

# Heidi Edmundson

Consultant in Emergency Medicine, Whittington Health, MBChB, BMSc, FRCS (ED), FCEM

Dr Heidi Edmundson has worked in the NHS for over 20yrs and for the last 10 has been a consultant in Emergency Medicine.

She is a passionate advocate for NHS staff wellness and its importance with regards to the individual, the workforce and the patients they care for.

She believes in the power of using fun and creativity as means to facilitate wellness, build teams and give people a voice. She has introduced sessions dedicated to 'fun and creativity' to her workplace in which staff are encouraged to play games or take part in creative tasks. The games are influenced by the methodology found in Forum Theatre. This is a style of theatre created by the Brazilian Augustus Boal, originally, developed to explore oppression, insoluble problems and drive social change.

She believes that by engaging in fun and creative tasks people are able to express their whole selves. Seeing and appreciating this allows us to connect to the humanity in ourselves and others.

Heidi has published blogs and articles around using creativity and the arts to change culture in the NHS.

<https://www.theguardian.com/society/2019/jan/17/introduced-fun-a-and-e-staff>

<https://blogs.bmj.com/bmj/2019/06/28/heidi-edmundson-can-we-change-the-culture-around-breaks-in-the-nhs/>