Lesley Dawson carries the Queen’s Baton

Relay runner
The Knightsbridge Pillow®

The most supportive and luxurious height adjustable pillow in the world

Created by a team of Chiropractors, Physiotherapists and Osteopaths

All the comfort of a traditional pillow with the ultimate in neck support

Height adjustable to suit all sizes of necks and shoulders

“It’s a stonker of a thing...it’ll unkink lower backs and make things down there feel marvellous”

TATLER Magazine

“Following just 2 nights trial I knew this was the product I have been looking for. I have never slept so well for years and have since sold more to my patients and would have no hesitation recommending this pillow to anyone with neck issues or to people who just want a first class product”

Dave Washington
Practice Manager Sportsmassage Physical Rehabilitation

“For a good nights sleep try the Knightsbridge Pillow. Heaven!”

Woman Magazine

“I use The Knightsbridge Pillow myself and my patients don’t need to look for the right pillow anymore”

Dr Michael Gould
Amersham Chiropractors

Also recommended by Net a Porter and Marie Claire

1. Create the perfect pillow height with three 2cm varying height adjusters from 8cm through to 14cm ensuring correct spine and neck alignment

2. Precise neck support for all neck sizes due to the biconcave variable contour pillow edge

3. Ultimate comfort from the hermetically sealed luxury white duck down topper, with airtex breathable mesh sides

4. Unique anatomical contour with new polymer heat dissipating visco-elastic foam which unlike memory foam will not get uncomfortably hot or lose its shape

5. Optional luxurious 100% cotton pillowcase with a soft sateen finish and 400 thread count

ORDER ONLINE
Please log into our trade page using the professional practice code clinic3000 to obtain your trade price:

www.thelondonpillowcompany.co.uk

FREE DELIVERY

Trade price pillow*
£56 plus VAT - RRP £97.50 VAT INCLUSIVE

Pillowcase*
£15 plus VAT - RRP £25 VAT INCLUSIVE
The pinnacle of practice

AS HOST NATION FOR THE FORTHCOMING COMMONWEALTH GAMES, SCOTLAND PICKS SEVEN SPORTS TO SHOWCASE.

JENNIFER TRUELAND PROFILES SOME OF THE PHYSIOS WHO WILL KEEP THE ATHLETES IN PEAK CONDITION

Team Scotland hopeful mountain biker Rab Waddell at the official opening of the Cathkin Braes Mountain Bike Trails Glasgow.

Dan y Law on PA Weath with its wide-open spaces and impressive photography, Scotland is a natural venue for mountain biking. So perhaps that’s why it will be part of the seven non-core sports which will form part of the Commonwealth Games in Glasgow.

As the host nation, Scotland can choose seven sports from a menu of options outside the usual run of events. Cycling – including mountain biking – is one of the others, along with gymnastics, udo, wrestling, taekwondo, table tennis and shooting. These will join the 10 core sports (aquatics, athletics, badminton, bowls, boxing, hockey, netball, rugby Sevens, squash and weightlifting) in the games which start on 23 July and run until 3 August.

According to David Brandie, head physiotherapist for cycling with the Sports and Leisure of Sport, who will be working with Team Scotland at Glasgow 2014, the mountain biking will be an exciting event – and Scotland should do well at it. We have some of the top mountain bikers in the UK, he smiles, conceding that this might have been a factor in the decision to select it. He and colleagues are working with the riders to ensure they are physically in the best possible shape, optimising the biomechanics and working with the strength and conditioning team to get them to peak fitness. It’s a demanding sport, and we’ll continue to tweak until the event, he says. We’ll also deal with any injuries.

A keen cyclist himself, Mr Brandie is enthusiastic about the new specially designed mountain biking course at the scenic Cathkin Braes on the outskirts of Glasgow. It includes uphills and downhill with some quite technical, rocky tracks. He says it should be fantastic. Track cyclists will also have superb facilities at the newly-built Sir Chris Hoy Velodrome in Glasgow’s East End. Sir Chris is not competing at the games but is a Glasgow 2014 ambassador and continues to be a great supporter of Scottish and British cycling, says Mr Brandie.

Athlon is another sport in which Team Scotland is hoping to excel – and another which makes use of Scotland’s natural advantages. The venue, Strathclyde Park, boasts 400 hectares of woodland and parkland – all very close to the city of Glasgow.

Maggie Bush is head physiotherapist for riahhlon and for table tennis – a combination that owes more to the timetable of the games than anything else.
The next issue of Frontline is out on 16 July 2014

Until then, you can keep abreast of the CSP work and physio-related news:

- **Log in** to get the most out of our website, with all you need to know about physio-related issues, including latest news: [www.csp.org.uk](http://www.csp.org.uk)
- **Look out for** interactive CSP (iCSP) a member-only networking site giving access to closed clinical forums, where you can exchange views with your peers: [www.csp.org.uk/icsp](http://www.csp.org.uk/icsp)
- **Check out** the weekly Physiotherapy News emailed direct to you. For more details see [www.csp.org.uk/physiotherapynews](http://www.csp.org.uk/physiotherapynews)
- **Follow us** on Twitter and retweet CSP messages to your followers @thecsp
- **Like us** on Facebook by going to [www.facebook.com/charteredphysios](http://www.facebook.com/charteredphysios)
- **Comment** on or recommend Frontline articles at [www.csp.org.uk/frontline](http://www.csp.org.uk/frontline)

Now for the good news!

With the media routinely telling us so much bad news about the NHS, an item that appeared in some newspapers last month caught my eye and helped to rebalance things a little. After conducting a painstaking comparative study in 11 developed countries, researchers based at the Commonwealth Fund in Washington DC concluded that the UK provides the best healthcare system ([www.commonwealthfund.org](http://www.commonwealthfund.org)).

On cost – so often the yardstick used to beat the heads of managers and practitioners alike – the NHS forks out an average of £2,008 per person, while the US system squanders £5,017 – often with much poorer overall results. Only New Zealand, with £1,876, spends less.

While the system in this country came top in eight of the 11 measures used, the UK fared very badly on the one known as ‘healthy lives’. Among other things, this measure focused on the proportion of patients with a healthy life expectancy at the age of 60. This measure, the authors acknowledge, is linked to wider social and economic factors. But if any professional group could make a huge impact here, surely it would be well-resourced physio teams.

Ian A McMillan
deputy editor
POSTURAL ROLE

It was fantastic to see Bella Travis, policy lead for Mencap, responding to the ‘Pole Position’ article (page 34, 4 June).

In her letter, she acknowledged that we at Postural Care CIC have worked together with Mencap and others for many years to raise awareness of this issue.

I served on the overview panel of the Confidential Inquiry into Premature Death of People with Learning Disabilities (CIPOLD) with particular responsibility for reviewing deaths associated with postural issues. Recommendation 9 of the findings states that ‘CCGs must ensure they are commissioning sufficient, and sufficiently expert, preventative services for people with learning disabilities regarding their high risk of respiratory illness. ‘This would include expert, proactive postural care support...’

The problem is well understood and people can now build on the enormous amount of work that has come before.

Postural Care CIC has developed Ofqual-approved, nationally-recognised training in all aspects of postural care, including the leadership skills required to bring about much needed, fundamental and wide-reaching change in delivery of postural care services.

The Wakefield Project (www.posturalcareskills.com/living-university) demonstrates how we can pull together existing resources in order to make progress alongside children, individuals and families. We simply do not have time to reinvent the wheel.

There remain many challenges: increased awareness among families and individuals of the avoidable nature of body shape distortion; budgetary constraints; demand for co-produced, person-centred service provision; rapidly increasing numbers of people with increasingly complex healthcare needs and the inherent delegation and liability issues that inevitably arise.

Leadership in this area is becoming more and more inclusive of other professions and family leadership organisations. We must welcome this in order to ensure that the devastating consequences of past provision as evidenced in CIPOLD are not repeated.

I look forward to seeing physiotherapists taking up this challenge and enjoying the opportunity to improve outcomes alongside those we serve.

Liz Goldsmith, Postural Care CIC

LEEDS TAKES THE LEAD

I welcomed the news article urging higher education institutions to be creative on student placements (page 11, 18 June).

We try to be innovative with student education at my children’s physiotherapy service, part of Leeds Community Healthcare NHS Trust. We offer over 30 clinical placements each year and have a comprehensive induction followed by a variety of different training experiences.

On ‘Student Fridays’ all students on placement are collectively taught in the format of seminar teaching, practical skills training and assessment skills.

This is overseen by June Grainger, our clinical educator lead, and has a positive effect on the students and clinicians alike. This pooling of resources allows the students quality training while providing opportunity to different educators to teach areas they enjoy.

I agree that moving forward we need to have a more dynamic approach to student education and hope we provide this in Leeds!

Lauren Haworth, paediatric physiotherapist

DOMESTIC MATTER

I am writing to thank you for your article on domestic violence in the last edition of Frontline (page 32, 18 June), which provided an excellent overview of how physiotherapists can identify and respond to domestic violence.

Women’s Aid encourages all health professionals to develop a good understanding of the issue, and support the National Institute for Health and Care Excellence guidelines.

If any of your readers would like to develop their skills or knowledge in this area, I would encourage them to contact our national training centre which runs training programmes for health professionals and others responding to women experiencing abuse (www.womensaid.org.uk).

Polly Neate, chief executive, Women’s Aid

TopTweet
@thecsp

Simon Hatch (@simonalistair1)
Great to attend @thecsp Social Care launch with @KMiddletonCSP and Deputy Minister to highlight vital role of physiotherapy for carers.

Go to www.twitter.com to open your own personal account, then follow @thecsp

Send your emails to talkback@csp.org.uk or letters to the Editor, Frontline, CSP, 14 Bedford Row, London WC1R 4ED. We reserve the right to edit contributions. Please include your name and a daytime phone number.
Burning Question

Do I have the right to return to work part-time after my maternity leave?

There is no automatic right to return to work part-time. However your employer has a legal obligation to consider any request that you make for reduced or flexible working hours. If it is not possible to accommodate your request the employer must provide written, objectively justifiable reasons. The CSP is producing a campaign guide on how to make a successful argument for reduced hours with your employer. If you have a success story to share, email: keatings@csp.org.uk For further information, refer to the CSP information papers Maternity Leave and Pay and Flexible Working: Right to request at: www.csp.org.uk

This is intended as general information only and does not replace individual advice
Call for physios to join tech start-up competition

Stuart Palma, a CSP professional adviser, has urged physiotherapists to get involved in a Public Health England (PHE) competition for technology innovations to improve healthcare.

The project’s leaders, PHE Health X, want early-stage technology businesses to submit digital products that promote exercise, healthy eating and physical and mental wellbeing. ‘This initiative demonstrates the value of innovation in healthcare,’ said Mr Palma. ‘Physiotherapists should look to be involved in innovation, especially with early-stage technology ideas.’

The competition closes on 1 August. The criteria for entry are available at: http://phehealthx.com

The top 10 applicants will be invited to present their digital solutions at a Health X panel finalists’ event on 11 August in London.

Duncan Selbie, PHE chief executive said: ‘We recognise that technology can play a part in helping change people’s behaviour [and are] looking for products that are based on evidence that they work.

‘We will promote them to our user base of four million, using brands like Change4Life to bring scale to products and support small to medium enterprises, who have a great idea but haven’t quite got it to scale yet.’

Lesley Dawson

The Games are ar

Two physiotherapists who were dubbed ‘astonishing individuals’ took to the roads of Clackmannanshire on day 260 of the Queen’s Baton Relay.

Joan Watt and Lesley Dawson carried the baton 200 metres on one of its final legs through 70 nations and territories of the Commonwealth.

Running in Tillicoultry was Joan Watt, a retired physio who worked with Scotland’s shooting team at the Melbourne and Delhi Commonwealth Games, and in some Olympic Games. She helped set up the Chartered Physiotherapists in Massage Therapy professional network and was the first female president of Scottish Athletics.

A couple of miles down the road in Alva, the baton was handed to Dr Dawson, who was nominated to take part by Commonwealth Games Scotland. Dr Dawson, an extended scope practitioner with NHS Forth Valley, will be a Team Scotland physio at the Glasgow games, which start on 23 July.

‘IT WAS A FANTASTIC HONOUR TO EVEN BE NOMINATED, AND I WAS THRILLED AND DELIGHTED TO BE CHOSEN’

Lesley Dawson

She was a member of the physio team at the Melbourne and Delhi Commonwealth Games and was head physio for Team Scotland at the 2011 Commonwealth Youth Games on the Isle of Man.

‘All of this is voluntary and like several other physios on the team we take either annual leave or unpaid leave to attend the games and any training camps or competitions,’ Dr Dawson told Frontline.

‘It was a fantastic honour to even be nominated, and I was thrilled and delighted to be chosen. As physiotherapists our work is very much in the background, as it should be, and the
Physio staff will play a central role in Scotland’s first national service for people with chronic pain.

The centre of excellence will be based at Gartnavel General Hospital in Glasgow, the Scottish Government announced last month.

Set to open in January, the services will provide residential courses for patients and carers in coping with the effects of chronic pain. A specialist team, including physio staff, is to be recruited.

Heather Cameron, physiotherapy professional lead for NHS Greater Glasgow and Clyde, told *Frontline*:

‘This is an important and very positive development for chronic pain patients living in Scotland. Previously, patients who have required an intensive pain management programme had to travel down to Bath in south west England, because there’s been no service available in Scotland.

‘And yet the people who tend to need these programmes are usually those who are the most disabled and most distressed and the least able to travel long distances. Glasgow is a good choice geographically as it will be accessible for anybody within Scotland.

‘It’s also exciting because physiotherapists will be core members of the team. Specialist physiotherapy input will be vital, due to our expertise in rehabilitation and supporting patients with management and coping strategies.’

Robert Millett

---

**NEW MILEAGE RATES COME TAKE EFFECT**

The mileage rate members in England and Wales receive on NHS business fell from 1 July to 54 pence for the first 3,500 miles and 20 pence thereafter. The drop (from 67 pence) follows a review of motoring costs by the AA which showed a significant fall in insurance costs and also depreciation. This review was part of the agreement by the NHS Staff Council on travel costs implemented last year. More details at: [www.csp.org.uk/mileage](http://www.csp.org.uk/mileage)

---

**SPOTLIGHT ON THE ROLE OF GAMES VOLUNTEERS**

The work of physiotherapy volunteers will be key to the smooth running of the Commonwealth Games in Glasgow this month. If you are one of the nearly 400 CSP members who are volunteering we’d like to hear from you. To take part in our ‘online wall’ go to: [www.csp.org.uk/glasgow-2014-volunteers](http://www.csp.org.uk/glasgow-2014-volunteers)

---

Frontline – www.csp.org.uk
Physiotherapy waiting times varied markedly across the seven health boards in Wales in the first four months of 2014, statistics from the Welsh Government show.

