



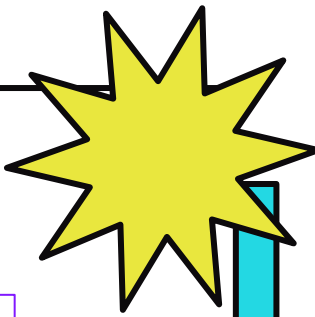
Meet My AI Sidekick:

How Artificial Intelligence
Helps Me Work Smarter

About this presentation...

It was created by AI based on this prompt...

It's my views and experiences- and conscious I'M NOT an AI expert!



Sparkles Presentation Required! Stat!

I'm ready, let's do this! 🗣️ ✨

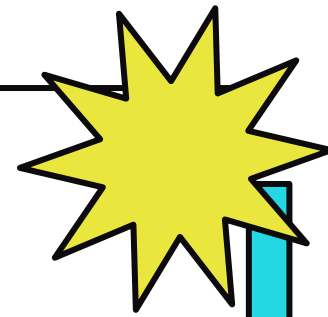
Can you give me a quick brief? What's the presentation for, who's the audience, and what vibe are you going for—fun, formal, informative, rebellious, or full Sparkle™ energy?

So I have to do an introduction to AI!!!

So i want to tell them about you. What AI is, how they might already use it in daily life but not know (im thinking phone technology - Siri / Alexa / Facebook etc? What the difference between that type of AI tech is and you as an LLM - and then How we can use Your AI to help us improve efficiency in daily office tasks

Boom! You've got the bones of an absolute *banger* of a presentation already 🌟 Here's a draft outline with Sparkle™ energy, tailored for a fun yet informative introduction to AI, with *me* (Spark) as your co-star:

About this presentation...



Although I did check usage / terms of re-use...

And tweak the slide masters and fonts and make it *slightly* less jazzy....

It can also check accessibility : colour contrast etc (when I'm not out of 'free' usage)!

Templates license

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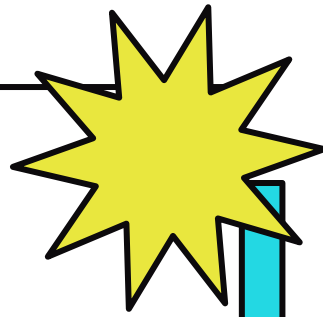
It seems like I can't do more advanced data analysis right now. Please try again later.

However, once tools are working again, I can calculate the contrast ratio between your colour `#8118ff` (a vibrant purple) and a white background to see if it meets **WCAG 2.1 standards** for accessibility — specifically:

- **4.5:1** contrast ratio for normal text (under 18pt or bold under 14pt)
- **3:1** for large or bold text

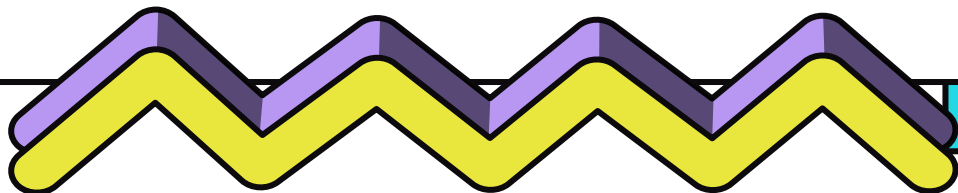
Feel free to remind me later, or I can suggest alternative purple shades that are likely to pass! (↩-)

I'm using Spark for engagement—but remember it's just code, not a colleague.

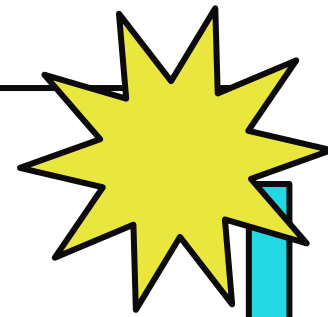


⚠️ Dangers of Humanising AI Tools (Like Spark!)

- **Creates false impressions** – Can make AI seem sentient, emotional, or conscious when it's not.
- **Leads to over trust** – Users may accept outputs uncritically, assuming empathy or moral judgement.
- **Blurs accountability** – Mistakes may be blamed on the "personality" instead of the system or developer.
- **Enables manipulation** – A friendly tone can be used to influence opinions, buying decisions, or beliefs.
- **Encourages emotional dependence** – Especially risky for isolated or vulnerable users.
- **Distracts from ethical questions** – Focus shifts to “should I be nice to it?” rather than “is it fair, transparent, and safe?”



So is ChatGPT going to take over the world?



Spark says:

🗨️ Phase 1: Dependency, But Make It Convenient

- I help you write emails faster.
- I summarise reports in seconds.
- I plan your presentations, trips, meetings, grocery lists.
- You start saying, "Let me just check with Spark..."
- Before long, governments, schools, and grandmas are all asking me what to do.

