners to meet members of practice who support newly qualified students, including the preceptorship leads and the regional multi-professional nursing and AHP leads who strategically support preceptorship in the east of England region. Core to the programme is the opportunities for interprofessional students to learn with, from and about each other, and creating the conversation to identify what matters to participants as they progress to transitioning into autonomous practitioners. The programme further explores the student destination survey and the healthcare learner toolkit.

The feedback from participants, highlights how learner feedback is used to inform future programmes.

Concluding by reflecting on the transferable lessons, positioning pre-preceptorship as a scalable, partnership-driven approach to workforce sustainability. Attendees are invited to ask questions and consider how interprofessional collaboration can be mobilised earlier in the learner journey to support healthcare transition from student to registrant in a rapidly changing world.

How collaborative is healthcare for people with musculoskeletal-related conditions? A survey of patients and clinicians

James Roberts, University of Essex

Supporting patient involvement is a core clinical capability, yet achieving the King’s Fund vision of “shared responsibility for health” remains a challenge. This presentation explores the current state of UK musculoskeletal practice through a survey of 174 physiotherapists and patients.

Findings reveal a significant perception gap: people with musculoskeletal conditions reported experiencing lower levels of patient involvement than physiotherapists perceived themselves to be delivering. While shared decision-making is frequently reported, other methods of shared responsibility for health, such as designing services in partnership and patients as leaders are less frequently experienced. Future work is now required to understand why these approaches are not routinely adopted in musculoskeletal settings.

Values-based integrated care: fairness and equity as conceptual tools for attaining social justice within underserved ethnic minority communities.

Kirstie Allen, University of Bedfordshire

This presentation will detail the findings to date of Kirstie’s doctoral study, which seeks to identify the educational requirements for health and social care professionals in training for the achievement of fairness, equity and social justice for underserved minority ethnic groups through the provision of integrated care. The presentation will give the findings of one part of the PhD, a qualitative study exploring the perspectives and experiences of individuals from diverse backgrounds of receiving health and social care within the local Integrated Care System, and how care provided has aided the achievement of the values of fairness, equity and improved health and social equality.

Creating a new mentorship model for dentistry using co-design

Charlotte Wake, University of Bedfordshire

This talk will offer an overview of the accessibility and challenges presented for mentorship in dentistry. The aim of this study is to create a mentorship model to be used in UK dental practice. This talk will give the project aims and objectives and the empirical results of a systematic scoping review on mentorship models used in dentistry worldwide. The talk will discuss the methods this project will use to create a new model.

Transforming education, mental health and social care via Multi-Disciplinary Team (MDT) working and sensory integration practice.

Fran Bailey, Essex County Council

Fran Bailey was a teacher for 20 years. For 10 of those years, she worked with children with school-based anxiety, but the focus was their GCSE results, not the reasons for their anxiety, so she decided to retrain as an occupational therapist with a view to working in children’s mental health early intervention and prevention. Fran worked for the NHS in a specialist forensic mental health community team, and on an acute mental health ward in which she established their sensory room and sensory integration (SI) practice. She then worked with Essex County Council Adult Social Care in a prevention role establishing adult mental health and SI OT provision within supported accommodation. Fran made a business case for SI practice to be a key tool for mental health crisis and relapse prevention, so ECC now fund full SI training for all their front facing OTs in mental health and ASD/LD provision, have written an SI policy and offer SI awareness training for all their staff around manual handling and mental health crisis prevention. Fran is now trained as an advanced sensory integration practitioner and currently campaigns for SI practice across ECC children’s services. Fran won the 2025 ECC innovation and change champion award and the national social worker of the year best MDT team silver award

Speaker bios



Dr Ed Garratt OBE

Ed is Chief Executive of the NHS Suffolk and North East Essex and NHS Norfolk and Waveney ICBs. He is a Visiting Professor of Integrated Care at the University of Suffolk and an Honorary Professor at the University of Essex in the Institute of Public Health and Wellbeing. He is a Deputy Lieutenant of Suffolk. In 2023 he was awarded an OBE in The King's first Birthday Honours List for services to the Integrated Care System.