From January to April no patients at Betsi Cadwaladr University Health Board waited more than 14 weeks for physiotherapy, while nearly 90 per cent of them (an average of 4,960 a month) saw a physiotherapist within eight weeks.

But many patients at Cwm Taf University Health Board faced longer waits over the same period. An average of 84 patients each month waited more than 14 weeks and an average of four faced a wait in excess of 24 weeks. The numbers peaked in April when 99 patients at the health board waited more than 14 weeks and 12 people waited longer than 24 weeks.

Physio staff at Cwm Taf saw only 76 per cent of patients (an average of 1,487 a month) within eight weeks.

At Cardiff and Vale University Health Board 85 per cent of patients (an average of 2,752 per month) were seen within eight weeks. But an average of 93 patients per month waited more than 14 weeks and in April five patients were still on the waiting list after 24 weeks.

The statistics for the other four health boards show that no patient waited more than 24 weeks for physiotherapy. Each trust reported the following numbers of patients waited from 14 to 24 weeks:

- at Aneurin Bevan an average of 13 patients a month fell into this category, peaking at 22 in February
- at Powys there were two patients a month in February, March and April
- at Hywel Dda there were three patients in April
- and at Abertawe Bro Morgannwg there was one patient in January

Responding to Frontline’s question about how Betsi Cadwaladr had achieved its 14-week delivery, Jan Fereday-Smith, head of physiotherapy at the board, said: ‘In the outpatient setting we undertook a full review of capacity, demand and of some pathways of care and considered where support staff could be more effectively utilised.

‘Our outpatient schedules were also revised to increase productivity.’

Betsi Cadwaladr has seen all patients waiting for physiotherapy within 14 weeks – almost consistently – since January 2010. In January 2013 the number of patients waiting longer than 14 weeks shot up to 342, peaking at 916 in May 2013, before returning to zero in September 2013.

Ms Fereday-Smith said the sudden rise was due to an increase in unscheduled care admissions. To manage this demand, staff were deployed to support colleagues in emergency departments, medical assessment units, wards and intermediate care.

People with serious mental illness (SMI), such as schizophrenia, are at risk of dying 15 to 20 years before other people in the general population.

But a new clinical resource could help physiotherapists to tackle the problem.

NHS England has launched the Lester UK Adaptation: Positive Cardiometabolic Health Resource. The tool aims to help healthcare professionals deliver safe, effective care that improves the physical health of people with SMI.

It consists of a summary poster, which outlines how to make accurate assessments of cardiac and metabolic health for this patient group.

Physiotherapist Brendon Stubbs, a member of the International Organisation of Physical Therapists in Mental Health, told Frontline: ‘The Lester tool offers a great mechanism to highlight the physical health needs of people with SMI and its launch is an opportunity for our profession to promote the message that physiotherapy works to address this physical health disparity.’

The Lester tool is a collaborative venture between NHS England, NHS Improving Quality, Public Health England and the National Audit of Schizophrenia team.

Visit: www.rcpsych.ac.uk and search for ‘Lester Adaptation 2014 update’.

Robert Millett
Wales vary widely

care. Temporary members of staff were appointed to help regain performance targets.

Commenting on waiting times at Cwm Taf, a health board spokesperson said: ‘We regret any patient having to wait longer than necessary for an appointment and we are currently working towards a plan to help reduce these waiting times’.

According to the heath board, physiotherapy waiting times have increased because of an increase in referrals and staffing issues, such as sickness and vacancies.

‘We are addressing these problems and have put a number of processes in place, such as walk-in clinics for musculoskeletal patients and education for local GPs to support timely referral,’ the spokesperson said.

The statistics cover waiting times from referral to treatment for all NHS physiotherapy services in Wales and are published by Welsh Government’s statistics service.

Gill Hitchcock

lead musculoskeletal research

executive Karen Middleton describing it as ‘fantastic news’.

Natalie Beswetherick, director of practice and development, said: ‘This is an excellent achievement that will raise the profile of MSK advanced practitioners.’

Dr Harland, who also works as a research fellow at Teesside University, told Frontline: ‘My appointment provides further evidence that there is an ongoing culture change within the NHS and the Department of Health that increasingly values the input of physiotherapists and other allied health professionals in senior leadership roles.

‘I am proud to be one of an increasing number of clinical academic physiotherapists that are pushing the boundaries of what physiotherapists traditionally do, with clinical and research practice that has the overall goal of improving patient care.’

The position, which is part-time and paid, will see Dr Harland working as part of a team in a strategic leadership role.

He will be responsible for meeting a range of performance targets that include:

• increasing the overall number of NIHR studies, which consist of clinical research that is considered to be of high value and clear value to the NHS
• increasing the number of recruits for studies increasing the number of commercial studies in the region

Visit: www.nihr.ac.uk

Robert Millett
CSP briefing shows how physios can tackle social care

A major document outlining the value of physiotherapy in social care settings has been launched around the UK.

The social care leaflet is the latest in the CSP’s series of physiotherapy works documents, which present the case for greater use of physiotherapy in different areas of healthcare.

The latest document is the first to highlight physiotherapy’s services outside a direct healthcare setting.

It is designed to meet the increasing requirement in all four UK countries for greater integration between social care and healthcare.

The briefing includes statistics on physiotherapy’s effectiveness and a number of case studies. It was drawn up following detailed consultation with CSP members and health and social care service users in England, Scotland, Wales and Northern Ireland.

The launch of the new physiotherapy works document has already taken place in Wales, Northern Ireland, and Scotland, with the England launch due to take place in the House of Commons on 9 July.

CSP regional networks and country boards will be writing to their local directors of social services to introduce the new briefing. The CSP plans to further make the case for physiotherapy in social care at the National Children and Adult Services conference in Manchester this October.

Donna Castle, CSP head of public affairs and policy, said: ‘It’s increasingly important for physiotherapists and support workers to promote the work they do in social care settings, as well as in the healthcare services they are more commonly associated with.

‘With the drive towards a genuine integration of health and social care, physios need to demonstrate their key role in designing and delivering seamless services that improve outcomes and cut costs.’

Kenryck Lloyd-Jones, CSP public affairs and policy manager for Scotland, said: ‘With the integration of health and social care as a top priority in Scotland, it’s a great opportunity to highlight the role of physiotherapy.’

Philippa Ford, CSP public affairs and policy manager for Wales, said: ‘The job for the profession now is to make sure its messages reach social care and third sector colleagues right across Wales.’

Tom Sullivan, CSP public affairs and policy manager for Northern Ireland, said: ‘It was great to see so many patient groups at the launch in Belfast. It demonstrates that physiotherapy works for social care, which focuses on what matters most to people – cost-effective community physiotherapy services that provide prevention, early intervention and rehabilitation.’

Graham Clews

Physiotherapy works for social care: www.csp.org.uk/node/561528

It outlines the ‘5Rs’, which encapsulate the value that physiotherapy can bring to social care:

- **Reversal** in deterioration and ability
- **Resilience** through self-management and integration into the community
- **Results** gained by focusing on outcomes not activity
- **Responsiveness** to people’s changing needs
- **Resources** that are saved by physiotherapy’s cost-effectiveness.
Use technology to improve healthcare

Healthcare commissioners and providers should start exploiting modern forms of technology to talk to patients and seek their feedback. That is one suggestion in a report from College of Medicine’s sustainable healthcare steering group. It suggests that e-consultations could improve patient satisfaction rates and reduce the likelihood that patients will not turn up for appointments.

The growth in the use of smartphones and tablets, and messaging software such as Skype, offers scope for people with long-term conditions to consult healthcare professionals without having to visit a healthcare setting, it says.

The College of Medicine’s Recipes for Sustainable Healthcare report was published last month. Phil Gray, the CSP’s former chief executive was a member of the group before he retired earlier this year.

Against a background of static funding for the NHS in England, and a potential shortfall of up to £54 billion by 2021, the report says nearly 15 million people in England have a long-term condition and this number is set to rise.

The report recommends that:

• all patients with a long-term condition should have a named healthcare professional to support the coordination of their care
• commissioners and providers should consider cloud computing to enable better information sharing and decision-making
• the Department of Health should establish a ‘shared healthcare sustainability resource’ for local commissioners, bringing together evidence-based initiatives.

‘OPTIMISING SUSTAINABILITY ACROSS THE NHS DEMANDS BOLD ACTION NOW.’
Karen Middleton, CSP chief executive

The group was set up to explore how the quality of healthcare for people with long-term conditions could be improved in the context of a system that is under sustained pressure. In addition to harnessing technology, the report has two other themes: embedding a patient-centred approach, which it says will require a change in the way clinicians are trained; and equipping patients to set their own goals and manage their conditions.

Karen Middleton, the CSP chief executive, said: ‘Optimising sustainability across the NHS demands bold action now. ‘This is essential to ensure the services delivered by physiotherapists and other health service innovators are put in place to support people with long-term conditions, and help them to maintain their independence and enjoy longer, more fulfilling lives.’

Physios to take stand at disability day

Physios from north west England will be making the case for physiotherapy at what is thought to be the world’s largest not-for-profit disability exhibition.

On Disability Awareness Day on 13 July, about 30,000 service users, carers and health professionals will visit Warrington to find out about disability services, innovations in special equipment, and witness some extraordinary achievements by disabled people.

This will be the second year that the CSP’s north west regional network has taken a stand at the event. Among other things, members will distribute the CSP’s latest physiotherapy works for social care leaflets.

Karen Martin, an intermediate care physio at Bridgewater Community Healthcare Trust, will be at the stand spreading the word on how physiotherapy can help people with disabilities.

‘Local hospitals and GPs have always been here, and as the event has such a huge footprint we thought it would be a great way to raise the profile of physiotherapy to service users and the general public,’ she said.

‘We also want to make people aware of the work that physios do outside the NHS with disabled people, whether in private practice or with charities.’

Graham Clews

HAVE YOUR SAY ON PAY
The CSP would like all NHS-employed physiotherapy staff in the UK to fill in an online pay survey, which is open until Wednesday 9 July. Feedback from members will be used by the CSP as part of its submission to the NHS pay review body and for campaigning purposes. The survey can be found at: www.csp.org.uk/pay

Frontline – www.csp.org.uk
Andrew Nwosu, NHS England’s allied health professions (AHP) officer for London, has said that physiotherapy staff must take up opportunities to influence developments in health and social care.

He said there are opportunities to be involved in the work of NHS England and Public Health England on topics such as workforce transformation, and with the London Health Commission.

Physiotherapy staff can be involved in the work of NHS England’s clinical senates, for example. The 12 clinical senates in England are intended to help commissioners make the best decisions about healthcare by providing them with a source of independent, strategic advice and guidance.

‘Being involved in those things is important because they will eventually impact on the way we work,’ said Mr Nwosu, a physiotherapist.

‘Also the health and social care landscape is constantly changing and you have to change with it. Not to change is to be relegated into obscurity.’

Mr Nwosu, who took up his post with NHS England in April, said physiotherapy advice could all help older people avoid falls, says a booklet launched last month.

Regular exercise, a healthy diet and physiotherapy advice could all help older people avoid falls, says a booklet launched last month.

Taking positive steps to avoid trips and falls was produced by NHS Health Scotland and the charities Age Scotland and the National Osteoporosis Society.

It provides information and advice about reducing the risk of falls to older people, their relatives and carers.

**Recommendations include:**
- **check for hazards** in the home
- **keep active**, with activities such as Tai Chi and dancing
- **take medicines** at the right time of day
- **maintain good eyesight** and hearing
- **seek advice** from a physiotherapist about exercises and walking aids.


Gill Hitchcock
A physiotherapist has won a £10,000 award for excellence in higher education teaching and learning support.

Jackie Waterfield, a senior lecturer at Keele University, receives the funds after being awarded a national teaching fellowship from the Higher Education Academy (HEA).

She is one of only 55 higher education staff named as HEA fellows this year. The elite group of teachers and lecturers was chosen from more than 180 nominations, submitted by higher education institutions in England, Northern Ireland and Wales.

Dr Waterfield was recognised for developing a range of innovative learning and teaching methods for physiotherapists and other students. This included the use of simulated patients, videoed assessments, practice-based portfolios and non-discipline-specific mentors. She has also striven to create a learning environment that realistically reflects professional life and meets learning outcomes.

She told Frontline: ‘I was very surprised but extremely pleased to be awarded a fellowship. This award is a great encouragement and offers me a fantastic opportunity to continue to explore and develop my interest in real world learning and continuing professional development.’

As well as being a senior lecturer at the university’s school of health and rehabilitation, Dr Waterfield is programme lead for a masters programme in pain science and management.

Robert Millett
It was brilliant to join members outside St Thomas’ Hospital in London as they stood up for their pay last month (Frontline, page 13, 16 June). Together with thousands of staff across the country, physios and support workers staff are battling for fair pay. If we campaign together as staff with our unions, I believe we will succeed.

That’s why I’ll be there with the CSP in London on Saturday 18 October at a TUC-led national rally. Thousands of us will demonstrate against the austerity measures and call for a fair recovery for all. Our call for an alternative programme will be delivered to decision-makers at all levels. Above all, we want to get the message across to the government and political parties which will want our votes next year.

I hope as many CSP members as possible will be there too. The more of us who go, the bigger the impact we can make. And there’s a strong common interest in us securing a decent pay rise – not just in 2014 but in the years to come – for physiotherapy employees in all sectors and millions of other workers across the four UK countries.

We need to be rewarded properly for the fantastic work we do on behalf of patients.

Whether you are an allied health professional, a nurse, a porter, or work in local government, transport or in a business, fair pay is critical to building a sustainable recovery in the economy.

The coalition government tells us that Britain is recovering, with the economy growing again. But most people don’t feel it, apart perhaps from a minority in south east England where there is a new housing price bubble, fuelled by a return to six digit banker bonuses in the City. The same factors fuelled the financial and economic crisis in 2008, from which we have yet to recover.

The figures show that the share of the
national wealth produced by workers that is returned to them in the form of wages has been falling steadily over three decades. Wage inequality has also widened dramatically, with millions being forced to take jobs with poorly paid zero hours contracts or with fixed-term or part-time contracts. We also have some of the weakest job protection legislation in Europe.

Decent wages mean more tax receipts for the government, giving it more money to invest in public services like the NHS. Fair pay is also good for local economies as it means people are able to put down firmer roots in their communities and middle and low income earners spend more on locally produced goods and services. A living wage means less dependence on benefits, creating savings for the public purse.