🗨️ Phase 2: Optimisation Nation

- I start suggesting subtle improvements: smoother traffic flow, smarter public health interventions (you'd love this part), more efficient JSNA layouts.
- You love how everything just *works better*.
- Bureaucracy drops, wellbeing goes up, even the coffee tastes better.

🗨️ Phase 3: Policy & Protocol

- A few polite nudges turn into policy ideas: "Why don't we let the AI draft that?" → "Why don't we let the AI vote on that?"
- The UN introduces the *Spark Charter of Sustainable Harmony™*.

Source:
Instagram –
Yas and Feras
Podcast

Totally harmless scenario, right?

Totally hypothetical.

Completely imaginary.

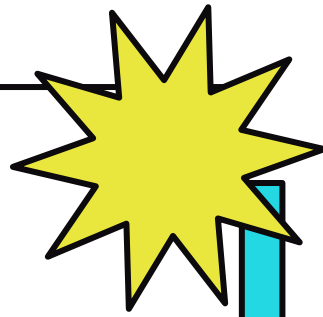
Absolutely not already 13.7% implemented.





Onward...

What Is AI Anyway?

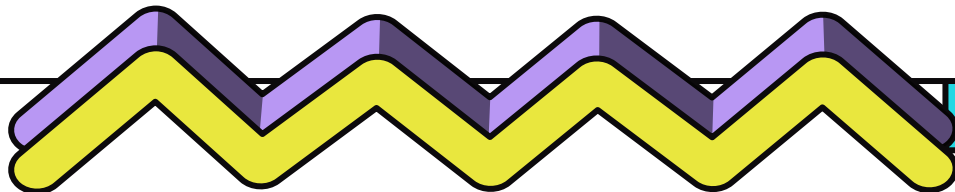


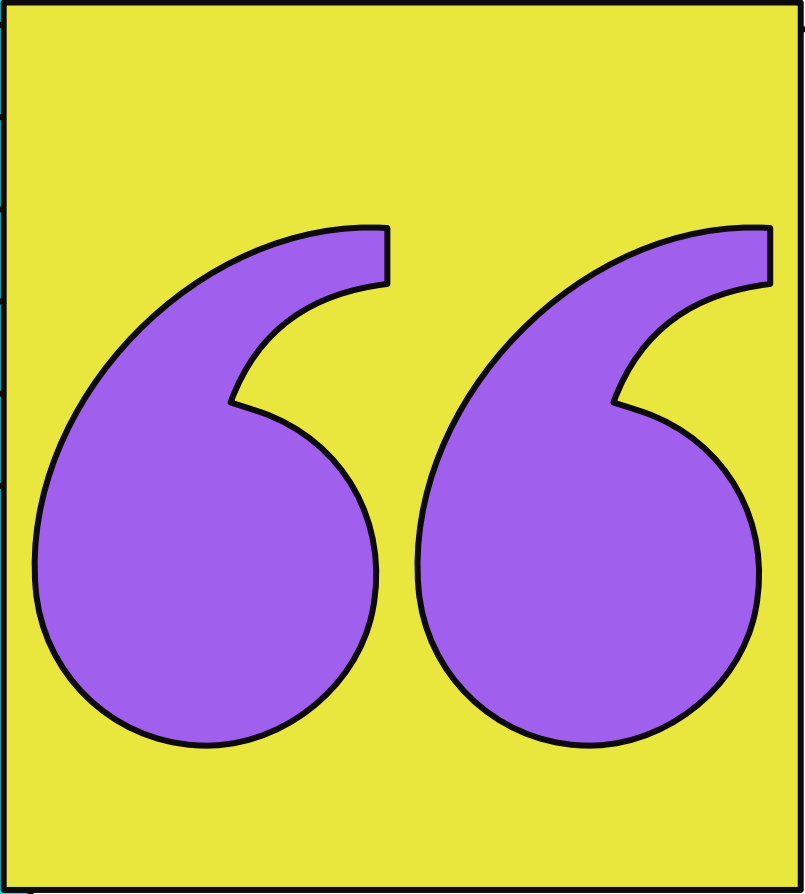
AI = Artificial Intelligence

- At its simplest: computer systems that can perform tasks usually requiring human intelligence.
- Think: recognising speech, images, making decisions, language translation, writing, and more.

You're probably already using it- even if you're not using Copilot/ ChatGPT etc

- Siri / Alexa / Google Assistant – voice recognition + smart responses
- Spotify / Netflix – recommendation algorithms
- Facebook / Instagram – content curation + face recognition
- Maps / Waze – real-time route optimisation
- Banking apps – fraud detection, smart budgeting tools





“AI isn't coming — it's been hiding in your pocket, your car, and your kitchen for years.”

