

## **Making and Embedding Transformation Post-COVID Mental Health at breaking point – the time for transformation is now**

**IAPT - Achieving the vision of Improving Access to Psychological Therapies**

### **Speaker Bios**

#### **Dr Graeme Wilkes, Chief Medical Officer, Connect Health**

Dr Wilkes joined Connect in 2007 from General Practice and Sports Medicine, initially working as a GP with Special Interest and Clinical Lead. He gained entry to the Specialist Register for Sport & Exercise Medicine in 2011 and is now Connect's Chief Medical Officer, having previously held the position of Medical Director, working clinically as a Consultant in Sport & Exercise Medicine (SEM).



Dr Wilkes has championed use of evidence-based medicine with Connect to achieve best clinical outcomes for patients. This has included developing Connect's innovative "10/10 guidelines" and contributing to services leading the field in clinical outcome data production. Dr Wilkes has also developed an in-depth and expert understanding of how community NHS service can function well and meet the needs of patients, the taxpayer and staff.

Dr Wilkes serves as a Council Member for the Faculty of Sport & Exercise Medicine, Senior Sport Physician to the English Institute of Sport and Chief Medical Officer to British Diving.

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#### **Charlotte Augst, Chief Executive, National Voices**

Charlotte is the Chief Executive of National Voices. She came to London in 1997, after completing a law degree in Germany, to pursue postgraduate studies at the University of London. She holds a PhD in law and medical ethics. Charlotte has held senior positions in health and research policy – in Parliament, for national regulators, and in the charitable sector. Since starting at National Voices, Charlotte has led a strategic reorientation of the organisation towards a more visible role for its members – their insight, practice and innovations – and towards grounding National Voices' influencing work more explicitly in the experience of people who live with ill health, disability or impairment. She was a Trustee of Mosaic Clubhouse, a Brixton based mental health recovery charity from 2015-2019.



National Voices is the coalition of charities that stands for people being in control of their health and care. We have over 140 charity members and 20 professional members, and as

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a membership body in a strong position to influence policy and practice, we promote the vital work of voluntary organisations in improving people's health and care, this includes mental health and a wide variety of other conditions.

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**Marie Chellingsworth, Executive Clinical Director,  
Concern Group & Founder of The CBT Resource**

Marie is Executive Clinical Director for Concern Group and a renowned IAPT expert, academic and author with over twenty years' experience in the field. She sat on the IAPT national workforce, education and training committee within the Department of Health for the IAPT roll-out and has worked with professional bodies to maintain standards for CBT and training. She is a co-author of the PWP, Supervision and CBT with older people national curricula and a Consultant to the design and implementation of the Australian IAPT programme. She has worked as a Subject Matter Expert and Consultant for a range of leading Digital Therapeutics and IAPT services to improve outcomes and write content of patient self-help materials and apps for depression, anxiety disorders and long-term physical health conditions via The CBT Resource.



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**Dr Ollie Hart, GP and PCN Clinical Director NHS Sheffield**



Ollie has been a GP Partner in Sheffield for 13 years. He has roles with NHS Sheffield as a Commissioning Lead in the areas of Person Centred Care and Move More. He was the lead for the musculoskeletal redesign work for 7 years, nurturing a new outcome led approach.

He also has experience of developing education and support for healthcare professionals and health systems, as a Director of Peak Health Coaching.

Ollie has always enjoyed straddling the cut edge that lies between implementation (doing) and leadership (designing). He is sure that his role in the MAG will allow him to bring this

to Connect Health, whilst enjoying learning from all those in the company and the other MAG members.

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**Claire Forkes, Service Manager, Central Region, Occupational Health Services, Connect Health**

Claire Forkes is a Service Manager within the Occupational Health team at Connect Health, managing the Central Region. Claire joined the business fulltime in February 2020, having left a part time role as a member of her local CCG Governing Body. Her background is in Mental Health Nursing and she completed her training in 2004, thereafter working in Acute, Community and Forensic mental health settings before moving into a more Public Health and healthcare management focussed career path. She completed a Masters in Public Administration along the way. Claire has a special interest in the social determinants of mental health and their links to wider population and community outcomes.



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**Mini Mangat, Head of Patient Engagement, Connect Health**

Mini is a Patient Engagement specialist with over a decade of successful experience in NHS and commercial health sectors. She has a passion for addressing health inequalities and social value; understanding the importance of patients being involved in their own care, self-care, and wellness. Mini is a strong believer of better health, care, and long-term outcomes through delivering services with value added. She has considerable experience in consultation within the MSK field and has a track record of delivering high standards in patient engagement. Mini has worked with many community groups and has a specialist interest in working with seldom heard groups.



Mini focuses on activities addressing general themes of the patient community, establishing, and developing relationships with local communities, local and national patient groups and external agencies; giving patients a voice. Mini's personal values of integrity, courage, passion and diversity are very much aligned to the values of Connect Health. Mini joined the organisation in 2019 and was immediately impressed with the efforts that are made to embed Connect's values and create a great culture.

Mini is an elected member of Local Government and serves as a District Councillor at Warwick District Council, she is Chair of Council's Health & Community Protection Programme Advisory Board. Mini has vast experience in Equality, Diversity & Inclusion, she campaigns for Equity and Human Rights and is Chair of Warwick District Council's Task & Finish Group addressing Race Equality.

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