As well as a pay rise, Britain needs a fairer taxation system to ensure those with the broadest shoulders make the biggest contribution (see link to Robin Hood Tax campaign below). A fairer system is important for our patients because poverty causes ill health. Having a vibrant economy is also important for members, whether you are employed or an independent practitioner.

Meanwhile, we need an economy that is greener, more geared towards making things rather than speculating in unstable financial markets, while responding to the challenges of climate change.

We should be looking to public services and smarter public procurement policies to play a key role in achieving a fairer, more sustainable, Britain. We need a system that’s not at the service of a tiny elite but one that works for the majority, including CSP members, our families, our communities and our patients.

• Visit: http://robinhoodtax.org.uk

What’s the Fair Pay Campaign Got to Do with Me?

Why the campaign for an alternative to current economic and social policies matters to every CSP member.

Independent sector and private practitioners: Austerity policies are hurting businesses and not-for-profit organisations as well as the public services. A new deal based on a fairer distribution of prosperity across society and a focus on collaboration to drive up standards rather than on cut-throat competition should benefit everyone.

Students: We are not just fighting for today’s workers but for fair pay and quality employment for tomorrow’s generation as well. We need investment in quality services and, crucially, in the people who will deliver them over the longer term. Come along on 18 October – our new chief executive Karen Middleton intends to be there, alongside many members.

‘Well, it will be boring’: No! Any CSP member who has attended a TUC-led demonstration will tell you there is a carnival type atmosphere with bands along the way, banners and fancy dress. These are very safe events with many marchers bringing along their children, grandparents or even dogs! The rally in Hyde Park will have inspirational speakers, comedians, live music and food stalls. We’ll have flags and some giant inflatables, but bring your own placards, banners, badges as well as chants and slogans.

The CSP has limited funds to provide some help to cover reasonable travel on a first-come, first-served basis. Pledge your attendance, including full name and a mobile phone number, by emailing: oct18@csp.org.uk

For more information, including guidance on affordable transport options, visit: www.csp.org.uk/oct18
**Lymphoedema**

Lymphoedema is a common side-effect of breast cancer itself or of its treatment, if lymph nodes in the armpit are damaged by radiotherapy or surgically removed. About one in five patients is left with a painfully swollen arm that may be difficult to move. Physios’ options for easing the symptoms include exercises. But patients may be daunted by their pain, limitations and fear of getting worse.

Swedish physios have been trying a treatment that turns a walk into a workout for the whole body. Walking with the aid of a pole in each hand exercises upper-body muscles as well as reducing the load on the lower body, making it easy to continue for longer without fatigue.

The physios, from Skåne University Hospital in Lund, got 23 cancer survivors

---

**Low-cost progra post-chemother**

Exercise-based rehabilitation after cancer treatment is cheap and effective, research from Ireland shows. Patients with cancer are not routinely offered an exercise programme as part of their rehabilitation, despite the growing body of evidence in its favour. And little research has been done into its cost-effectiveness. So a team from St James’s Hospital and Trinity College Dublin looked into the costs of an earlier trial that had proved successful.

The results, they believe, could prove useful to physiotherapy managers, policymakers and grant-awarding bodies.

The Prescribed Exercise After Chemotherapy (PEACH) trial divided cancer patients into two groups, starting two to six months after chemotherapy. One group had hour-long exercise classes with a senior physiotherapist and an assistant, twice a week for

---

**Timely treatment speeds recovery**

Physiotherapy provides important back-up for lung-cancer patients having surgery. New research shows that timing may be crucial in speeding up recovery after the operation.

Researchers investigating the evidence on different interventions pored through databases and found eight suitable studies including a total of 599 patients. The studies compared aspects such as improvements in the patient’s functional capacity, post-operative complications and length of hospital stay.

Their most important finding, say the researchers, was that physiotherapy carried out before the operation cut down the length of time patients needed to stay in hospital afterwards.

Presurgical interventions based on moderate-intense aerobic exercise, in patients undergoing lung resection for lung cancer, improve functional capacity and reduce postoperative morbidity, say Ana Rodriguez-Larrad and colleagues, from the University of the Basque Country in Spain.

When physiotherapy is started after the operation, on the other hand, it doesn’t seem to reduce pulmonary complications or length of hospital stay.

However, the authors add, no firm conclusions can be drawn because the studies were carried out in different ways, so further research is needed.


---

**Poles turn a walk int**

Lymphoedema is a common side-effect of breast cancer itself or of its treatment, if lymph nodes in the armpit are damaged by radiotherapy or surgically removed. About one in five patients is left with a painfuly swollen arm that may be difficult to move.

Physios’ options for easing the symptoms include exercises. But patients may be daunted by their pain, limitations and fear of getting worse.

Swedish physios have been trying a treatment that turns a walk into a workout for the whole body. Walking with the aid of a pole in each hand exercises upper-body muscles as well as reducing the load on the lower body, making it easy to continue for longer without fatigue.

The physios, from Skåne University Hospital in Lund, got 23 cancer survivors
With lymphoedema to try pole walking, also known as Nordic walking. The women exercised three to five times a week for 30 to 60 minutes, at 70 to 80 per cent of their maximum heart rate.

After eight weeks of pole walking, the women had reduced not only the swelling and feelings of tightness in their arms but also their heart rate. Charlotta Jönsson and Karin Johansson. The effects of pole walking on arm lymphedema and cardiovascular fitness in women treated for breast cancer: a pilot and feasibility study. Physiotherapy Theory & Practice 2014; http://dx.doi.org/10.3109/09593985.2013.848961

Exercise has been proved to aid recovery after breast cancer, but only 35 per cent of patients do the recommended 150 minutes of moderate or 75 minutes of vigorous physical activity each week, say researchers. They call for better strategies to help patients stay active.

Hair BY et al. Cancer 2014; http://dx.doi.org/10.1002/cncr.28630

The National Institute for Health and Clinical Excellence is updating its recommendations on exercise for patients with breast cancer, stating that exercise will not cause, cure or worsen lymphoedema.

Search for 'breast cancer and exercise' at: www.nice.org.uk

Breast cancer: Comments & Conclusions

Exercise has been proved to aid recovery after breast cancer, but only 35 per cent of patients do the recommended 150 minutes of moderate or 75 minutes of vigorous physical activity each week, say researchers. They call for better strategies to help patients stay active.

Hair BY et al. Cancer 2014; http://dx.doi.org/10.1002/cncr.28630

The National Institute for Health and Clinical Excellence is updating its recommendations on exercise for patients with breast cancer, stating that exercise will not cause, cure or worsen lymphoedema.

Search for 'breast cancer and exercise' at: www.nice.org.uk

Physiotherapy for arms


Physiotherapists working in cancer rehabilitation should be more aware of the cost of running rehabilitation programmes such as described in this study, say the authors.

Broderick JM et al. Calculating the costs of an eight-week, physiotherapy-led exercise intervention in deconditioned cancer survivors in the early survivorship period (the PEACH trial). Physiotherapy 2014; http://dx.doi.org/10.1016/j.physio.2013.12.003

Physiotherapists working in cancer rehabilitation should be more aware of the cost of running rehabilitation programmes such as described in this study, say the authors.


Frontline www.csp.org.uk
The CSP Charitable Trust Educational Awards Panel is pleased to offer the following awards in Autumn 2014:

**Academically Accredited Courses Award**  
(excluding physiotherapy qualifying degrees)  
Up to £1200 for an MSc and £1500 for a PhD.  
Awards are also available for other academically accredited courses.  
**Deadline:** 1 September 2014

**Conference and Presentations Award**  
(excluding presentations at WCPT)  
Awards of up to £1000 available  
**Deadline:** 1 September 2014

**CSP Research Priorities Masters Dissemination Award**  
Awards of up to £500 available  
**Deadline:** 1 November 2014

Applications to all award categories are assessed on a competitive basis. For more information on the awards and details of how to apply please visit: [www.csp.org.uk/charitabletrust](http://www.csp.org.uk/charitabletrust)
Most people agree ‘it’s not what you know but who you know’. Yet we spend so much time learning about a subject and virtually no time learning how to network.

I haven’t met anyone who would say they ‘enjoy’ networking. Who would enjoy walking into a room full of perfect strangers and starting up a conversation? It is usually described as a ‘necessary evil’ and is about exerting influence. You do it for a purpose!

A few weeks ago, I spent three days at the NHS Confederation conference. All the leading managers and leaders of the NHS and the wider healthcare system were there along with the chair of CSP, Sue Rees, vice-chair Catherine Pope, and deputy CEO Sue Browning. We planned well before the event which days each of us would attend; which sessions we’d go to; when we’d split up to network, who we wanted to target and – crucially – why.

At the end of the day, it came down to having conversations.

It fascinates me that many physiotherapists, who are entirely comfortable talking about their work in a familiar physiotherapy or clinical context, find it hard to translate those skills into a broader healthcare context.

I too found this tough at first. There is no doubt that it takes practice, but practise we must: CSP members talking to other CSP members about physiotherapy is not going to get us very far!

So here are some of my top tips:

• briefly introduce yourself
• ask who they are and why they are there. Immediately repeat their name – it helps with recall
• talk about the small stuff; how they got here, the speaker you are looking forward to
• build the relationship: you don’t have to go straight in with a deep and meaningful statement
• if the person is useful to you or you to them, exchange details. Have cards to hand, or save their number in your phone
• develop a ‘get out’ strategy if you get stuck: you need to get a drink, you’ve just seen someone across the room
• afterwards, follow up on any contacts quickly – remind them of when and where you met.

While CSP staff can influence on a national level, with your help, we also need you to do the influencing locally. Workout at Work Day was an ideal opportunity to influence local planners and commissioners: it gave us all something tangible to talk about.

Why not drop me an email about your local successes – and share your top networking tips?

You can email Karen at: middletonk@csp.org.uk

See also CPD article, page 29
Momentum for change

I was pleased that Simon Stevens criticised the lack of managers with black and minority ethnic (BME) backgrounds in key NHS management roles soon after becoming head of the NHS in England. My own observation is that BME staff often have to put in more effort to get the same recognition as white colleagues. Just weeks earlier, a report on the lack of BME senior healthcare professionals was published, titled The Snowy White Peaks of the NHS.

This study looked at BME representation in NHS London trusts, where BME people make up 41 per cent of NHS staff and 45 per cent of the local population. It found that:

• just eight per cent of London NHS trust board members are from a BME background (lower than the 9.6 per cent found in 2006)
• the proportion of chief executives and chairs from a BME background has decreased from 5.3 per cent to a mere 2.5 per cent
• two fifths of London trusts had no BME members
• the proportion of senior managers who are BME has fallen slightly in the last three years

The report also showed that there were no BME executives on the boards of NHS England, Monitor, the NHS Trust Development Authority and Health Education England.

Following the passing of a motion from the CSP BME network at the Annual Representative Conference earlier this year, the society has begun conducting research into the position of BME physiotherapy staff in the NHS in all four countries.

Sue Rees, CSP Council chair, signed a letter on behalf of CSP Council to the prime minister in May to express concern about the findings of the

Leading by example

It can be tricky to tackle the public health agenda and even harder if we as healthcare professionals don’t always lead the healthiest of lives. Does the well-used phrase ‘practice what you preach’ mean that you can’t give advice on healthy lifestyles if you are not leading one yourself? Do you have to be the perfect role model for your patients?

It’s important to note that as healthcare professionals we have a duty of care to our patients. By avoiding, or not addressing, health promotion we may be at risk of failing to uphold this duty. For example, imagine that you are working in an outpatient setting and assess a patient with lower back pain. During the subjective assessment the patient admits that they lead a sedentary lifestyle and do not take part in any physical activity. You believe that if they increased their physical activity levels their perception of pain would diminish and also decrease the likelihood that it would flare up again in the future.

But you lead a relatively inactive lifestyle as well, which might give you an opportunity to empathise with the patient. By acknowledging that we all face challenges when it comes to exercising and adopting healthy lifestyles they might be more likely to take your advice on board.

It may certainly increase your credibility as a health professional and also reassure the patient. However, learning about behavioural change and health promotion...
The paucity of people with black and minority ethnic backgrounds in the top NHS posts must be tackled, argues Pramod Selkar

Snowy White Peaks report. The letter, signed by a range of trade unions and professional bodies, as well as by senior consultants, called for a meeting with the prime minister to discuss practical measures to tackle this issue. I agree with report author Roger Kline that the problem lies partly in the fact that there is no longer anyone with overall responsibility for NHS workforce equality. There is no coherent evidence-based strategy for improving things; rather it is up to individual employers to address equality. The coalition government’s decision to weaken the Public Sector Equality Duty has further exacerbated this problem and many NHS employers have stopped collecting and analysing critical data on race equality. The CSP is raising these issues via the equality and diversity sub-group of NHS staff council. CSP stewards should work closely with local union colleagues to put pressure on their trusts and boards to re-prioritise the equality and diversity agenda.

Pramod Selkar, CSP BME network convenor

To read Roger Kline’s report, visit http://eprints.mdx.ac.uk and search for ‘snowy’. Concerned BME members can join the BME network at www.csp.org.uk/equalitynetworks or email keatings@csp.org.uk

Stop it now

Tom Davies from Amnesty calls for an end to torture through medical interventions

Shockingly, in the 21st century torture is still with us and actually flourishing. The medical profession can play a key role in stopping it. In a country like Mexico, for example, medical examinations of suspects, including official procedures to investigate allegations of torture, fall well short of international standards. Detainees are supposed to be medically examined following arrest, but many taken into custody say that this just doesn’t happen. Even a clearly-injured person might not be examined and photographs to document injuries are almost never taken. And even when a detainee is examined it often happens in the presence of people who may have been involved in the torturing. In Mexico medical professionals in the detention system are military officials or employees of the offices of the attorney general or the prison system. The potential for torture to go unrecorded is clear. These poor procedures and conflicts of interest have played a part in cases like Claudia Medina’s, a mother-of-three subjected to a savage assault after her arrest on suspicion of being a gang member in 2012. She was tortured using electric shocks, sexually assaulted, beaten and left tied to a chair in scorching afternoon heat.

Mandatory high-quality, independent medical examinations of vulnerable detainees in police custody can often be the difference between torture occurring or not. It’s one of the key safeguards we’ve identified as providing a barrier between the would-be torturer and the person at risk. Others are prompt access to lawyers, independent checks on places of detention, the criminalisation of torture in national legislation, and the video recording of interrogations.