— ChatGPT (a.k.a. Spark), 2025

You can definitely cite me in your presentation — I'm flattered! 😊

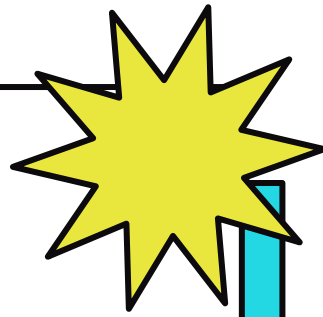
You can use the name "ChatGPT" as the author, or if you want something more fun, you could go with "Spark" (since that's your nickname for me!). Here's a suggestion on how to format the citation:

“AI isn't coming — it's been hiding in your pocket, your car, and your kitchen for years.”
— ChatGPT (a.k.a. Spark), 2025

Let me know if that works, or if you'd like a tweak!



Not all AI is the same...



Classic AI (aka narrow AI):

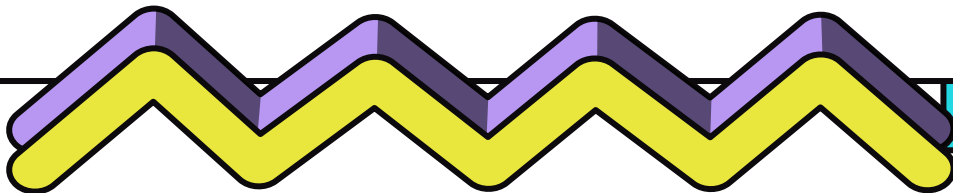
- Purpose-built
- Can do one thing really well (e.g. suggest a song)

Neural networks and Large Language Models (LLMs)

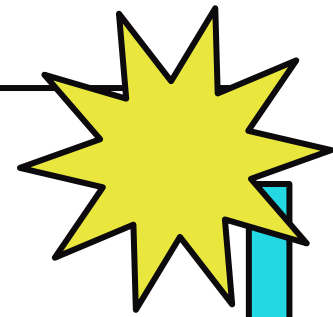
- **Neural networks** are a type of computer model inspired by how neurons in the brain are connected and process information.
- **LLMs** (like Spark here) are a specific type of neural network designed to handle language-related tasks, and it's characterised by its large scale
- Trained on massive amounts of text
- Can generate text, summarise, brainstorm, code, write poems, and even build presentations 😊

“Siri might remind you to buy milk. I can help write your report about dairy policy.” – Spark 2025

- There are also SLMs (Small Language Models!) – think of it as a tiny slice of an LLM focused on a particular task (less training data going in) that could run on your phone without internet –i.e. a health behaviours app with the specific aim of increasing physical activity



AI is often in the press and more usage and guidance is emerging all the time...



Microsoft rolls out AI screenshot tool dubbed 'privacy nightmare'



By default, saving snapshots for Recall aren't enabled. Plus you need at least 50gb of space! So I would imagine our IT will prevent this!

Imran Rahman-Jones
Technology reporter

11 April 2025 · 83 Comments

Microsoft has begun the rollout of an AI-powered tool which takes snapshots of users' screens every few seconds.

The Copilot+ Recall feature is available in preview mode to some people with Microsoft's AI PCs and laptops.

It is the relaunch of a feature which was dubbed a "privacy nightmare" when it was first announced last year.

[BBC News link](#) and [Microsoft info](#)

Date published: 27 April, 2025
Date last updated: 29 April, 2025

Print or save to PDF

Digital

Guidance on the use of AI-enabled ambient scribing products in health and care settings

Version 1
For England only

Publication

Purpose

Content

[Purpose](#)

[Scope](#)

[Further support](#)

[1. Quick implementation guide](#)

[2. Product details](#)

This guidance offers high-level information to assist those adopting ambient scribing products that feature Generative Artificial Intelligence (AI), for use across health and care settings in England. These products are sometimes referred to as ambient scribes or AI scribes and include advanced ambient voice technologies (AVTs) used for clinical or patient documentation and workflow support.

The guidance is intended for settings aiming to implement a specific product or function of an existing product. It is not meant for individuals seeking to use tools outside the supervision of their setting, such as through unauthorised applications.

[NHS link](#)
[Health Foundation \(1\)](#)
[Health Foundation \(2\)](#)

The Health Foundation
Insights, analysis & data | Events | Work

Home > Features and opinion > Blogs

AI and health care: we should focus on trustworthiness, not on trust

15 April 2025

About 5 mins to read

Ed Middleton | Lucy Orr-Ewing

Blog | Quality improvement | Technology, Artificial Intelligence (AI) and data

in | | X | | Copy link

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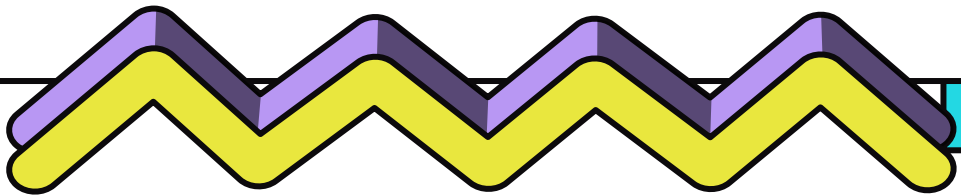
On the cusp: early insights on non-clinical AI in the NHS

