

Dr. Jonty Heaversedge

Television Doctor



BIOGRAPHY

Jonty has become an increasingly familiar face on the television, having most recently appeared on the sofa with Dermot O'Leary on ITV's *From the Heart*.

Jonty has also presented 3 series of *Street Doctor* for BBC1, and a BAFTA nominated series for CBBC called *The Smokehouse* – working with children to help their parents quit smoking. Jonty also co-presented (with Nadia Sawalha) *Lifegivers*, BBC1's very successful daily live show aimed at raising awareness of the issues around organ donation in the UK.

Jonty regularly contributes to a range of different news programs – both on the TV and radio – these include BBC Breakfast, Radio 5 Live, *You and Yours* on Radio 4, *The Surgery* on Radio 1, Channel 5 News and Live from Studio 5. He writes a regular column for *Yours* magazine focused on women's health issues.

Having qualified from the University of London with a degree in psychology and a masters in mental health as well as a medical degree, today Jonty is an inner city GP in a large practice in South East London.

He continues to pursue a particular interest in the psychological health and wellbeing of his patients, as well as their physical health problems. He believes in giving every individual the opportunity to access the highest standards of healthcare and, having spent time working with the homeless and drug dependent as part of his training, Jonty continues to do a lot of work with patients in the area of addiction.

As well as his clinical work Jonty is also involved in teaching medical students at Guy's, Kings and St Thomas' Medical School, and in training other young doctors. His passion for education and communicating about a whole range of health issues has led over the last couple of years to an increasing amount of work with the media.

Jonty is passionate about trying to engage with the public on a whole range of topics and, to this end, has worked on a number of campaigns both with the NHS and other organisations to encourage people to think about health issues – including smoking cessation, organ donation, mental health problems and diabetes.

In 2010, Jonty had his first book published [The Mindful Manifesto](#), which looks into how doing less and noticing more can help people to thrive in a stressed out world.

In 2010 also Jonty contributed towards a Jeremy Kyle special for Medical Week on ITV.

TELEVISION

DATE	PRODUCTION (ROLE)	COMPANY
2011-14	This Morning (Regular Expert)	ITVP for ITV
2013	From The Heart (Expert)	ITVP for ITV
2010	The Jeremy Kyle Show: Morning Surgery (Expert)	ITVP for ITV
2010	E Numbers: An Edible Adventure (Expert)	Plum Pictures for BBC2
2009	Lifegivers (Expert)	Leopard Films for BBC1

2009	Extreme: Skinny Celebrities	TwoFour for Living TV
2008	The Smokehouse (Expert)	Initial/ Endemol for BBC1/ CBBC
2007-08	Street Doctor (Expert)	In house BBC Manchester for BBC1

BOOKS

DATE	PUBLICATION (ROLE)	COMPANY
2010	The Mindful Manifesto (Author)	Hay House

JOURNALISM

DATE	PUBLICATION (ROLE)
2011	The Mail On Sunday (Health Columnist)