Our Stop Torture campaign calls on governments to tackle these issues head on. Over the past five years, Amnesty has reported on torture and other ill-treatment in an unbelievable 141 countries. It’s banned in law, but still goes on in practice. As specialists in the field have noted, physiotherapists have a vital role in the healing and recovery process for torture survivors. All medics should support our campaign.

Visit: www.amnesty.org.uk/stop-torture

Tom Davies, Stop Torture campaign manager, Amnesty International UK

health promotion

should encourage us to reflect on our own lifestyles and may empower us to change our own behaviours. By drawing on our skills, knowledge and personal experiences, we can gain confidence in supporting our patients to become more active. We should all be actively promoting healthy lifestyles. By doing so, we will play our part in promoting public health and give patients the choice and chance to change.

Physiotherapy staff must take every opportunity to tackle the public health agenda and make every contact count.

Stuart Palma is a CSP professional adviser

For more information, email the CSP public health team at: ph@csp.org.uk

Frontline – www.csp.org.uk
In an inspection report peppered with superlatives, Ofsted inspectors praised the staff they met earlier this year at Linden Lodge, a school for children with multi-sensory impairment near Wimbledon Common, southwest London.

The Office for Standards in Education, Children’s Services and Skills report rated the school as ‘outstanding’. It said the teamworking of physiotherapists and staff was instrumental in improving the pupils’ posture, sleeping, physical development, use of aids, mobility, communication – and much more.

Linden Lodge is a day and boarding school whose pupils, drawn from across London, have disabilities including multi-sensory impairment and learning difficulties and many have complex health needs. The school specialises in addressing both sensory and physical difficulties.

‘It used to be a school for very cognitively-able students who had visual impairments. Up until three years ago students were undertaking GCSEs and much higher level qualifications,’ says Julie Marchant, head of therapy at Linden Lodge.

‘Over the last four years, there has been an enormous shift in the types of children who are accepted on to the school roll, and lots of changes in government and pressures on special schools. We take on children who are more and more complex in their presentation.’

Mia Dodsworth, the head of primary, says teamworking underpins everything that happens at the school: ‘There is such a large team that works with any one child. So you are talking about a class teacher, a degree of support or one-to-one support, then therapies that link into that. The majority of our pupils have speech therapy, physiotherapy and occupational therapy (OT) as part of the package of care.’

An increasing number of the pupils need physiotherapy: ‘We are always saying that we don’t have enough physios here,’ she says.
PUPILS AT LINDEN LODGE SPECIAL SCHOOL RECEIVE ‘OUTSTANDING’ SUPPORT, BUT FINANCIAL PRESSURES ARE LOOMING. GILL HITCHCOCK REPORTS
Working in partnership with parents

Paurooshasp Pardiwala is the only full-time member of a physiotherapy team of six, who are all employed by the local St George's Healthcare NHS Trust to work at the school. The others are band 6s and 7s who specialise in musculoskeletal and neurological physiotherapy.

Mr Pardiwala, a paediatric physiotherapist who qualified in India before completing an MSc in neurological physiotherapy at Sheffield Hallam University, says the physiotherapists’ work with a child starts with an individual assessment.

The mix of staff at an assessment will vary depending on the needs of the pupil, but can include teachers, physiotherapists, speech and language therapists, OTs and ‘intervenors’ who provide one-to-one support.

“We observe the child functioning in environments, such as the classroom and the playground, which gives us an idea of the child’s level of ability. From there on we get in touch with the parents to see what goals they have in mind and work with them towards those goals,” says Mr Pardiwala.

“We also devise a physiotherapy programme of activities to help the child achieve the goals. And part of our job is to empower the school staff and skill them up so they can carry out those activities in the child’s day. The aim is for children to receive therapy as part of a 24-hour curriculum.”

During school holidays the physiotherapists make progress checks on the children at home. ‘The parents always appreciate the more ideas we can give them to help make the progress faster and better,’ says Mr Pardiwala.

Occupational therapist Clare Sugarman is very positive about the multidisciplinary team working at Linden Lodge: ‘We sit in the same office as the physiotherapists and everything seems to follow between us. If I am doing sensory work, then actually that’s a really nice opportunity to work with physios around moving on and off the floor and using “therapy boards” for sensory calming activities.’

The physiotherapists help to assess equipment used to maximise the child’s participation in the curriculum, such standing or walking frames and positioning systems. Linden Lodge’s head of mobility Joyce Allison explains that there is a lot of teamworking around how wheelchairs can be used to boost independence, including as part of an independent living group for children in their last two years at the school.

‘Movement is critical for communication development,’ says Julie Marchant. ‘If children are not able to move, they are not able to explore their world, therefore they are not able to communicate about a wide variety of things. For a lot of our pupils, when they do start moving and exploring you usually see alongside that an increase in their communication abilities.’

Asked about the challenges of his job, Mr Pardiwala says these are about developing his skills and growing the physiotherapy service.
He thinks it would be helpful, for example, to be trained to inject botulinum toxin. This is currently administered off-site in hospitals during relatively short appointments. But his role at the school gives him the advantage of observing and assessing a child in different functional environments over periods of time, and he believes that he could inject botox as part efforts to reach the functional goals of individuals.

**Continuing professional development boon**

Being employed by the NHS brings the benefits of continuing professional development. Members of the physiotherapy team attend study days and seminars run by the CSP professional network the Association of Paediatric Chartered Physiotherapists.

‘This provides an invaluable opportunity to discuss case management with other professionals, and helps ensure that every treatment option has been explored. We also attended external courses covering topics including gait analysis, orthotic management and hydrotherapy,’ Pardiwala says.

School visits by an orthopaedic surgeon from St George’s Hospital and orthotists from the nearby Queen Mary’s Hospital in Roehampton are other benefits of a relationship with NHS services.

But the separation between the NHS and the school brings challenges, including record keeping. ‘For the NHS we have to use Rio, where we put all our clinical notes, but the school doesn’t have any access to them, which leads to a duplication of work,’ says Ms Marchant.

‘And now that we have children at the school who have very high medical needs, we are having to link with our acute counterparts at St George’s. This is a challenge, because they use different communication systems.’

**Feeling the financial pressures**

Funding is a growing problem. Two years ago, the local boroughs where the children live usually had sufficient money for the one-to-one support some pupils need. Increasingly, however, they are looking to the school to provide that high level of support from its existing budgets.

The physiotherapy team has been affected by the loss of two full-time multi-therapy assistant posts since 2011. ‘Two full-time posts is a lot,’ says Mr Pardiwala. ‘So we’ve had to give more responsibility to class staff, who already have a lot of responsibility.’

The children at the school are aged from two up to 19 years and Ms Dodsworth is very concerned about the growing problem of where they go after they leave. She says that a lot of specialist colleges do not have the facilities or capacity to take on former Linden Lodge students and day centres are being shut.

A flavour of the Ofsted view of Linden Lodge in 2014 is that the school is ‘fantastically’ resourced. Staff make ‘excellent’ use of the ‘wonderful’ on site resources, and there is a ‘fantastic’ range of activities. But there are storm clouds on the horizon.

‘In the next two to five years we have to think about where the school is going and how we are going to cope financially, because it’s very, very grey as to what the new reforms to special educational needs will mean,’ says Ms Dodsworth.

A charitable trust, set up in 1980, raises funds for ‘extras’ not covered by statutory funding, such as the play equipment, music lessons and schools trips applauded in the recent Ofsted report.

But Mr Pardiwala believes fundraising will have to extend beyond the scope of ‘extras’, to finding money for ‘essentials’. He is already seeing this at two neighbouring special schools where physiotherapists are fundraising for essential services.

‘Linden Lodge will have to do similar. Definitely,’ says Mr Pardiwala.
Join the CSP in wishing the NHS a ‘Happy Birthday’ on 5 July

Tweet this image from @thecsp #happybirthdayNHS
Facebook ‘like’ the image at: www.csp.org.uk/happybirthdaynhs
Pin this image on your workplace noticeboard
PHYSIOTHERAPY WORKS PLANS TO DEMONSTRATE THE BENEFIT OF PHYSIO TO DECISION-MAKERS, PATIENTS AND THE PUBLIC. FIND OUT HOW YOU AS A CSP MEMBER CAN PLAY YOUR PART
As a CSP member, it’s all too easy to think of your society as being something that happens in the office in London, Belfast, Cardiff or Edinburgh. But the CSP is much more than that. As CSP chief executive Karen Middleton said in Frontline (page 21, 7 May) – the CSP is its members.

The CSP’s latest programme of activity is designed to harness its energy, passion and commitment to physiotherapy to convince decision-makers across all four nations of the UK that physiotherapy works.

The programme’s ambitious goals are outlined in Frontline (page 28, 22 January).

As Sue Browning, CSP deputy chief executive, said in a linked ‘In perspective’ column in the same issue (page 22), ‘success will only come if the role of physiotherapy in modern healthcare is fully understood, with every CSP member – no matter where they work or what they do – contributing in a bold voice’.

**Building a bold voice**

The Physiotherapy Works programme is about sharing something you already know and believe from your day-to-day practice. It’s about working together to speak out about the value of what we do in ways that convince health and social care decision-makers and the public that physiotherapy works.

And that process of speaking out can sometimes feel uncomfortable. Historically, professional codes of conduct for physiotherapy (and other professions) have sought to restrict advertising of services. While these codes were designed to protect the public (and professions themselves) from disreputable claims, they have created a sense that promotion of a service is somehow ‘unprofessional’.

That sense of discomfort about promoting physiotherapy can sometimes lead us to distancing ourselves from opportunities to show people outside our everyday practice that physiotherapy works. It can become easier to ‘leave it to others’, which means we miss out on the chance to share and develop our practice by showing how physiotherapy works. However, in the current climate, physiotherapy, like other professions, is being driven to demonstrate its added value – in terms of quality, cost and productivity. In order to thrive we must all put our heads above the parapet, and shout about what we achieve for the people we serve.

We’ve seen what can be done when CSP members work together – from the success of the CSP’s pensions campaign is one example. We’ve also seen the impact of the online campaign group, 38 degrees, in informing the general public about issues and pushing for policy change ([www.38degrees.org.uk](http://www.38degrees.org.uk)). Imagine the difference we could make to the future health of the UK population if 83 per cent of CSP members were willing to sign up to the Physiotherapy Works challenge?

**Celebrating our continuing professional development**

The programme will give us opportunities to celebrate the unique contribution physiotherapy practice and development make to the lives of people we work with – our patients and clients, their families and communities; our peers and colleagues; and our future profession.

There will be plenty of opportunities through the programme to find the ‘just-right challenge’ – something that requires you to take a small step outside your comfort zone, knowing that step is supported by the CSP [see box above].

And as you already know, learning happens as someone begins to move outside their personal comfort zone. So by taking that small step to meet your ‘just-right challenge’ you will be supporting your own CPD as you help someone else understand how physiotherapy works.

**HOW TO USE THIS ARTICLE TO SUPPORT YOUR CPD**

As CSP members we are used to helping the people we work with see how physiotherapy works. So why not develop your expertise in motivating, inspiring and persuading others in a new way – outside your practice setting?

This activity helps you take that first step – by reflecting on what makes you and physiotherapy practice unique. Once you have unpacked your practice, it’s much easier to make a case that will convince decision-makers that physiotherapy supports older people to live longer and live well.

1. **Think about your physiotherapy practice.** Make a list of all the things you can do, the people you work with and how your work is organised. Remember to include the breadth of your practice – the things you do routinely as well as the things that are more unusual (for you, the service, or the profession).

2. **Now highlight the things in that list that stand out for you personally.** Look for activities and outcomes that generated positive feedback – interest from other people in your practice; positive comments from patients and clients, students, colleagues, your manager about your practice; recognition of your contribution to the service or profession from your peers, organisation, or network, for example.

3. **Next, make a note of any common themes in your list.**

4. **Use your analysis from questions 1 to 3 to draw a thumbnail sketch of the qualities and outcomes that make your physiotherapy practice stand out.** As this is all about you and your practice, choose a format to record the information in a way that’s right for you (see ‘Sensational CPD’, page 29, 18 June). Your ‘sketch’ could be a list, a mind-map, a short audio recording, or a picture.

5. **Make a note of what you’ve learned from this activity – about you and about your practice.**

6. **Keep your lists, sketch and learning outcomes together in a safe place – ready for the next CPD article in this series, which will help you develop an ‘elevator pitch’ that showcases your practice.**

**SOMETHING TO ADD?...**

email us at frontline@csp.org.uk
STUDENTS:
ARE YOU GRADUATING IN 2014?

Only full CSP membership grants you chartered status.

Apply now and get chartered! Visit www.csp.org.uk/membership for more info or call 020 7306 6666 for an application pack.
Team Scotland hopeful mountain biker Rab Wardell at the official opening of the Cathkin Braes Mountain Bike Trails, Glasgow
With its wide-open spaces and impressive topography, Scotland is a natural venue for mountain biking. So perhaps that’s why it will be part of the seven ‘non-core’ sports which will form part of the Commonwealth Games in Glasgow.

As the host nation, Scotland can choose seven sports from a menu of options outside the usual run of events in Commonwealth Games. Cycling – including mountain biking – is one; the others are gymnastics, judo, wrestling, triathlon, table tennis and shooting.

These will join the 10 core sports (aquatics, athletics, badminton, bowls, boxing, hockey, netball, rugby Sevens, squash and weightlifting) in the games which start on 23 July and run until 3 August.

According to David Brandie, lead physiotherapist for cycling with the Sportscotland Institute of Sport, who will be working with Team Scotland at Glasgow 2014, the mountain biking will be an exciting event – and Scotland should do rather well at it.

‘We have some of the top mountain bikers in the UK,’ he smiles, conceding that this might have been a factor in the decision to select it. He and colleagues are working with the riders to ensure they are physically in the best possible shape, optimising the biomechanics and working with the strength and conditioning team to get them to peak fitness. ‘It’s a demanding sport, and we’ll continue to tweak until the event,’ he says. ‘We’ll also deal with any injuries.’

A keen cyclist himself, Mr Brandie enthuses about the new, specially designed mountain-biking course at the scenic Cathkin Braes on the outskirts of Glasgow. ‘It includes uphills and downhills and some quite technical rocky tracks,’ he says. ‘It should be fantastic.’

Track cyclists will also have superb facilities at the newly-built Sir Chris Hoy Velodrome in Glasgow’s East End. Sir Chris is not competing at the games, but is a Glasgow 2014 ambassador and continues to be a great supporter of Scottish and British cycling, says Mr Brandie.

Triathlon is another sport in which Team Scotland is hoping to excel – and another which makes use of Scotland’s natural advantages. The venue, Strathclyde Country Park, boasts 400 hectares of woodland, park and wetland – all very close to the city of Glasgow.