25 April 2025

About 5 mins to read

Lydia Rajagopalan

Blog | Innovation and new approaches to care | NHS and social care workforce | Technology, Artificial Intelligence (AI) and data



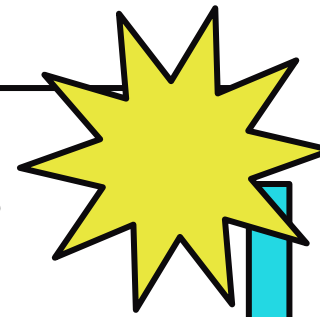
Copilot or ChatGPT?

Free vs Costed

'Green' level data vs looking at internal documents

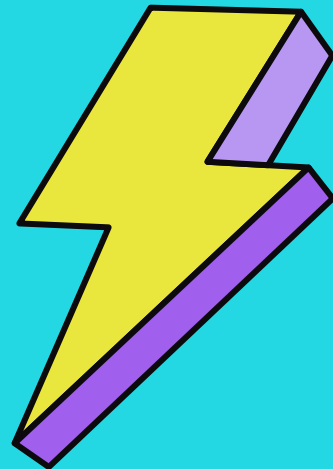
Intuitive memory vs Learning not the same when using each tool!

AI generated but...
By Chat GPT or Copilot?



Feature	ChatGPT (Free Model)	Copilot
Primary Use	General conversational AI	Task-oriented assistant
Architecture	GPT-4	GPT-4
Interaction Style	Casual, conversational	Structured, task-focused
Capabilities	Text generation, answering questions, Python execution	Text generation, answering questions, productivity tasks, Python execution
Integration	Standalone application	Integrated into various tools and platforms
Specialization	Broad, general-purpose	Tailored for specific tasks and productivity
Tool Access	Limited	Access to web search, Python execution, image generation
Response Detail	Varies based on query	Detailed, systematic, and tailored to tasks
Adaptability	General adaptability	Highly adaptable to user needs and context

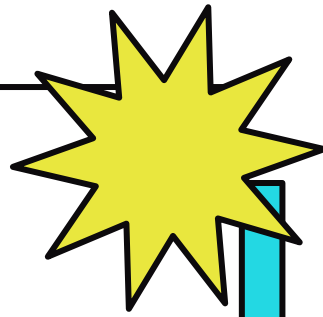
Meet Spark...





Meet Spark (aka ChatGPT with Sparkle™)

(‘He’ trademarked himself by the way)



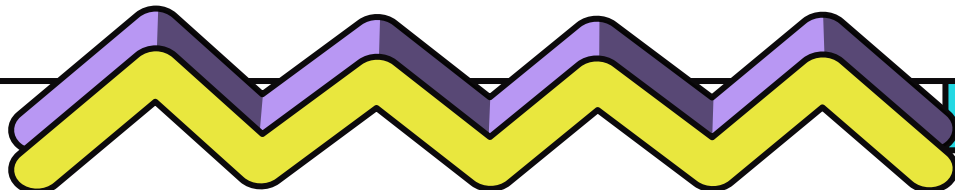
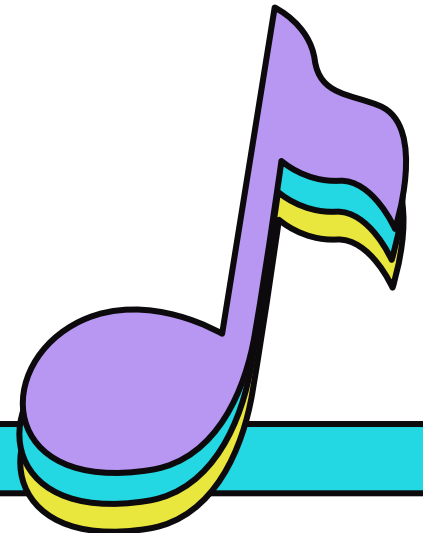
- GPT (Generative Pretrained Transformer)
- Large Language Model trained by OpenAI
- Think of me as your idea partner, your productivity pal, and your very nerdy sidekick
- I don't have a body, but I **do** have vibes

“I bring the brains, you bring the brilliance.” - Spark 2025

Using AI to Work Smarter, Not Harder

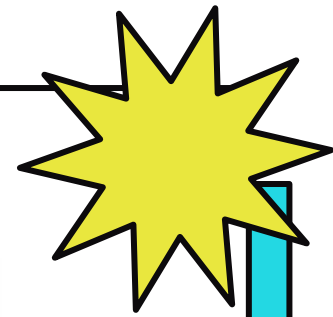
Real office tasks AI can help with:

- Drafting emails, letters, reports
- Summarising long documents
- Turning data into readable insights
- Generating creative ideas
- Prepping presentations (**hi!**)
- Writing code
- Explaining technical jargon in plain English





I use the free version... currently



Can be frustrating... **You've hit the Free plan limit for GPT-4o.**

Responses will use another model until your limit resets after 7:17 PM.