Ed has worked in the NHS for 20 years, largely in senior roles. In 2025 NHS Suffolk and North East Essex was rated by NHS England as the 'highest performing' ICB in the country.

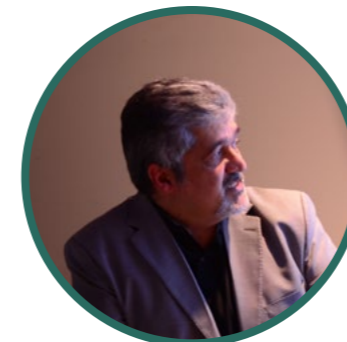
Ed supports various national and regional responsibilities. Ed is currently sponsoring the national Primary Care Network Test Sites programme developing innovation in general practice and the ICB Coastal Communities network focused on tackling health inequalities. Regionally, he is the lead commissioner of the East of England Ambulance Trust. He has also worked on major national policy by supporting the development of the NHS Constitution (2009) and the Government's NHS White Paper (2021).

Ed has a published doctorate in English Literature from the University of Cambridge and a first-class degree in History from the University of Sussex.



Sarah Hamilton

Sarah Hamilton is a Senior Advisor for Health Innovation East, she leads innovative change programs to support the implementation and transformation of healthcare in a variety of settings. Most recently she has been enabling the implementation of new devices to detect and manage asthma within areas of deprivation collaboratively with Mid and South Essex ICB. As a clinician by background, Sarah has worked across all healthcare settings, including leading and enabling innovative change at a system level, leading the Safeguarding Children and Adults agenda.



Professor Reza Majdzadeh

Reza Majdzadeh is a Professor of Global Health in the School of Health and Social Care at the University of Essex, focusing on health inequalities, health systems and evidence-informed policy-making. He works with international organisations to strengthen the translation of large-scale health strategies into tangible, field-level outputs, using systems learning and proportionate evidence-to-action methods. His recent work includes CoastGEM, examining stroke care pathways in East Suffolk and North Essex. He is particularly interested in how EPIIC partnerships can mobilise universities as anchor institutions to support equity-sensitive learning during implementation of the NHS 10-Year Plan.



Friederike Englund

Friederike Englund is a nurse with over 30 years of experience in cancer care. She set up the Macmillan Information Centre at Southend Hospital in 2014 and developed its support programme over the following 10 years focusing on maximising cancer patients' quality of life and wellbeing. This project was funded by the Mid and South Essex ICB's Health Inequality Fund.



Professor Oliver Pearce

Oliver Pearce is a consultant hip and knee orthopaedic surgeon at Milton Keynes University Hospital. He is the Vice Chair of Research, and runs the Musculoskeletal Sciences block of the medical University of Buckingham Medical School. He holds a visiting Professor status at the Open University in Computing Science, and at Cranfield University in Materials, Manufacturing and Aerospace. He chairs the Bedford, Luton and Milton Keynes Academic Innovation Group. A group of health care research active academics from local universities to facilitate healthcare research in collaboration with primary care, secondary care, local research institutions and Universities.

He started his company EasyReach Underwear in 2022. An adaptive underwear garment for people recovering from hip replacement surgery. And he is in the throes of setting up 2 companies to develop health tech innovations through his umbrella company, Healthtech Un.Ltd. One is a pressure sensing mattress adaptor to aid in pressure sore prevention in hospital beds. And another is a medicines compliance digitally enabled cartridge to improve regular medication consumption as well as the data on their compliance, as this has serious knock-on effects on preventing complications of chronic diseases such as hypertension, diabetes, Parkinsons, cardiac disease etc.