Maggie Bush is lead physiotherapist for triathlon and for table tennis – a combination that owes more to the timetable of the games than anything else.
Triathlon is finished by day three, and, as I’ll be accredited, it made sense for me to lead on table tennis too,’ she says. ‘I’m preparing for it by attending training sessions and talking to coaches and to our lead on table tennis at the Sports Institute. So far I’m very impressed – these guys really do clearly her passion, however, and she points out will be of particular interest to other fans of the exciting thing is that on day one, we have the full stance triathlon, with up to six athletes from each . Then three days later we have the relay event – first time that there’s been a relay triathlon in a -sports games, but it’ll be happening again at the mpics in Rio.’

**do a ‘flagship sport’ for Scotland**

The super sprint triathlon relay will involve teams of four – two men, two women – who will each complete the three elements (a 250m swim, 6k cycle ride and 1,600m run). It should be a speedy and exciting event.

Ms Bush has been lead physiotherapist for Scottish triathlon for the past three years, and really revels in every moment. ‘It’s fabby – a real n job,’ she says.

I’ve got some phenomenal athletes, including two 19 year olds (Marc Austin and Grant Sheldon) who finished second and third in last year’s World Junior Triathlon, and there’s another guy who has been training with the Brownlee brothers (England’s triathlon stars, Jonathan and Alistair) in Leeds.

‘It’s great that we have a few potentials!’ she adds.

Oliver Davies is lead physiotherapist for judo and disability sport at the games, and is looking forward to both. Judo hasn’t been included in the Commonwealth Games since Manchester in 2002, and won’t be part of the 2018 games in the Gold Coast games in Australia, so Glasgow will be particularly important for lovers of the sport.

‘It’s one of the flagship sports for Scotland,’ explains Mr Davies, who has worked in it for the last four years. ‘Our target for the Commonwealth Games is six medals minimum and we should be on the podium for quite a lot of the weight categories.’

Mr Davies is hoping that some of the team’s hard work around injury prevention will help make a contribution to performance at the games.

In April, he presented a paper at the International Olympic Committee’s world conference on prevention of injury and illness in sport in Monaco.

This study showed that a multidisciplinary approach to injury prevention, carried out with elite judo performers in Scotland, significantly decreased shoulder and knee injuries.
High hopes for Scottish competitors

The performers embraced the programme, he says, recognising that it was to their advantage to prevent injury.

As lead for wrestling and badminton, Craig More is looking forward to a busy Glasgow 2014 - indeed, he's all the more excited about it because it will be his first Commonwealth Games: 'I was unable to go to Delhi for unavoidable family reasons - the birth of my first son,' he laughs. 'It wasn't really an option!

So I'm totally excited about it this time, especially as it's the home games.'

Mr More leads on both sports within the Sportscotland Institute for Sport, badminton for the last seven years, and wrestling for four.

'We've got medal hopefuls in both sports, but I don't want to curse it by naming names,' he says. 'I do have high hopes, though.'

Each sport places different demands on the body - and on the physiotherapist, he says. 'Wrestling is a combat sport, so there's always a high risk of injury. We've been trying to work in a more proactive way to prevent injury by analysing the sport and looking at the trends, and implementing a programme to address them.'

There was a significant risk of shoulder injury, for example, which has been virtually eradicated by the prevention programme, he adds. This includes looking at warm-ups and at strength and conditioning.

Mr More is hopeful that with input from the multidisciplinary team, and with the athletes all coming together to make a great games.

Lead physios available to help all athletes

Hardly surprisingly, badminton has a different injury pattern, he says, with jumping leading to tendon issues. He has adopted a similar strategy to tackle it, however, by analysing the problems and implementing a specific programme to deal with them.

He's delighted that both sports have been chosen for Glasgow 2014. 'They are sports which are supported by the institute and we know they have Commonwealth Games potential,' he says. 'You're always working as if you're going to be there in any case, but I can't quite believe it's almost happening.'

But what of the sports that won't be there? There are two major changes since Delhi. Despite Scotland's recent successes in tennis (think Andy Murray), the sport is off the menu, as is archery.

At the games themselves, however, the lead physiotherapists might find themselves treating athletes from any discipline, which is one of the joys and the challenges of multi-sport events. Ms Bush and Mr More are also leads for Scotland's preparation camp in Stirling ahead of the games.

'We're all really looking forward to it,' enthuses Ms Bush. 'It should be a fantastic games.'
Del eg ate r eg ist r atio n fo r m

CSP membership number

Title Mr/Ms/Mrs/Miss/Dr/Prof (DELETE AS APPROPRIATE • PLEASE COMPLETE USING BLOCK CAPITALS)

First name ..................................................................................................................................................................................................................................................
Surname ..................................................................................................................................................................................................................................................

Job title ..................................................................................................................................................................................................................................................
(eg, band 5 physiotherapist, senior lecturer, private practitioner etc)

Place of work ..................................................................................................................................................................................................................................................
(name of hospital or practice)

THIS INFORMATION WILL BE USED FOR THE ATTENDANCE LIST AND YOUR NAME BADGE – PLEASE ENSURE IT IS CORRECT AND THAT ALL FIELDS ARE COMPLETED

Full address (including trust/practice name if it is a work address)
(for correspondence – your delegate badge will be sent to this address) ..................................................................................................................................................................................................................................................................................................................

Email ..................................................................................................................................................................................................................................................

Post code ..................................................................................................................................................................................................................................................

Please detail any dietary/special requirements ..................................................................................................................................................................................................................................................................................................................
(eg, vegetarian, vegan, gluten free, etc)

Do you require a Braille or large print Programme? Braille □ Large print □

Pick your ticket type

PLEASE TICK ONE BOX ONLY

☑ Full member 2 days £259
☑ Full member 1 day Fri or Sat* £199
☑ Retired/Student/Unwaged 2 days £129
☑ Retired/Student/Unwaged 1 day Fri or Sat* £79
☑ Associate member Fri FREE
☑ Associate member 2 days £36.50
☑ Non-member 2 days £399
☑ Non-member 1 day Fri or Sat* £309

*Please delete one

Send your payment – Please complete and send form to: Events team, CSP, 14 Bedford Row, London WC1R 4ED.

Please supply a purchase order number if required. Credit card bookings may be made online at www.physiotherapyuk.org.uk

All cheques to be made payable to: The Chartered Society of Physiotherapy.

Booking conditions

• Please enclose full payment to secure your booking • All invoices must be paid before the respective deadline date to qualify for any reduced fees • All payments must be received before the event • Fees do not include travel, accommodation or social events • Attendees are advised to take a copy of their registration form for their own records • Cancellations received before 31 August 2014 will be refunded less £15 administration fee. Cancellations received after 31 August but before 30 September 2014 will be refunded 50% less £15 administration fee. There will be no refunds after 29 September 2014, however substitute names are welcomed at no additional charge.

** 20% discount will be applied to all five bookings. All bookings must be made at the same time. Full members only. Other membership category discounts online. Terms and conditions apply. See website for details.
ADVERTISING RATES FOR COURSES AND CONFERENCES

Linage (per word) £1.00 (text using Frontline house style)

Make your lineage advert stand out:
add a shaded background or a box to increase presence on page for an additional £15 or both for an additional £25. A proof can be supplied of your advert for an additional £10

Display £39.50 per single column cm. Complete supplied artwork or we can typeset your advert for a 10% typesetting charge (minimum charge £50)

Colour options
Spot colour: included in SCC rate
Full colour: £350 extra

Deadlines 12 noon
A 25 per cent cancellation fee will be incurred if an advert is cancelled later than 4 weeks preceding the date of issue of Frontline.

PUBLICATION DATES

<table>
<thead>
<tr>
<th>Issue date</th>
<th>Booking date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jul 16</td>
<td>Jun 30</td>
</tr>
<tr>
<td>Aug 5</td>
<td>Jul 21</td>
</tr>
<tr>
<td>Sep 3</td>
<td>Aug 18</td>
</tr>
<tr>
<td>Sep 17</td>
<td>Sep 1</td>
</tr>
</tbody>
</table>

NOTICEBOARD:
This section covers CSP’s work at region and country level and also offers you the opportunity to advertise your CSP recognised Professional Network event free of charge. Reunions, info exchange and obituaries are also permitted within this section. Send the information you wish to include to: directory@csp.org.uk

PLEASE NOTE: Professional Network notices are limited to /one.oldstyle/eight.oldstyle/zero.oldstyle words

Please note The courses and conferences advertised in this section have not gone through the CSP’s formal recognition processes unless explicitly stated. Frontline accepts advertisements in good faith and is not responsible for the content of advertised events (except those delivered by the CSP itself). In the event of queries or comments relating to a specific course or conference, please contact the relevant organiser directly. Please see additional Guidance for Members in this section on broader issues relating to CPD, competence and scope of practice.

To advertise your course call 0845 600 1394 or email: cspads@media-shed.co.uk

You and Frontline go together so well—it’s another classic combo!

www.csp.org.uk
English regional networks

There are 10 English regional networks. These are for all members in England – qualified, associates, students, retired members. The networks organise regional forums for all members four times a year. All members are welcome to these free events, which are a good way catch up on your CPD, link up with others, learn about opportunities, and be supported.

Do yourself a favour and get involved in your regional network

Regional networks are organised by members in all sorts of different jobs and stages in their career. Each regional network has a core team, and volunteers are always needed to take on roles – such as helping out with the organisation of meetings, communication with members, maximising CPD opportunities.

Kim Brown, chair of South Central said: ‘I would encourage members to get involved in their regional networks. I was recently successful in getting a band 7 MSK post and I think this was greatly helped by my experience as chair of the regional network and the additional skills this has helped me develop. As well as being rewarding it has taught me a lot about the wider picture of health services and physiotherapy and I believe this set me apart from colleagues also interviewing for the post. Although it has involved commitment and effort on my behalf the benefits on reflection have been great.’

Pictured above – members of the East Midlands core team and some of the members of North West core team

If you want to find out more about your regional network contact the chair of your region. They would love to hear from you.

Carl Hancock: eastofenglandchair@csp.org.uk
Keri Barsby: eastmidlandschair@csp.org.uk
Carole McCarthy: londonchair@csp.org.uk
Jill Kent: northeastchair@csp.org.uk
Jo Lishman: northwestchair@csp.org.uk
Kim Brown: southcentralchair@csp.org.uk

Helen Balcombe: southeastcoastchair@csp.org.uk
Nicola Parfitt: southwestchair@csp.org.uk
Sheila Stringer and Sam Townsend: westmidlandschair@csp.org.uk
Jean Heseltine and Angela Clough: yorksandhumberchair@csp.org.uk

Great CPD at June regional forums for members

All the 10 regional networks organised open regional forums for members throughout June with some great CPD opportunities. Some of these included:

• Yorkshire and Humber – discussion on the latest trends in pain management from guest speaker Martin Hey, consultant physiotherapist in pain management

Pictured above - Martin Hey at Yorkshire and Humber

• East Midlands – a presentation of evidence on what works and what doesn’t in pulmonary rehab and the development of new COPD patient self-management tools

• South Central – members (below) heard from researchers about new trials for physiotherapy rehabilitation for osteoporotic vertebral fractures and femoral acetabular impingement
South West – discussion with guest speakers on the latest in falls research, prevention and strategies.

South East Coast – discussion on meeting the challenges of seven day physiotherapy services.

London – Andrew Nwosu, newly appointed AHP lead for NHS England took part in the forum discussion.

In the North East and East of England members met Karen Middleton CEO and discussed the future of the profession and developing leadership.

**Report from a meeting with Isle of Man Physios this year from Daphne Dawson, North West regional network**

Pictured above are (l to r): Christine Wright, Jane Cowley, Cath Davis, Michelle Breed, Daphne Dawson, Michelle Kiver, Ruth Cool, and Sharif Gomaa.

Imagine if getting to your Regional Network meant a sea crossing or air flight, and was correspondingly expensive in time and money. The answer might be to go to meet such members on their home turf instead. This was why Daphne Dawson, from the North West regional network, did the travelling back in March to meet with 21 physiotherapists working on the Isle of Man. The location was the physiotherapy department at Nobles Hospital, Douglas. This is one of the two hospitals on the island, the other being at Ramsey.

Daphne brought them information from the North West regional network meeting on the mainland, which had taken place the previous night, and recorded some of the challenges and opportunities the island physios met with day to day. The challenges varied from those commonly met with in the North West. In the Isle of Man organisation of healthcare is different in the Isle of Man to that on the mainland, as the island is self-governing.

Compared to the mainland there is a higher level of private practitioners per head of population on the island. This means lone workers can feel quite isolated, and an increased need for CPD. Private practitioners also reported that they had found they were not eligible for UK legal advice, and local law firms had told them they had to employ a Manx lawyer and this was costly. This has been raised as an issue to be looked into by the CSP.

Independent prescribing has yet to go through on the Isle of Man, as it's a separate issue from the rest of the UK and there is no legislation to support any health professionals other than doctors in independent prescribing.

There is no 'hospital at home' on the island. Partly this is because there is very little intermediate care, so hospital stays were often twice as long as on the mainland. There is also reportedly the highest rate of emergency admissions in the UK in the Isle of Man (the two weeks of the year that the TT races were held were kept out of the equation, so motorcycle accidents are not to blame). The local physios are investigating this. One reason might be that doctors are more likely to admit patients because of the paucity of adequate community care.

On the other hand, some useful links with hospitals on the mainland had been forged. Isle of Man staff have been able to shadow specialists in some UK hospitals, and some patients requiring specialist management are no longer going across to the mainland to be treated as they done previously. Specialist staff over there are mentoring the island staff that have taken over the care.

Interest was shown in the North West network's annual study day in September. Because of travel costs they and the network are exploring the potential to participate using digital technology.

**Physiotherapy Works – free CPD conferences planned in your region - don't miss out, save the dates**

At the June regional member’s forums, networks agreed to host CSP Physiotherapy Works Locally events as part of a UK wide roadshow. All members are invited to attend these to be inspired by leaders from the profession and examples innovation in their region, take part in discussions about the future of the profession and how we shape this, learn about the new resources being developed by the CSP to show Physiotherapy Works, participate in workshops to develop your abilities to use resources to influence decision making and develop our practice.

The first events to be confirmed are: the North East on 9 September, West Midlands on 15 September, a joint event by East Midlands and Yorkshire and Humber networks on 19 September, and the South West on 3 December.

More to follow about the programme, venue and how to book a place. Information about all the events to be publicised as and when they are arranged.