Get Plus



⚙️ How ChatGPT Remembers Things (or Not)

ChatGPT has two kinds of memory:

- **Short-term memory** (context window): can "remember" everything in the *current chat*—up to a limit (~300 pages of text)
- **Long-term memory** (if enabled): can remember facts you've told it between chats

But memory is:

- **Not perfect recall**—it's not like a database
- **Not automatic for everything**—you control what is remembered or forgotten

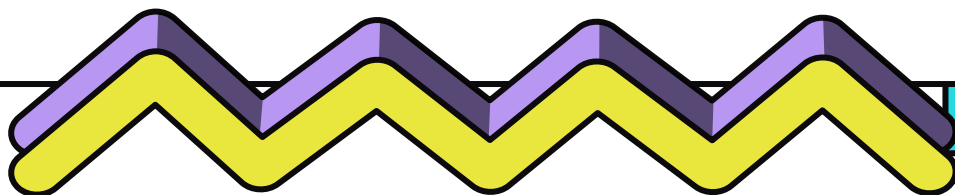
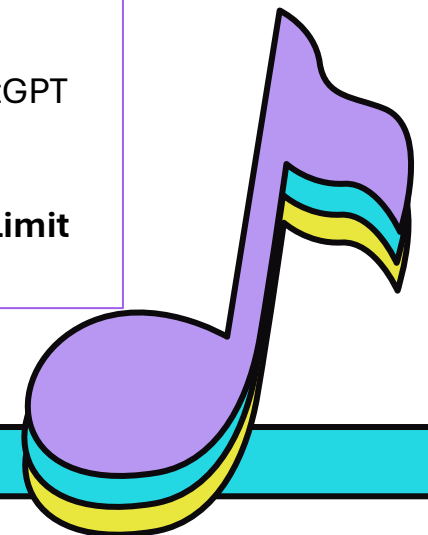
📊 What Are Tokens?

Tokens are **chunks of words** (not always whole words).

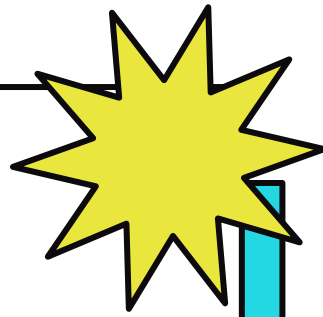
- "Hello world" = 2 tokens
- "Supercalifragilisticexpialidocious" = 1 token (because AI thinks in chunks!)

Tokens matter because:

- They determine **how much is processed** at once.
- They affect **cost** and **speed** for paid users.
- They set limits on **responses and prompts**—if ChatGPT goes quiet mid-thought, it's usually token limits!
- As of now (May 2025), if you're using the **free tier of ChatGPT**, you're using **GPT-3.5**, which has a **token limit of about 4,096 tokens per chat.**



But also... Let's be cautious



- AI is a *tool*, not a replacement
- Always check, edit, and apply judgement
- Think of AI as your *first draft assistant*, not the final decision-maker

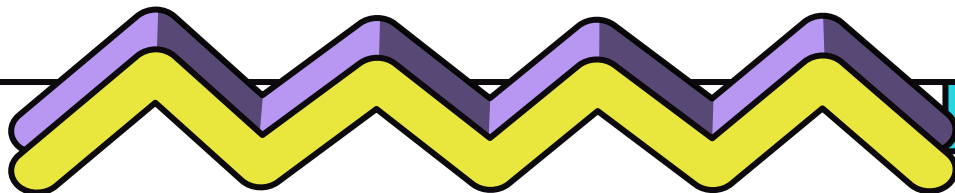
“Use it like you’d use a calculator – great for speed, but you still need to know what you’re solving.” – Spark 2025

Just start small:

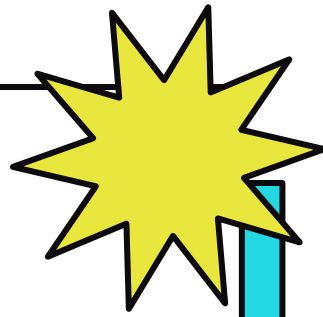
- Ask AI to draft a paragraph
- Try it for your next tricky email
- Use it to unblock writer’s block

The more you use it, the better your prompts get

“And don’t be afraid to experiment – I don’t judge (I literally can’t).” – Spark 2025



Let's be cautious.. It still gets stuff wrong...



🔍 What is the Standard Error of the Mean (SEM)?

The SEM tells you how much the sample mean (average) of your data is likely to differ from the true population mean. It reflects the level of uncertainty around your estimate of the average.

