

**SHEFFIELD YOUNG PERSON & HEALTHCARE TRANSITION CONFERENCE:  
DIGITAL HEALTHCARE IN THE 21<sup>ST</sup> CENTURY**

**Tuesday 6<sup>th</sup> October 2026**

**09:00 – 16:30**

**Hybrid (via Zoom)**

**&**

**Face-to Face: at The Spark (home to the National Centre for Child Health Technology)**

Lunch provided for face-to-face delegates

# **SHEFFIELD YOUNG PERSON & HEALTHCARE TRANSITION CONFERENCE**

**Tuesday 6<sup>th</sup> October 2026, 09:00 – 16:30**

## **Core Target Audience: -**

- All Professionals Involved in the Care of Young People.

## **Teaching methods: -**

- Plenary Address / Keynote.

## **Key Learning Aims and Objectives: -**

- Understand the role and impact of policy on Adolescent Health and Transition
- Recognise the importance of empowering young people during healthcare transition journeys
- Increase awareness of how digital tools are reshaping young people's healthcare journeys, gaining insight into opportunities to improve access, engagement, self-management, and continuity of care across NHS services
- Gain knowledge of key research findings on how to effectively empower young people during their healthcare transition journey
- Develop insight into the opportunities, challenges, and ethical considerations shaping young people's mental health in the digital age.
- Improved understanding of mental health and interplay with physical healthcare utilisation.
- Understanding how national healthcare policy impacts on healthcare outcomes in the UK.

**09:00 – 09:30** Registration (and refreshments)

**09:30 - 09:45** Welcome

Dr Priya Narula, Consultant Paediatric Gastroenterologist & Clinical Lead Healthcare Transition,  
Sheffield Children's NHS Foundation Trust (SCNHSFT)  
Ruth Brown, Chief Executive, SCNHSFT

## **Session 1: Technology, Teens & Tomorrow's Health Policy**

Chairs: Professor Wendy Tindale, Director of Innovation, STH  
Hannah Cash, Roald Dahl Children's Healthcare Transition Nurse Specialist, SCNHSFT  
Youth Forum Member

**09:45 - 10:15 The NCCHT Journey; Why Digital Technology Can Help Young People's Healthcare & How this will be Adopted in the NHS**

Professor Paul Dimitri, Professor of Child Health and Consultant in Paediatric Endocrinology, SCNHSFT; Vice President for Science and Research at the Royal College of Paediatrics and Child Health (RCPCH)

**10:15 - 10:45 Empowering Young People During Their Healthcare Transition Journey - Insights from Research**

Professor Faith Gibson FRCN, FAAN Director of Research – Director of Research, Nursing and Allied Health at Great Ormond Street Hospital (GOSH)

**10:45 - 11:15 How can Health Policy Better Fit the Changing Needs of Young People?**

Dr Ronny Cheung, Consultant General Paediatrician, Evelina London Children's Hospital & Officer for Health Services, Royal College of Paediatrics & Child Health.

**Break 11:15 – 11:45**

## **Session 2: Supporting Young Minds in a Digital World**

Chairs: Dr Alenka Brooks, Gastroenterology Consultant & Associate Medical Director for Young People's Services and Clinical Lead for Transition, STH.  
Dr Kelechi Ugonna, Paediatric Respiratory and Sleep Consultant, SCNHSFT.  
Youth Forum Member.

**11:45 - 12:15 Mental Health in the Digital Age; Opportunities, Challenges & Ethical Considerations**

Professor Ellen Townsend, Professor of Psychology, School of Psychology, University of Nottingham.

**12:15- 12:45 "Why are Our Kids so Unhappy?"**

Lee Hudson, Clinical Associate Professor and Consultant Paediatrician at GOS UCL Institute of Child Health

**12:45 – 13:45**

**Lunch and Interactive Padlet Posters**

## **13.45 - 14.05 Quiz for delegates designed by SCNHSFT Youth Forum**

Youth Forum Members, Natalie Parkin and Odessa Sanderson-Gillard, Youth Liaison & Engagement Coordinators, Healthcare Transition Team, SCNHSFT

## **Session 3: Innovations: Transforming Young People's Healthcare & Transition**

Chairs: Dr Keith Pugh, Head of Operations, NIHR HRC  
Kirsty Morris, Roald Dahl Children's Healthcare Transition Nurse Specialist/Registered Nurse for CYP, Sheffield Teaching Hospital (STHFT)  
Youth Forum Member

### **14.05- 15.15**

#### **HEEADSSS in the Emergency Department**

Dr David James, Consultant in Paediatric Emergency Medicine at University Hospital Southampton, and Deputy Director of Medical Education.

Dr Helen Stewart, Officer for Health Improvement, Royal College of Paediatrics and Child Health  
Consultant in Paediatric Emergency Medicine, Emergency Department, SCNHSFT

#### **Getting into the HEEADSSSS of Young People. The Development of a Communication Simulation Course**

Neil Fletcher, Roald Dahl CNS for Teenagers and Young Adults, Barts Health NHS Trust

#### **The Digital Health Passport**

Dr Greg Burch, CEO and Founder of Tiny Medical Apps and Doctor of Emergency Medicine

#### **DigiBete and DigiBot (chatbot)**

Maddie Julian, CEO & Founder of Digibete

#### **Digital Ready, Steady, Go**

Dr Arvind Nagra, Consultant Paediatric Nephrologist and the Clinical Lead for Transitional Care at Southampton Children's Hospital

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| <b>Break 15:15-15:45</b> |
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Chairs: Dr Elle Minshall, Paediatric Allergy Consultant & Clinical Director, SCNHSFT.  
2<sup>nd</sup> chair tbc.  
Youth Forum Member

### **15.45- 16.15 Teens and Tech**

Dr Simon Chapman, Consultant Paediatrics/Adolescent Medicine (Diabetes/Endocrinology/Obesity), King's College Hospital NHSFT

Dr Helena Gleeson, Consultant Endocrinologist & Clinical Service Lead for Endocrinology, University Hospitals Birmingham NHSFT

### **16.15- 16:30 Final Reflections**

Yvonne Millard, MBE, Chief Nurse, SCNHSFT.

Youth Forum

**(Optional)**

### **16.30 - 17.00 Tour of The Spark for in-person delegates**

Registration Form available via Eventbrite

To register, please go to

<https://www.eventbrite.co.uk/e/1982977059766?aff=oddtcreator>



Creating healthier futures



**Sheffield Children's**  
NHS Foundation Trust

## Sheffield Young Person and Healthcare Transition Conference “Digital Healthcare in the 21st Century”

Tuesday 6<sup>th</sup>  
October 2026