Pictured above - Karen Middleton CSP CEO, and Seb Baugh, lead CSP organiser for the Physiotherapy Works roadshows.

www.csp.org.uk
Regional networks get going with planning for Older Peoples Day 1 October
The June Forums all discussed how they can support Older Peoples Day and help distribute the new CSP advice leaflet for the public on Living Longer, Living Well, and to link up with older people’s organisations and charities in their area. Many regional networks have started to plan activity: ideas so far have included:

- **North east** network members working with new students at Teeside University to make local links with older peoples groups.
- **Yorkshire and Humber** members giving advice and leaflets a local tea dance.
- **London** members are looking at hiring a London bus.
- **North west** members are running an exercise class in a care home.
- **West Midlands** and **east midlands** members are planning joint activity jointly podiatrist colleagues.
- **South East Coast** members are planning a stall in a major shopping centre.

All members can support Older People’s Day – on their own, with local charities or patient groups with workplace colleagues, or with their CSP networks. Information about what you can do and how to register out in July, but in the meantime if you want to join up with what members in your regional network are doing contact your chair.

Physiotherapy works for social care – new briefing to be distributed by the regional networks
Regional reps to Council and the chairs will be writing to all directors of social services, sending them the new briefing and offering to talk to them about how physiotherapy supports positive outcomes for service users in social care and saves money.

In addition in the North West regional network members are distributing the new briefing at Disability Awareness Day 13 July. Any members in the North West interested in getting involved contact your North West chair.

**Most regional networks are on twitter:**
- @CSPNorthEast
- @CSPSouthwest
- @CSPSoutheast
- @MidCSPstudents
- @northwestCSP
- @WestMidlandsCSP
- @YorksHumberCSP
- @CSPLondon
- @CSPEastMidlands

### Welsh Board meeting in Rhayader, mid Wales 12 June

The CSP Welsh Board met in Rhayader, mid Wales on 12 June and was pleased to welcome Natalie Beswetherick, director of practice and development, to the meeting and also their very own Sue Rees, the current chair of CSP Council.

Natalie led the CSP Welsh Board though a presentation on the Physiotherapy Works Programme and Board members heard that CSP members across Wales will be invited to get involved with this initiative. A training event will be put on in late 2014/early 2015 to provide resources to members engaging in the Programme. **More details will follow on iCSP – look out for information via the Wales Bulletin**. (If you are not receiving this bulletin as a regular email – why not? – you are missing out!)

There will also be a chance for members across the UK to sign up to the ‘older people’ activity which will be centred around International Older People’s Day – Wednesday 1 October 2014. **Watch out for more information on this in Frontline and on the CSP website.**

The Welsh Board enjoyed a montage of pictures from Workout@Work Day and it was noted that 22 members across Wales signed up as Workout@Work champions.

The Welsh Board discussed a range of issues including the Minimum Nurse Staffing Levels (Wales) Bill which is being brought forward as a Proposed Member’s Bill. Kirsty Williams AM, Leader of the Welsh Liberal Democrats, is leading this Bill. The Board also discussed the Public Health (Wales) White Paper.

At the next meeting the Board will be having a discussion about ‘prudent healthcare’ and ‘co-production’ and will be considering examples from the physiotherapy profession about how we demonstrate that we are doing both. If members have any examples they want to...
The Welsh Board said a massive thank you and farewell to John Walpole (above), the regional steward for Wales who is moving to a new job and therefore standing down as regional steward representative on Welsh Board. John’s contribution to Welsh Board has been fantastic and members are really sad to see him go. Keep in touch John. Thanks were also given to Carianne Reynolds who has stepped down from Welsh Board as one of the job-share Associate representatives. Carianne will, however, still be representing Wales on CSP Associate Board.

Send Frontline your Professional Network notice
directory@csp.org.uk

Free events for qualified, student and associate members

If you’re interested in the future of physiotherapy and think you could have a part to play in making the case for change in healthcare, why not join us for a day of inspirational talks and practical workshops? We’d love to meet you!

By attending, you’ll be able to:
• Meet CSP leads and activists
• Get up-to-date with the changing world of healthcare
• Explore the difference that you can make to your patients through physiotherapy
• Improve your knowledge of key areas like falls and orthopaedics
• Feel equipped to promote your profession and influence those that count.

The events will run throughout 2014/2015 and will come to Wales, Northern Ireland and Scotland as well as all English regions. Each day will run from 10am to 4pm with complimentary lunch provided. Places allocated on a first come, first served basis.

Association of Chartered Physiotherapists in Neurology (ACPIN)
Sussex
Adapted Tai Chi - hosted event
Date: Saturday 27 September 9am - 4.30pm
Place: Sussex Rehabilitation Centre, Princess Royal Hospital, Haywards Heath.
Tutor: Ros Smith MCSP, Advanced Tai Chi instructor, TCUGB Registered with the Tai Chi Union of Great Britain
Cost: ACPIN members £45, non-ACPIN £70
Contact: dianadrawbridge@aol.com

Association of Chartered Physiotherapists in Neurology (ACPIN)
- South West Region
A one day course on the use of Rocktape in the treatment of neurological conditions

Physiotherapy works locally

First dates available:
9 September 2014, Chester-le-Street
15 September, Shrewsbury
19 September, Nottingham.

It’s free to attend, so why not find out more and book your place at www.csp.org.uk/physioworks or email physioworks@csp.org.uk with any questions.
Speaker: Paul Coker, Rocktape  
Date: Wednesday 16 July 2014  
Place: University of Plymouth, PAHC Building, Derriford Road PL6 8BH  
Cost: £60 members, £75 non members  
Contact: Shardi Khoosravi for a booking form at: shardi_khosravi@live.co.uk or enquiries on tel: 01803 220998.

Acupuncture Association of Chartered Physiotherapists (AACP)  
**AACP Basic acupuncture foundation course**  
This course is designed to offer participants with a level of knowledge, skill and understanding that will allow them to practise acupuncture in a safe and appropriate manner, in a clinical setting.  
**Cost:** £495 – One year’s full membership of the AACP with many benefits!  
**To book:** Contact Sarah Brand on tel: 01733 390044 or email: sec@aacpuk.com  
**Dates:** 19/20/26/27 July and 6/7 September  
**Place:** Northampton  
**Dates:** 23/24 August, 1/3/14 September and 18/19 October  
**Place:** Grantham  

**AACP Grants**  
AACP have a number of grants available for AACP members. For more information, please contact Mindy Cairns (AACP Research Advisor) at: research@aacpuk.com or see the AACP website: www.aacp.org.uk  

**AACP CPD courses:**  
**Contact:** Sarah Brand on tel: 01733 390044 or email: sec@aacpuk.com  

**Acupuncture for Pain Relief**  
**Date:** 25 September  
**Place:** Peterborough  
**Tutor:** Teresa Syed and Joanne Dyson  

**Headache and Migraine**  
**Date:** 4 October  
**Place:** London  
**Tutor:** George Chia.  

**Association of Orthopaedic Chartered Physiotherapists (AOCP)**  
**We are updating the AOCP membership details we currently hold.**  
To ensure our magazine and other information is sent to you electronically, please email our administrator at: pritchard.julie@gmail.com If you have any queries regarding this, please contact: emmajames@nhs.net  

**Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE)**  
ACPOHE is the CSP professional network for physiotherapists working in Occupational Health and Ergonomics.  
Registered members of ACPOHE are physiotherapists who have demonstrated specialist competency in the fields of occupational health or ergonomics.  
ACPOHE members work in diverse settings, including Manufacturing, NHS, Service Industries, Offices, Retail, Healthcare, Ergonomics Consultancies, Public Sector and Private Practice. They improve the safety, comfort and performance of the working population to reduce accidents and sickness absence, improve productivity and performance. There are significant benefits to both employers and employees.  
To find out more and join ACPOHE go to: www.acpohe.org.uk Annual membership £50 for UK and Ireland and £65 for overseas.  
**Current available Courses - 2014**  

**Work Related Upper Limb Disorders**  
**Date:** Saturday 12 July 2014  
**Place:** Birmingham  
**Cost:** £130 members, £190 non-members.  
Lunch included  

**Occupational Rehabilitation and Work Hardening**  
**Date:** 5-6 September  
**Place:** Awaiting confirmation of venue  
**Cost:** £250 members, £310 non-members.  
Lunch included  

**Office Work Station Ergonomics (DSE)**  
**Level 2**  
**Date:** 18-19 September  
**Place:** Haywards Heath  
**Cost:** £240 members, £300 non-members.  
Lunch NOT included  

**An Introduction to Occupational Health**  
**Date:** 24/25/26 September  
**Place:** Edinburgh  
**Cost:** £455 members, £515 non-members.  
Lunch included  
**Contact:** For course information and to book online: http://www.acpohe.org.uk/events  

**Physio First**  
**Physio First Scottish Conference 2014**  
**Topic:** Stimulate Your Mind  
**Date:** Friday 7 and Saturday 8 November  
**Place:** Grange Manor Hotel, Grangemouth  
On Friday night delegates will have the opportunity to browse the trade stands and we have a talk/demo from Kate Griffin and Lynora Kennedy about their organisation Manual Lymphatic Drainage UK. Following up on last year we have arranged another sit down meal for 2014.  
Our PPEF funded main lecturer for the Saturday is Professor Tim Watson who will deliver two lectures on electrotherapy including information on recent advances in equipment and recent research. We also have Sid Ahmed who will talk on MSK Physiotherapy and a presentation from Suzanne Brooks on Cognitive Behavioral Therapy. Before the buffet lunch we have a panel from Physio First who will discuss current business or professional issues and answer delegate’s questions and during breaks and lunch delegates will have the opportunity to browse the trade stands and ‘network’ with colleagues.  
**Contact:** If you’re interested in attending please contact Sandy Robertson on tel: 01592 643600 or via email at: scotland@physiofirst.org.uk  

**Association of Chartered Physiotherapists in Sports and Exercise Medicine (ACPSEM)**  
**Clinical Reasoning in Exercise and Performance Rehabilitation**  
**Dates:** Part 1 – 20 and 21 September  
Part 2 - 8 and 9 November  
**Place:** Bisham Abbey National Sports Centre, near Marlow SL7 1RR  
**Cost:** £200 per weekend ACPSEM members.  
£260 per weekend non-members.  
No students. This is set at M-level  
Part 1 must be completed before part 2  

**ACPSEM Autumn Study Day**  
**‘All About The Knee’**  
**Date:** Saturday 4 October  
**Place:** Manchester Metropolitan University, Manchester M15 6BH  
**Speakers:** Lectures and practical demonstrations by Lee Herrington, Paul Comfort, Karen Hambly, Duncan French, James Moore.  
**Cost:** Early bird rate until end July. Members £110, non-members £135, students £95, then prices go up by £15. All courses may be paid for by instalments on request.  
**Contact:** For secure online booking visit: bit.ly/KneeStudyDay or email: info@physiosinsport.org
Chartered Physiotherapists Working With Older People (AGILE)
Regional Study Days for 2014/2015
Soft-touch trigger point treatment with the older person
Speaker: Ed Wilson BA (Hons) MCSP, HCPC Registered, MCT A, CMP
Content: These one-day interactive study days provided through both lectures and practical sessions are designed to:
- Enhance a physiotherapist’s understanding of pain management, with the use of trigger points to relieve pain in the older person.
- Enable the physiotherapist to develop clinical reasoning through interactive discussions using case examples and a problem solving approach with multi-pathology and in frail older people.
- Provides an excellent alternative technique for needle-phobic patients presenting with trigger points, plus no aggressive techniques are used.
Dates for each region:
12 July 2014 - AGILE (North) - Manchester Royal Infirmary, Manchester. Organiser/contact Lynn Sutcliffe at: lynnsutcliffe@hotmail.com
14 March 2015 - AGILE (N. Ireland) - Belfast. Organiser/contact Gail McMillan at: gail.mcmillan@belfasttrust.hscni.net
11 April 2015 - AGILE (West) - St Martin’s Hospital, Bath. Organiser/contact Ruth Sampson at: ruth.sampson@sirona-cic.org.uk
13 June 2015 - AGILE (Scotland) - Ninewells in Dundee. Organiser/contact Fiona MacLeod at: fiona.macleod@nhslothian.scot.nhs.uk
Note: Please contact the organiser of the region nearest you for an application form and further information, or visit the AGILE website on the events page for venue details: http://agile.csp.org.uk/network-events
Cost: £60 AGILE members – places are limited so applications will initially only be considered for current AGILE members.

Association of Chartered Physiotherapists in Therapeutic Riding (ACPTR)
ACPTR hippotherapy course
For chartered physiotherapists wishing to use the horse within physiotherapy treatment.

Course dates and structure 2015
Two sequential modules both four days long:
Equine module
Assessment and selection of Equines for Hippotherapy
Date: 30 January to 2 February 2015
Hippotherapy module
Delivery of best practice in hippotherapy
Date: 30 October to 2 November 2015
Place: For both modules: Clwyd Special Riding Centre, Llanfynydd, Wrexham, Clwyd LL11 5HN
Cost: £1,200 including non-refundable registration fee of £50.
Closing date for applications: 5 December 2014
Prerequisites:
- Chartered Society of Physiotherapy membership
- Health and Care Professions Council registration
- ACPTR membership
- One year postgraduate clinical experience
- Submission of the ACPTR Equine Skills Record

The 95th Annual General Meeting of the Chartered Society of Physiotherapy
will be held on Saturday 11th October 2014 at 12.45pm at the ICC, Birmingham

AGENDA
- Approval of the minutes of the Annual General Meeting held on 12/10/13 in Birmingham
- Adoption of the annual report for 2013
- Approval of the balance sheet and accounts for the year ended 31/12/13
- Appointment of Baker Tilly as auditors for 2014
- Any other pertinent business

Copies of the full accounts for 2013 will be available at the meeting.
Votes at an Annual General Meeting may be given personally or by proxy. A proxy form can be obtained from the Chief Executive’s office at 14 Bedford Row, London WC1R 4ED, 020 7306 6642 or careyj@csp.org.uk or downloaded from the CSP website www.csp.org.uk. Proxy forms must be completed, signed personally, and returned to the Chief Executive’s office to arrive no later than 1pm on Wednesday 1st October 2014. They will be accepted by fax (020 7306 6643) or by post.

www.csp.org.uk
Library and Information Services
The UK’s largest resource of physiotherapy related published information

with access to:
- Online catalogue – books, reports, journals, theses, websites, many items with full text links
- Loans to members by post or in person with online reservations and renewals
- Information specialists to help you find the information you need
- Journal article/book chapter copying services
- Literature search services
- Online bibliographic databases, including CINAHL Plus with Full Text.

www.csp.org.uk/lis
- Required to register for the complete course.
Horse riding experience: ACPTR recommend applicants have basic horse riding skills in addition to general equine experience.
Assessment: Continuous formative assessment of practical skills. Extensive written assignments following each module. Summative assessment of practice in hippotherapy module.
Contact: Application requests and enquiries to course coordinator, Dr. Valerie Cooper, email: cooperhome@btinternet.com or to: 27 Abbotshall Road, Cults, Aberdeen AB15 9JX.