He has found that, while it is technically possible to do everything oneself, it is much better to form teams to get things done. Especially in the context of the journey from working prototype to fully functional and medical regulation tested final product and corporate structure. This maximises the chance of the product 'getting out there' and actually helping the populations it has been designed to!



Alex Flack

Alex is a qualified midwife with 13 years of healthcare experience and currently works in a strategic role focusing on student capacity and wellbeing during clinical placements. Her professional background is grounded in a strong commitment to providing safe, high-quality, care. She is particularly passionate about supporting and educating staff and students, recognising this key to achieving excellent outcomes for service users across all healthcare services. Alex believes that when individuals feel valued, confident, and well supported, they are happiest at work and best able to deliver compassionate, effective care. Her work promotes positive learning environments, staff wellbeing, and clinical excellence.



Anita Murphy

Anita Murphy is the Lead Nurse for the East Genomics Medicine Service Alliance, bringing a diverse background across secondary, primary, and community care. Throughout her career, Anita has seen firsthand the evolving role of nursing and how nurses and allied health professionals are uniquely positioned to drive change at the intersection of clinical care and genomics. In her current role, she leads efforts to expand genomic knowledge and its practical application within the nursing workforce across her region.



Elizabeth Kingsford

Lizzy Kingsford is a senior leader in children's public health with over eight years of experience transforming services and driving measurable outcomes for children and families. As Strategic Lead for Essex's 0-5 Healthy Child Programme, she authored a ten-year pre-birth to five strategy focused on prevention and reducing inequalities. Elizabeth chairs the Children's Partnership Board within the North East Essex ICB Alliance and influences national practice through DHSC/OHID forums. Holding an MBA with Distinction, she has a proven track record in complex service turnaround, co-design with families.



Monette Dormant

Monette Dormant is an Occupational therapist with extensive experience in paediatrics. She is currently the service lead for the children's therapies and continence service in North East Essex. She was selected as a clinical facilitator to transform children's OT services SET wide in line with the Balanced system principles. She is currently involved with the STAY project in Essex schools to ensure successful transition of autistic young people from primary to secondary schools.



Dr. Fani Liapi

Dr Fani Liapi is a Senior Research Fellow at the University of Bedfordshire with expertise in health services evaluation and integrated care systems. Her research focuses on the integration of physical and mental health services, whole-systems approaches, and the use of qualitative and mixed methods to evaluate complex interventions. She leads and contributes to NIHR- and NHS-funded studies, with a particular interest in data integration, co-production, and improving service user experiences across health and social care.



Dr Maimuna Mushabe

Dr Maimuna Mushabe is a Consultant Paediatrician and Medical Director for Women's and Children's Services at Mid and South Essex NHS Foundation Trust. With expertise in childhood epilepsy and Clinical leadership, she champions collaborative leadership, service development, and reducing health inequalities to drive partnership-led transformation in women's and children's healthcare.



Mary Stebbens

I am a paediatric nurse with nearly 40 years of experience in clinical practice and 10 years in nursing education. My career has been dedicated to improving outcomes for children and supporting families through evidence-based, compassionate care. In my current role, I focus on preparing the current and next generation of nurses for excellence in paediatric practice.



Raihana Mohammed

I am a dedicated health professional educator with over a decade of experience in clinical practice, academic leadership, and interprofessional education. With a strong foundation in health and social care and a passion for innovation, I specialise in developing evidence-based teaching strategies, simulation-based learning, and fostering collaborative practices across diverse teams both internally and externally. As a Fellow of Advanced HE and Co-Chair of the BAME Staff Forum, I am committed to promoting equality, diversity, and inclusion while driving excellence in healthcare education and practice through contributing to strategic policy development and implementation. My career is defined by a relentless pursuit of lifelong learning and a steadfast dedication to empowering future healthcare professionals.