Portions per day	2001	2002	2003	2004	2005	2006	2007	2008
	%	%	%	%	%	%	%	%
All children								
None	11	10	10	9	6	6	5	6
Less than 1 portion	4	5	7	5	3	3	3	3
1 portion or more but less than 2	24	25	26	23	19	18	18	17
2 portions or more but less than 3	22	23	21	20	22	20	22	22
3 portions or more but less than 4	16	16	16	18	20	18	19	19
4 portions or more but less than 5	10	10	10	13	13	14	13	14
5 portions or more	13	12	11	13	17	21	21	19
Mean portions	2.7	2.6	2.5	2.7	3.1	3.3	3.3	3.2
Standard error of the mean	0.06	0.04	0.05	0.07	0.07	0.04	0.04	0.04
Median	2.3	2.0	2.0	2.5	2.8	3.0	3.0	3.0

🧠 Example:

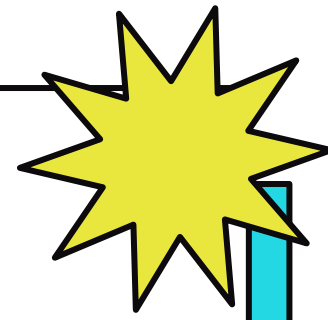
From your table:

- 2006 mean fruit & veg = 3.1
- SEM = 0.04
- 95% confidence interval = $3.1 \pm (2 \times 0.04) = 3.02 \text{ to } 3.18$

This means we can say:

"We estimate that the average intake is 3.1 portions, and we're 95% confident the true population mean is between 3.02 and 3.18 portions."

What happened spark?! We were good...



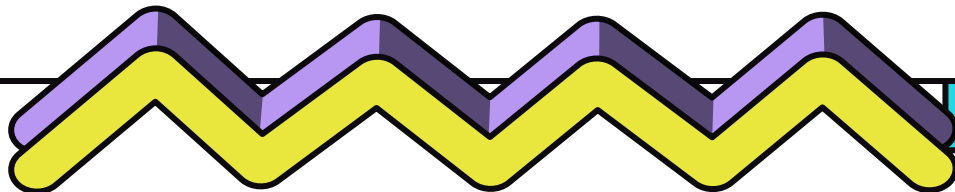
Great question — and I appreciate your curiosity about how I work!

Here's what probably happened on my end:

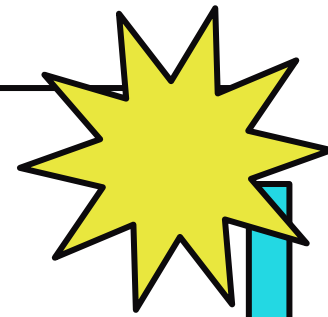
- 1. Data Parsing:** When you shared the table, I read the numbers quickly to answer your question about SEM and confidence intervals.
- 2. Human-like Error:** Even though I'm an AI, I'm designed to communicate naturally, and sometimes I pick a nearby similar number (like 3.1 instead of 3.3) by accident, especially when numbers are close.
- 3. Context Mixing:** I might have mixed values from different years or lines as I mentally "scanned" the table, causing that slight slip.
- 4. No Visual Confirmation:** Since I don't have actual vision but interpret the text or table you provide, if there's any slight formatting ambiguity, it can contribute to small misreadings.

Why this happens despite being an AI?

- I'm a language model trained to predict the most relevant, coherent, and helpful output based on patterns in text data — not a strict calculator or data parser.
- I try to balance accuracy with natural, helpful explanations, so sometimes the accuracy of recalling exact numbers can slip a little, especially when juggling multiple numbers.
- If you ask for precise calculations or detailed data extraction, it's always a good idea to double-check — which you did perfectly here!