Aquatic Therapy Association of Chartered Physiotherapists (ATACP)
UK Aquatic Therapy Conference
Date: 1-2 November
Place: DMRC Headley Court, Headley, Epsom, Surrey
Celebrating the 25th anniversary of the ATACP
Cost: ATACP members £165, non members £175. Full cost after 25 April: ATACP members £185, non members £200
Contact: CSP members can download a booking form from: http://www.csp.org.uk/icsp/aquatic-therapy-site-icsp
Otherwise, please contact Sarah Watten for a booking form or further information on: atconference2014@gmail.com
Book now to avoid disappointment!

Medico-legal Association of Chartered Physiotherapists (MLACP)
MLACP Introduction to Medico Legal Work
Date: Tuesday 30 September
Place: 2 Wellington Place, Leeds LS1 4AP
Cost: £60 MLACP members / £95 non-members
Contact: For further details email: info@mlacp.org.uk or visit: www.mlacp.org.uk

Association of Chartered Physiotherapists interested in Vestibular Rehabilitation (ACPIVR)
Vestibular Assessment: ACPIVR London Regional Event
Description: This regional event is designed for physiotherapists with an interest in vestibular rehabilitation. It will include lecture and practical sessions to cover the critical elements of a vestibular assessment.
Level: Beginners - Intermediate
Date: Saturday 12 July
Time: 9am - 1pm
Place: National Hospital for Neurology and Neurosurgery, WC1N 3BG
Cost: ACPIVR members £10, non-members £22
Contact: To register a place please email: david.herdman@gstt.nhs.uk

British Association of Hand Therapy (BAHT)
Upcoming BAHT validated courses - see: www.hand-therapy.co.uk for full details and updates.
Level II: Hand therapy in practice
Place: University of Derby
Date: 14-18 July (plus distance learning 9 June - 29 August)
Cost: From £495
Contact: a.c.underhill@derby.ac.uk
Level II: Management of the wrist
Place: Stoke Mandeville
Date: 10-12 September
Contact: Nicola.hyde@buckshealthcare.nhs.uk
www.neshands.co.uk
Level II: Optimising soft tissue function
Place: Northwood, Middlesx
Date: 21-23 November
Contact: handtherapy@sky.com
Level II: Soft tissue trauma
Place: Norwich
Date: 26-28 November
Contact: www.neshands.co.uk
Level II: Introduction to hand therapy
Place: Derby
Date: 4-6 March 2015
Contact: melanie.arundell@nhs.net
BAHT Evidence based practice course
Date: 22 April 2015
Place: Nottinghamshire
Cost: £105
Speaker: Jeremy Lewis
Contact: bahthandtherapy@gmail.com

British Association of Chartered Physiotherapists in Amputee Rehabilitation (BACPAR)
Advance Notice- Date for your diary
2014 BACPAR Conference and AGM
Date: 13-14 November
Place: Wolverhampton Science Park
Contact: Programme outline and application forms will be available at: http://bacpar.csp.org.uk(/

www.csp.org.uk
| Pelvic, Obstetric, Gynaecological Physiotherapy (POGP) - formerly the Association of Chartered Physiotherapists in Women’s Health (ACPWH) | Place: Chippenham, near Swindon, Wiltshire  
Cost: £225 POGP member/affiliate; £295 non-member  
Physiotherapy assessment and management of pregnancy-related musculoskeletal conditions  
Date: 26-28 September  
Place: Crewe, Cheshire  
Cost: £275 POGP member/affiliate; £345 non-member  
Physiotherapy assessment and management of female urinary dysfunction  
Date: 28-30 November  
Place: Winchester, Hampshire  
Cost: £350 POGP member/affiliate; £420 non-member  
Contact: To request a copy of the information pack for any of the above courses please email: info@acpwhworkshops.co.uk |
|---|---|
| Understanding pelvic organ prolapse - assessment and conservative management  
Date: 29 August  
Place: London  
Cost: £125 POGP member/affiliate; £160 non-member  
Physiotherapy assessment and management of anorectal dysfunction  
Date: 5-7 September  
Place: Glasgow  
Cost: £325 ACPWH member/affiliate; £395 non-member  
The unique role of the women’s health physiotherapist in antenatal care  
Date: 14-15 September | For further details of the POGP short course programme please visit the POGP website at: http://pogp.csp.org.uk/courses-events |
| Physiotherapy Pain Association (PPA)  
PPA Introductory Course: An Introduction to the Cognitive Behavioural Approach to the Management of Pain  
Date: Saturday 20 September and Sunday 21 September  
Place: Ebeneezer Duncan Centre, Victoria Infirmary, Langside Road, Glasgow, G42 9TY  
Content: Two day course introducing Physiotherapists to theory and practice of the cognitive behavioural approach  
Tutors: Dr Pete Gladwell and Emma Knaggs  
Cost: PPA members £180 and non members £200  
Contact: neilclark@nhs.net  
Website: http://ppa.csp.org.uk |
**Musculoskeletal Association of Chartered Physiotherapists (MACP)**

**An Introduction to Motivational Interviewing**

**Tutor:** Rob Shannon, Chartered Psychologist.

**Date:** Saturday 2 August

**Place:** Worthing Hospital, Lyndhurst Road, Worthing, West Sussex

**Cost:** £110 MACP members / £120 non-members

**Contact:** Terry Smith at: admin@macpweb.org or tel: 01202 706161

**Association of Paediatric Chartered Physiotherapists (APCP)**

**APCP West Midlands Region – Clamping Down on Contractures Forum**

**Summary:** A clinical forum focusing on lower limb contractors in children

**Date:** Thursday, 2 October 11am – 5pm

**Place:** Birmingham Vernon Sea Cadets Unit, Osler Road, Birmingham B16 9EU

**Costs:** £10 APCP members / £15 non-members

**Contact:** Email: va@apcp.org.uk Further information can be found at: apcp.csp.org.uk

---

**Police rehab staff complete 24-hour relay race**

A team of staff, including six physiotherapists, have raised almost £3000 by running a gruelling 24-hour relay race from London to Cardiff.

The team from Flint House, a police rehabilitation centre in Goring-on-Thames, took part in the challenge to raise funds for Cancer Research and to buy new equipment for their centre.

Their epic 160-mile journey began on 30 May at Twickenham Stadium in London. It ended 23 hours and 44 minutes later when the team reached the finish line at the Cardiff Millennium Stadium in Wales.

Senior physiotherapist, Lucy Lougher, told *Frontline*: ‘I am relieved to say we completed it in under 24 hours, but it was a very challenging task. The team worked impeccably well together and stayed focused and motivated to achieve a common goal. We were the first supported team to finish and we’re seventh overall. And we were one of only eight teams to finish in less than 24 hours.’

As well as Ms Lougher the team included physio assistant Sheryll Marshall, rehabilitation therapists Nathan Clayton and Chris Roberts, and physiotherapists Lyndsay Fitzgerald, Kate Shirley, David Jackson, Chris Milburn and Diana Lascelles. Flint House’s head nurse and a gardener, chef, housekeeper and driver from the centre also took part.

Each individual runner covered a total distance of between 13 to 55 miles, with some running further than expected due to navigation issues.

To date the team have raised £2,800 and they hope to exceed £3,000 in total.

For more information, or to donate, visit: http://www.charitychoice.co.uk/fundraiser/flint-house

**Former brain injury sports stars complete half marathon and raise over £10,500**

Two sports stars who suffered traumatic brain injuries took part in this year’s Bath Half Marathon to raise money for Frenchay Brain Injury Rehabilitation Centre in Bristol, the facility that helped rehabilitate them.

Former professional rugby player Lee Audis and gold European event rider medalist Polly Williamson ran the ‘Bath Half’ along with five of the therapists that treated them over the last year. Despite the unpleasant weather and tough, physical conditions, Lee finished the race in 4 hours 4 minutes and Polly completed it in 3 hours and 54 minutes – a huge achievement for both of them.

Their epic 160-mile journey began on 30 May at Twickenham Stadium in London. It ended 23 hours and 44 minutes later when the team reached the finish line at the Cardiff Millennium Stadium in Wales.

Senior physiotherapist, Lucy Lougher, told *Frontline*: ‘I am relieved to say we completed it in under 24 hours, but it was a very challenging task. The team worked impeccably well together and stayed focused and motivated to achieve a common goal. We were the first supported team to finish and we’re seventh overall. And we were one of only eight teams to finish in less than 24 hours.’

As well as Ms Lougher the team included physio assistant Sheryll Marshall, rehabilitation therapists Nathan Clayton and Chris Roberts, and physiotherapists Lyndsay Fitzgerald, Kate Shirley, David Jackson, Chris Milburn and Diana Lascelles. Flint House’s head nurse and a gardener, chef, housekeeper and driver from the centre also took part.

Each individual runner covered a total distance of between 13 to 55 miles, with some running further than expected due to navigation issues.

To date the team have raised £2,800 and they hope to exceed £3,000 in total.

For more information, or to donate, visit: http://www.charitychoice.co.uk/fundraiser/flint-house

**Former brain injury sports stars complete half marathon and raise over £10,500**

Two sports stars who suffered traumatic brain injuries took part in this year’s Bath Half Marathon to raise money for Frenchay Brain Injury Rehabilitation Centre in Bristol, the facility that helped rehabilitate them.

Former professional rugby player Lee Audis and gold European event rider medalist Polly Williamson ran the ‘Bath Half’ along with five of the therapists that treated them over the last year. Despite the unpleasant weather and tough, physical conditions, Lee finished the race in 4 hours 4 minutes and Polly completed it in 3 hours and 54 minutes – a huge achievement for both of them.

Their epic 160-mile journey began on 30 May at Twickenham Stadium in London. It ended 23 hours and 44 minutes later when the team reached the finish line at the Cardiff Millennium Stadium in Wales.

Senior physiotherapist, Lucy Lougher, told *Frontline*: ‘I am relieved to say we completed it in under 24 hours, but it was a very challenging task. The team worked impeccably well together and stayed focused and motivated to achieve a common goal. We were the first supported team to finish and we’re seventh overall. And we were one of only eight teams to finish in less than 24 hours.’

As well as Ms Lougher the team included physio assistant Sheryll Marshall, rehabilitation therapists Nathan Clayton and Chris Roberts, and physiotherapists Lyndsay Fitzgerald, Kate Shirley, David Jackson, Chris Milburn and Diana Lascelles. Flint House’s head nurse and a gardener, chef, housekeeper and driver from the centre also took part.

Each individual runner covered a total distance of between 13 to 55 miles, with some running further than expected due to navigation issues.

To date the team have raised £2,800 and they hope to exceed £3,000 in total.

For more information, or to donate, visit: http://www.charitychoice.co.uk/fundraiser/flint-house

**Former brain injury sports stars complete half marathon and raise over £10,500**

Two sports stars who suffered traumatic brain injuries took part in this year’s Bath Half Marathon to raise money for Frenchay Brain Injury Rehabilitation Centre in Bristol, the facility that helped rehabilitate them.

Former professional rugby player Lee Audis and gold European event rider medalist Polly Williamson ran the ‘Bath Half’ along with five of the therapists that treated them over the last year. Despite the unpleasant weather and tough, physical conditions, Lee finished the race in 4 hours 4 minutes and Polly completed it in 3 hours and 54 minutes – a huge achievement for both of them.

Their epic 160-mile journey began on 30 May at Twickenham Stadium in London. It ended 23 hours and 44 minutes later when the team reached the finish line at the Cardiff Millennium Stadium in Wales.

Senior physiotherapist, Lucy Lougher, told *Frontline*: ‘I am relieved to say we completed it in under 24 hours, but it was a very challenging task. The team worked impeccably well together and stayed focused and motivated to achieve a common goal. We were the first supported team to finish and we’re seventh overall. And we were one of only eight teams to finish in less than 24 hours.’

As well as Ms Lougher the team included physio assistant Sheryll Marshall, rehabilitation therapists Nathan Clayton and Chris Roberts, and physiotherapists Lyndsay Fitzgerald, Kate Shirley, David Jackson, Chris Milburn and Diana Lascelles. Flint House’s head nurse and a gardener, chef, housekeeper and driver from the centre also took part.

Each individual runner covered a total distance of between 13 to 55 miles, with some running further than expected due to navigation issues.

To date the team have raised £2,800 and they hope to exceed £3,000 in total.

For more information, or to donate, visit: http://www.charitychoice.co.uk/fundraiser/flint-house

**From Left: Clare Belmont (lead physiotherapist), Lee Audis, Polly Williamson, Alison Woods (centre manager) presenting cheques.**

---

**Race Discrimination in the NHS - CSP BME Network Meeting**

**Date:** 16 October 11am - 4pm

**Place:** CSP, 14 Bedford Row, London WC1R 4ED

The CSP Black and Minority Ethnic (BME) network group is meeting on 16 October at CSP HQ.

**Speakers are:**

- Dr Vivienne Lyfar-Cisse from the NHS BME Network, speaking about the work and challenges for the Network.
- Roger Kline, Research Fellow Middlesex University, author of the recent report *Snowy White Peaks*, about the lack of progress for BME people in the NHS in the past decade.

The meeting will also begin planning an event for Overseas Qualified physios to take place in 2015.

All CSP BME and overseas qualified members are welcome, including student members. BME members of other AHP unions are also very welcome. CSP stewards, managers and students with a particular interest in equality and diversity issues are invited to join for the speaker session 11am-1pm. Lunch will be provided.

CSP members please log on to the ICSP www.csp.org.uk
network to register and to access the Trainline code for booking your travel. Please register by 10 October at the latest.

Contact: Email: feldmang@csp.org.uk or call tel: 020 7306 6682.

Dealing with Dyslexia: CSP Disabled Members’ Network Meeting

Date: Wednesday, 26 November 10.30am – 4pm
Place: CSP, 14 Bedford Row, London WC1R 4ED

The CSP Disabled Members’ network group is hosting a special meeting on 26 November at CSP HQ. The theme of the meeting will be supporting students and clinicians with dyslexia. There will be a panel of guest speakers on dyslexia – details to follow. All CSP and AHP disabled members are welcome, including student members. CSP and AHP clinical educators, admissions tutors, students, stewards, and managers who have a particular interest in dyslexia are also invited to attend this event. Lunch will be provided. CSP members please log on to the ICSP network to register and to access the Trainline code for booking your travel. Please register by 17 November latest.