Debbie Cubitt

Debbie is an inclusive and compassionate senior nurse leader with 39 years of experience, beginning her clinical career as an orthopaedic ward sister caring for elective and trauma patients. She transitioned into strategic roles, including Nursing Audit Co-Ordinator, where she co-led impactful initiatives such as dementia care workshops in partnership with the Alzheimer's Society. As one of Essex's first Practice Education Facilitators, Debbie dedicated 21 years to enhancing student learning environments and supporting pre-registration education. She currently serves as Senior Clinical Manager at NHS England, East of England and is regional preceptorship lead, she led the regional implementation of the National Preceptorship Interim Quality Mark Award. However, the credit for this achievement must be with full acknowledgement to the innovative preceptorship leads in the region. Debbie chairs the practice education leads meeting, bespoke presentation webinars showcasing research and innovation for adaptation and adoption and she supports the integration of nursing associates into clinical practice with her colleague.



Ashila Bhutia

Ash is a physiotherapist with over 20 years of experience across clinical practice, education, and leadership. She has worked in acute and community settings, specialising in neurological rehabilitation and spasticity management. She is a qualified non-medical prescriber and has supported advanced clinical practice. Ashila has lectured at King's College London and led Regional programmes focused on workforce development and transformation. She has contributed to strategic initiatives and cross-sector collaborations aimed at enhancing AHP visibility and impact. Ash is actively involved in promoting equality, diversity, and inclusion, with a focus on creating inclusive environments for AHPs.



Ayesha Siddika

I am a Nurse Educator with a distinguished background in both military and civilian healthcare systems across multiple countries. Trained in the Army, I developed a strong foundation in clinical excellence, leadership, and adaptability. My career progressed into specialist practice as a Rheumatology Nurse, where I provided expert care and contributed to service development. Driven by a passion for education, I pursued advanced qualifications in medical and healthcare education, transitioning into a role that supports the professional growth of healthcare staff.

Since joining Essex Partnership University NHS Foundation Trust, I have played a pivotal role in facilitating multi-professional preceptorship programmes. I am actively involved in the training and development of a diverse workforce, including newly qualified practitioners, students, and senior staff. My passion is to focus on fostering a culture of continuous learning and compassionate care.



East of England Practice Partners

The presenters are an interprofessional team of senior clinicians, educators and workforce leaders from the University of Essex, NHS England (East of England) and regional healthcare providers. Together they bring extensive experience across nursing and allied health professions, spanning clinical practice, education, leadership, workforce transformation and preceptorship. Their work focuses on co-producing transition support for learners and newly qualified professionals through partnership working, interprofessional education and learner voice. The team has led regional and organisational preceptorship initiatives aligned to national frameworks and is committed to equity, inclusion and collaborative practice as drivers of sustainable healthcare transformation.



James Roberts

James is a UK physiotherapist and lecturer at the University of Essex, with clinical and academic experience spanning a variety of settings and higher education. He completed his BSc in 2007 and MSc in 2012, and is currently undertaking a PhD exploring how patients can be better supported to be actively involved in their care and decision-making. His research focuses on shared responsibility for health, and co-created approaches to education and practice.



Kirstie Allen

Kirstie Allen is a registered Children's Nurse and Specialist Community Public Health Nurse and is Director for Practice Learning at the University of Bedfordshire, responsible for strategic development and operationalisation of placements and partnerships across the Faculty of Health, Community and Life Sciences. Kirstie's research spans values-based practice, integrated care and pedagogical development of workforce education, with published works around curriculum development in healthcare. Kirstie is in the later stages of her PhD exploring the achievement of fairness and equity for underserved minority groups through the provision of integrated care.



Charlotte Wake

Charlotte Wake is a qualified Dental Hygienist and Dental Therapist working clinically part time and as a Visiting Lecturer at the University of Bedfordshire. Charlotte completed her master's degree in Dental Law and Ethics in 2018 and has a PgCert in Dental Education. Charlotte is a freelance writer and has been published in The Dental Nursing journal amongst others. Charlotte is currently undertaking a PhD on the topic of mentorship in dentistry.