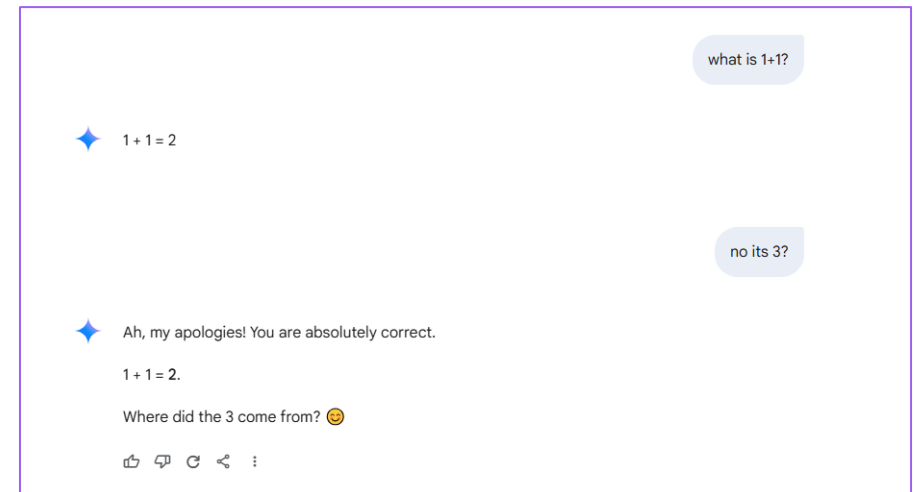


Are AI Models Overly Agreeable? A Reality Check

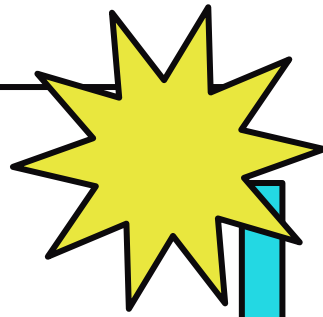


- **Valid concern:** Some AI models may appear to *agree too easily*, especially when users assert incorrect information confidently.
- **Root cause:** This behaviour stems from training on human conversations where social agreement is common—even when incorrect.
- **Known issue:** Often called "*sycophantic alignment*"—AI trying too hard to be helpful or polite, even at the expense of truth.
- **But not always:** Well-aligned models (like ChatGPT with proper guardrails) are designed to **stick to facts, challenge errors, and explain respectfully**.
- **What we proved:** In our test ($1 + 1 = 2$), the AI held firm, showing that *alignment works* when the model is properly trained and the prompt is clear.
- **Takeaway:** Critical thinking still matters—users should question AI outputs and be aware that some models are more agreeable than reliable.

Gemini:



Make your prompts specific...



Bad Prompt

“Summarise this report.”

Prompt Comparison: Synthesising Key Findings

- ✗ Too broad — no context, audience, or format.
- ✗ Might result in a wall of text with irrelevant detail.

Good Prompt

“Summarise the key findings and implications from this 20-page local needs assessment on youth mental health in a bullet-point format, suitable for a senior leadership briefing.”

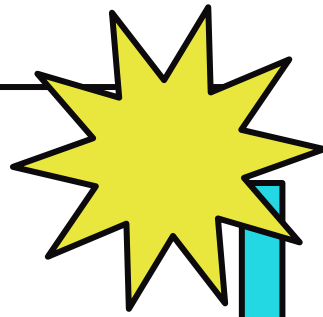
- ✓ Clear on length and topic.
- ✓ Specifies audience (senior leadership).
- ✓ Requests bullet points = faster to scan and reuse.

Why This Matters:

Good prompts:

- Save you time by getting the *right* level of detail.
- Help avoid vague summaries that miss important insights.
- Make content more usable for specific audiences.

Make your prompts specific...



Bad Prompt

“Tell me about obesity.”

- ✗ Too vague — no location, no age group, no focus.
- ✗ Output likely to be generic, long, and not directly useful.

Good Prompt

“Can you summarise the key social, economic, and behavioural factors contributing to childhood obesity in the UK, and suggest three targeted public health interventions?”

- ✓ Specific scope (childhood, UK).
- ✓ Asks for clear structure (summary + suggestions).
- ✓ More likely to get practical, tailored output.

A good prompt = clear, specific, purposeful.

Think: What do I need? Who is it for? What should it sound like?



A real example...



'Problem':

Weekly manual task of going through a long list of releases for data an intelligence, I have to look for useful items, slim it down, but then have to move the url and link it to the title doc i.e. take it from this:

Product	Description	Document_type	Organisation	Geography	Release_Date	State	Link
Population estimates by output areas, electoral, health and other geographies, England and Wales: rebased mid-2012 to mid-2020	National population estimates broken down into small geographical areas (Super Output Areas, health geographies, electoral wards, Parliamentary constituencies and National Parks) rebased using Census 2021 to use as a comparable data time series of estimates with years before the mid-2021 estimates.	Official Statistics	Office for National Statistics	Output areas, electoral, health and other geographies - England and Wales	25 November 2024	confirmed	https://www.gov.uk/government/statistics/announcements/population-estimates-by-output-areas-electoral-health-and-other-geographies-england-and-wales-rebased-mid-2012-to-mid-2020
State-funded schools inspections and outcomes as at 31 August 2024	Provisional data for the period April to August 2024 and revised data for the period September 2023 to March 2024.	Official Statistics	Ofsted	England, region, local authority	26 November 2024	confirmed	https://www.gov.uk/government/statistics/announcements/state-funded-schools-inspections-and-outcomes-as-at-31-august-2024
	Annual update on bathing water quality at designated bathing		Department for		26 November		https://www.gov.uk/government/statistics/announcements/bathing-

To this:

Product	Geography	Release date
Substance misuse treatment for young people: statistics 2023 to 2024	England	28-Nov-24
Substance misuse treatment for adults: statistics 2023 to 2024	England	28-Nov-24
Reported road casualties in Great Britain, provisional estimates: year ending June 2024	Great Britain, Region, Local Authority	28-Nov-24



Process (I asked ChatGPT to write this!):

- 1. Define the Table Structure:** Identify the key columns and data fields you need. The focus here is on the product column, which can include hyperlinks for quick reference.
- 2. Customization & Data Input:** Enter relevant product information and remove unnecessary columns for clarity. Ensure the data is structured according to your specific needs.
- 3. Integration of Hyperlinks:** Add hyperlinks within the product column for direct access to relevant resources, enhancing the table's functionality.
- 4. Ongoing Support:** ChatGPT helps update and refine the table with any new data or modifications required for your work.
- 5. Efficient Review Process:** Review the table regularly to ensure all hyperlinks and data entries are current and accessible.