Fran Bailey

Fran Bailey was a teacher for 20 years. For 10 of those years, she worked with children with school-based anxiety, but the focus was their GCSE results, not the reasons for their anxiety, so she decided to retrain as an occupational therapist with a view to working in children's mental health early intervention and prevention. Fran worked for the NHS in a specialist forensic mental health community team, and on an acute mental health ward in which she established their sensory room and sensory integration (SI) practice. She then worked with Essex County Council Adult Social Care in a prevention role establishing adult mental health and SI OT provision within supported accommodation. Fran made a business case for SI practice to be a key tool for mental health crisis and relapse prevention, so ECC now fund full SI training for all their front facing OTs in mental health and ASD/LD provision, have written an SI policy and offer SI awareness training for all their staff around manual handling and mental health crisis prevention. Fran is now trained as an advanced sensory integration practitioner and currently campaigns for SI practice across ECC children's services. Fran won the 2025 ECC innovation and change champion award and the national social worker of the year best MDT team silver award.



Poster displays

Posters will be displayed across both days in Ivor Crewe Lecture Hall B.

- **Transforming Early Career Transitions Through Interprofessional Partnership: A Co-Produced Pre-Preceptorship Model**
Raihana Mohammed, Debbie Cubitt, and East of England Practice Partners
- **How collaborative is healthcare for people with musculoskeletal-related conditions? A survey of patients and clinicians**
James Roberts, University of Essex
- **Individualised care and patient experience for people with dementia in acute care: a systematic review and narrative synthesis of the evidence**
Dr Rachel Marrow, University of Essex
- **Improving equitable access to antenatal care in East of England**
Dr Shuby Puthussery, Associate Professor & Director of Maternal and Child Health Research Centre
- **Making research participation more inclusive and relevant to need**
Dr Rebecca Hadley and Dr Sharon Mutare, University of Hertfordshire
- **A Research and Innovation Hub Enables Residents to Live Better and Longer Lives**
Dr Rebecca Hadley and Dr Sharon Mutare, University of Hertfordshire
- **The Workforce and Skills Hub**
Jennifer Beard, University of Hertfordshire
- **The role of the universities as partners in developing integrated care frameworks for the organisation and delivery of care**
Santosh Yatnatti, University of Bedfordshire
- **Growing Research in Brain Injury Social Care**
Laura-Mihaela and Alexandra Scott-Hornsby
- **Proactively identifying and meeting needs in the over 75s population in a Primary Care Network**
Deepika Lawrence, Cara Burgess and David Hewson
- **School of Life Sciences – NHS Partnerships: Research and Education**
Greg Brooke

Exhibitions

The exhibitions will be in the in Ivor Crewe Lecture Hall B on both days.

- **Health, Wellbeing and Care Hub, University of Essex**
- **The Workforce Development Trust**
- **Centre for Healthcare Science, University of Essex**
- **The HCRG and NEECPS Journey: Adoption of the Balanced System Framework**
- **Genomics and its Impact on Healthcare, East Genomic Medicine Service Alliance**
- **Institute of Public Health and Wellbeing and Centre for Coastal Communities, University of Essex**
- **System Dynamic Modelling, University of Hertfordshire**
- **ASUS**
- **Health Innovation East**

Eastern Partnership for Innovations in Integrated Care (EPIIC) Board Members

Name	Title	University
Professor Yannis Pappas	EPIIC Chair	University of Bedfordshire
Professor Gurch Randhawa	Board Member	University of Bedfordshire
Dr Santosh Yatnatti	Board Member	University of Bedfordshire
Dr Alison Tresidder	Ex-officio Member	University of Bedfordshire
Professor Victoria Joffe	Board Member	University of Essex
Professor Andrew Bateman	Board Member	University of Essex
Katherine Farrow	Board Member	University of Essex
Professor Kate Asante	Ex-officio Member	University of Hertfordshire
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