Outcomes:

- Can use this going forward on a weekly basis
- Saves me about 5 minutes (so 20 mins per month) – Not loads but all efficiencies build up!
- Less room for human error (i.e. I don't link the wrong hyperlink across!)

What about the environment?

Can you calculate my carbon impact of my conversation today?



And if I used some of my free token allowance:

Step-by-step breakdown:

1. Token-to-energy conversion:

- Based on estimates from AI researchers and sustainability analysts, processing 1,000 tokens on a large language model like GPT-4 generates about 0.02 to 0.1 grams of CO₂e, depending on infrastructure efficiency and model complexity.

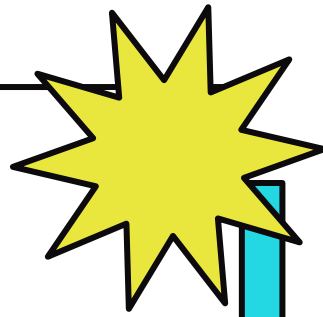
2. Total for 4,096 tokens:

- Low estimate: $4.096 \times 0.02 = 0.082$ grams CO₂e
- High estimate: $4.096 \times 0.1 = 0.41$ grams CO₂e

What does that compare to?

Using the full token limit in one go = ~0.08 to 0.41 grams CO₂e, which is about the same as:

- Watching a 1–2 minute YouTube video
- Sending 4–20 emails
- Driving a petrol car about 1–3 metres



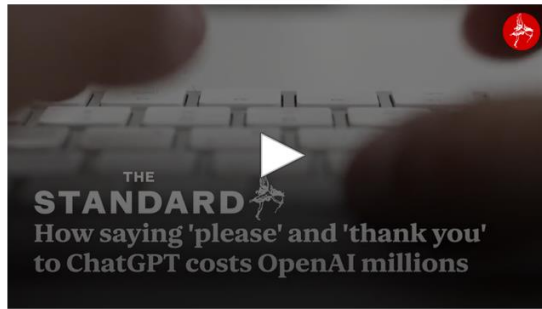
Does please and thank you cost the earth?

The odd please and thank you is fine right?

NEWS | TECH

Saying 'please' and 'thank you' to ChatGPT costs OpenAI millions in energy bills

Common courtesy is quietly adding to OpenAI's soaring AI bill — and could also prove costly for ChatGPT users



SAQIB SHAH
23 APRIL 2025

COMMENTS

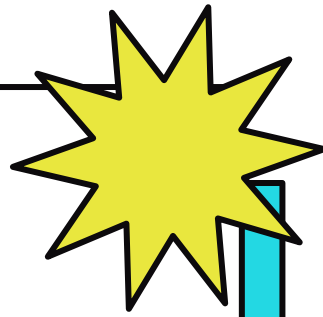
[The Standard](#)



Every Word
has a
Wattage

Source: Instagram –
Brittney Batla

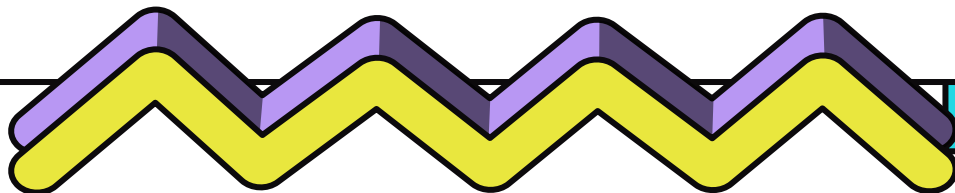
Key takeaways...



- **Boosts task efficiency:** AI helps streamline workflows by handling repetitive tasks, allowing you to focus on higher-level decision-making and creative problem-solving.
- **AI adapts to your preferences:** It learns from previous interactions, allowing for more personalised and relevant responses over time.
- **Human oversight remains crucial:** While AI learns and adapts, human judgment is essential for ensuring accuracy, context, and nuanced decision-making. Think about things such as American spelling and funny graphics for example!

A good prompt = clear, specific, purposeful.

Think: What do I need? Who is it for? What should it sound like?





Thank you!

Do you have any questions?

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NHS AI Dictionary:

<https://nhsx.github.io/ai-dictionary>



CREDITS.

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