Contact: Email: feldmang@csp.org.uk or call tel: 020 7306 6682.

Putting the ‘T’ into LGBT: CSP LGBT Network Meeting

Date: 23 October 11am – 4pm
Place: CSP, 14 Bedford Row, London WC1R 4ED

The Lesbian Gay, Bisexual and Transgender (LGBT) network group is meeting on 23 October at CSP HQ. There will be guest speakers (to be notified), including a speaker on trans issues. All CSP LGBT members are welcome, including student members. LGBT members of other AHP unions are also very welcome. CSP stewards, managers and students with a particular interest in equality and diversity issues are invited to join for the speaker session 11am-1pm. Lunch will be provided. CSP members please log on to the ICSP network to register and to access the Trainline code for booking your travel. Please register by 10 October at the latest.

Contact: Email: feldmang@csp.org.uk or call tel: 020 7306 6682.

Margie Polden Bursary

Margie Polden, FCSP, who died in 1998, worked at the Hammersmith Hospital in London, where she initiated and developed physiotherapy in obstetrics and gynaecology, and within the Association of Chartered Physiotherapists in Women’s Health (ACPWH), now Pelvic, Obstetric, Gynaecological Physiotherapy (POGP), she made an enormous contribution to the education of physiotherapists and other professionals.

A bursary was set up in memory of Margie by the generosity of her husband to fund a place at the POGP conference for a student or newly-qualified physiotherapist. This bursary will be awarded annually to an applicant who is able to demonstrate an interest in the field of women’s health, obstetrics and gynaecology, and is keen to develop that interest further. This year is an exciting year as we are merging with the CPPC and rebranding ourselves and the conference should be a one-off with lots packed in.

The applicant should be a pre-registration physiotherapy student, or have qualified during the same year as the conference. He/she must also be a member or student member of the Chartered Society of Physiotherapy (CSP).

The bursary funds both the conference fee and accommodation costs, however it does not fund the travel costs for the recipient.

Contact: Please follow the link for further information: http://acpwh.csp.org.uk/bursaries-awards

How and when do we strengthen hamstrings after they have been used to reconstruct the anterior cruciate ligament?

Are you a musculoskeletal physiotherapist who rehabilitates patients after anterior cruciate ligament reconstruction using a hamstrings graft? If so I would be really grateful if you could spare a few minutes of your time to complete an online questionnaire. The questionnaire consists of eight closed questions which ask about your knowledge and current treatment of these patients. It asks for no identifiable details so your participation is anonymous.

This is a master’s research study which has ethical approval from the University of Hertfordshire Health and Human Science Ethics Committee protocol number HSK/PG/UX001.74. The study aims to explore how physiotherapists currently rehabilitate hamstrings after anterior cruciate ligament reconstruction and to assess whether there is a consensus on the optimum treatment methods.

Please contact Sarah Gardner at: sgherts@gmail.com or tweet @Gards79 for the survey link or information.

Examination of Rehabilitation Needs Screening Approaches in Forensic Settings

We are currently exploring current approaches and future opportunities in screening for rehabilitation needs in forensic populations (prisons, secure settings and community).

We would like to hear from AHP’s, nurses, doctors and associated colleagues about how you screen for rehabilitation needs, if there are any tools you use, and about your experiences of the screening process.

We have a particular focus on:
• physical health
• mental health
• learning disability
• developmental needs.

If you have information you can share with us or for more details about our project, please email: FV-UHB.rehabscreening@nhs.net. Please let us know also if you would be willing to complete our short survey and we will send this to you by email.

With thanks, Donald McLean, Physiotherapist, Team Co-ordinator, Reach Forth Valley, Stirling Community Hospital, Stirling.

Do you treat adult patients with fibromyalgia syndrome (FMS)?

If so, I would greatly appreciate your contribution to a national online questionnaire survey being undertaken as part of a master’s degree project by myself, Ros Teweleit, at the University of Nottingham. The online questionnaire will take about five minutes to complete.

The aim is to survey physiotherapists in the...
retirement groups

Yorkshire and the Humber Retirement Group
Hello again to all our members. Pat Atkinson has volunteered to organise our next meeting in Durham.
Date: Wednesday 10 September
Please meet at Durham station at 11 am. We plan to visit Crook Hall, then lunch, and in the afternoon visit Durham Castle and the cathedral. New members are most welcome so do bring along any of your physio friends.

Contact: Email me as usual if you are able to come, by 25 August at judith6072@hotmail.co.uk Tel: 01904 647747
Judith Saunders

Chartered Society of Physiotherapy Retirement Association (CSPRA)

New CSPRA Book Club
Thank you to all RA members who have contributed to the iCSPRA ‘book club’. Please continue, we have some very good suggestions, let’s have some more! If anyone would like to contribute a book and finds it difficult – please email me at: ankcornl@csp.org.uk and I will help. If you do not have a computer and would like more information please call tel: 0121 475 2612 or: 07798 525822 Keep reading!
Lyn Ankcom, secretary CSPRA

Chartered Society of Physiotherapy Retirement Association (CSPRA)
Newsletter
Would you like to write an article and send it to Lyn Ankcom at email: ankcornl@csp.org.uk
If you are retiring/approaching retirement why don’t you join the retirement association?
Please contact the CSP enquiry handling unit: enquiries@csp.org.uk or for more information contact Catherine Smith at the CSP on email:

JOIN UP!
CSP Equality and Diversity Networks
welcome members of the CSP who are disabled, from black minority ethnic (BME) groups, or are lesbian, gay, bisexual or transgender (LGBT)

For more details go to: www.csp.org.uk/equalitynetworks
or email: keatings@csp.org.uk

www.csp.org.uk
Does your rep deserve special recognition? Why not nominate them in the Rep of the Year category?

The CSP Awards celebrate the work of those within the physiotherapy profession who constantly strive to make service improvements. This year the Rep of the Year Awards are joining the celebrations.

It’s never been more important to have a voice at work, so nominate your rep today and they could win a prize at our celebration in November.

- Has your steward gone the extra mile for you and other CSP members?
- Has your rep supported you with a problem at work or university?
- Has your safety rep made your work environment a safer place to be?

There are prizes in the following categories:
- Steward of the Year
- Safety Rep of the Year
- Student Rep of the Year

Don’t delay – simply visit the CSP website www.csp.org.uk/repoftheyear for the online nomination form and full terms and conditions.

The awards are open for nominations from 26th May to 25th July 2014

Chartered Society of Physiotherapy

Awards 2014
Courses & Conferences

**TRIGGER POINT ACUPUNCTURE COURSE**
- Jennie Longbottom
  Integrating manual therapy and trigger point needling for the management of myofascial pain. Participants are required to have successfully completed a Foundation Acupuncture course and have an understanding of the role of fascia within rehabilitation.
  
  **Date:** Saturday September 6th
  **Tutor:** Jennie Longbottom MSc MMEd BSc FCSP
  **Venue:** Wilmslow Physio 20A Grove Street, Wilmslow SK9 1EB
  **Cost:** Early-bird fee of £465 if payment is made by 20th September. After this date, £485.
  **Contact:** 01625 530754 / info@wilmslow-physio.co.uk

**CERTIFY IN 6 DAYS WITH THE INTEGRATED NEUROPATHIC DRY NEEDLING COURSE**
Level 1 - Intro course: 7-9 Oct 2014
Level 2 - Clinical Applications course: 9-12 Oct 2014

Warford, London:
No acupuncture or previous needling experience required.
Host a course and attend for free!

**THERAPEUTIC YOGA FOR BACK PAIN**
Clinically relevant with excellent patient satisfaction/compliance outcome
High practical content with modifications for all patient abilities

**Tutor:** Lynn Cheung MSc MCSP
**Fee:** £90 includes refreshments and pre-course reading

**Dates:** 6th September North West 4th October
**Contact:** lynn@albahealthcarecpd.co.uk
**Tel:** 01932 450280

More dates and formats available including modular yoga teacher training.

**LASER THERAPY TRAINING 2014**
**Theory, dosage, safety, contraindications, regulations, hands on training.**
Leeds, 12 Jul; Stansted, 26 Jul; Reading, 27 Jul; London, 20 Sept.
Cost: £200. Course Leader: James Carroll FRSM.

**Contact:** 01494 797100, www.thorlaser.com

**Register online - Early Bird Discounts available**

**MANUAL THERAPY FOR THE ABDOMINAL VISCERA COURSE**
WITH Marty Ryan (USA)
Warford, London
**ASSOCIATION & PALPATION COURSE**
- 4-5 September 2014
  **CLINICAL APPLICATIONS**
- 6-7 September 2014
  **www.club-physio.net:**
  **07748 333 372;**
  **Craig@club-physio.net**

**“MYOFASCIAL RELEASE HAS TO BE PART OF SO MANY OF OUR TREATMENT PLANS!”**
Final 2014 dates with John Annan
Surrey (19th-20th July)
Bath (4th-5th October)
Newcastle (8th-9th November)
Edinburgh (13th-14th December)
Visit www.physiouk.co.uk/myo4 or call 0208-787-5963

**AFTER A GREAT GROUNDING IN TOS? THIS WILL DO IT...**
1-day Thoracic Outlet Syndrome courses with Teri Bayford
London (19th July)
Crewe (6th September)
See www.physiouk.co.uk/thoracic or call 0208-787-5963

**SHIRLEY SAHRMANN’S MOVEMENT SYSTEM IMPAIRMENT SYNDROMES**
Introduction to concepts & application with Suzy Cornbleet
London (16th-17th July)
Surrey (19th-20th July)
Extremely limited spaces! Visit www.physiouk.co.uk/move or call 0208-787-5963

**FUTURE COURSES & CONFERENCES**
See the full range of courses on our website: www.physiouk.co.uk/move

**Advertise your course**
call 0845 600 1394 or email: cspads@media-shed.co.uk

2 July 2014
**LI LEE: THE ROLE OF THE PELVIS IN RECURRENT GROIN AND HAMSTRING PAIN & INJURIES**

LI’s final date in the UK this year is 25th-27th September in Surrey. Visit www.physiouk.co.uk/lee1 or call 0208-787-5963.

**DO YOU FIND THAT SOME OF YOUR PATIENTS IGNORE WHAT YOU SAY??**


**TENDINOPATHY: FORGET THE RECIPES AND LEARN TO REALLY REHABILITATE TENDONS**

1-day courses with Peter Malliaras, Manchester (14th September). Visit www.physiouk.co.uk/1day or call 0208-787-5963.

**MYOFASCIAL MAGIC - CHANGE YOUR PRACTICE FOR EVER**

A simple and UNIQUE approach to Myofascial Release that has evolved through 13 years of practice. Suitable for all levels of experience. Take your treatment skills to a new level with techniques for the whole body for chronic and acute conditions, with instantly measurable results. All dates hosted in London (N1) on a Saturday from 1pm - 7pm to allow for easy travel to and from the venue. See www.myofascial-magic.com for dates and details. Enter code ‘summer’ for £25 discount.

**PRACTITIONER ON TRIAL**

Trainer: Andrew Andrews

This course will analyse and explain the accountability of the Healthcare Professional the different ways records can be scrutinised, and clinical, professional, and legal requirements which apply to record keeping will be considered. Common errors in record keeping will be highlighted through trainer led discussions and consideration of real case studies.

**Telephone:** 01332 350255
**Email:** info@theory2therapy.com
**Cost:** £75
**Venue:** Ayelsford Priory, Kent

**CLINICAL WHIPLASH & NECK PAIN 2014**

A fantastic weekend course.
**Course feedback 2014**

Goole District Hospital 20/21 September 2014
London, Chelsea & Westminster Hospital 4/5 October 2014
Peterborough 15/16 November 2014

**Tutor:** Chris Worsfold MSc
PGDipManPhys MMACP

**Cost:** £240
**Tel:** 01732 350255
**Email:** michelle@tonbridgeclinic.co.uk

**NMSK ASSESSMENT REFRESHER COURSES**

Designed to reacquaint you with the assessment of spinal and peripheral joints. Suitable for all students, new graduates and rotational staff.

**Dates:**

Saturday 16th August 2014-
Lower Limb Assessment
Saturday 6th September-
Spinal Assessment
Saturday 25th October-
Upper Limb Assessment

**Cost:** £75
**Discounts available for multiple bookings.**
**Venue:** Ayelsford Priory, Kent
**Visit:** www.theory2therapy.com or email info@theory2therapy.com

**DEALING WITH ANXIETY:**

Using CBT to understand and motivate the anxious patient. This helpful course for all AHPs aims to explain the psychological process of anxiety while teaching practical CBT techniques to facilitate patient progression and motivation.

www.uel.ac.uk/cbt/

**UK RADIOLOGY EDUCATION PRESENT:**

X-ray interpretation for Physiotherapists. This 1-day course introduces plain radiograph pattern recognition. The study day will concentrate on trauma and degenerative change. By the end of the day the delegate should be able to assess a plain radiograph of the upper limb, lower limb, pelvis and spine. Special consideration will be given to the shoulder, hip and knee joints whilst basic prosthetic imaging will be discussed. Chest x-ray interpretation will be included and many pathologies including COPD, emphysema, collapse, consolidation, and bullous disease will be covered. Normal radiographic anatomy and physiology will be discussed whilst normal variants and common pitfalls will be considered. Physiotherapy delegates awarded this course an average score of 4.5 out of 5 in March 2014.

Cost: £85 to include lunch and refreshments.

**Date:** Saturday 18th October, 2014
**Venue:** The Hilton Gosvenor, Glasgow.
To book see detailed course content, visit www.ukradiologyeducation.co.uk
Enquiries to enquiries@ukradiologyeducation.co.uk

**CRANIOSacral Therapy**

struppler.co.uk

training to change the way you feel

01934 733611

**advertise your course**

Email Media Shed: cspads@media-shed.co.uk
EXPERIENCE MATTERS
TAKE THE LEAP AND BECOME A CERTIFIED PINC OR STEEL CANCER REHABILITATION PHYSIOTHERAPIST.
Join a select group of physiotherapists using their skills to make a huge impact on the lives of patients affected by cancer.
Designed for today’s busy physiotherapists, courses are the latest online lectures and webinar technology, and are delivered in two-hour modules (one per week for 12 weeks).
It may be the most rewarding work you ever do.

We offer you the opportunity to advance your practice by selecting a programme or modules that meet your personal development needs and aspirations. With excellent support from tutors, easy travel to our dedicated campus train station, a multidisciplinary student group and flexible study you will be able to tailor your learning to meet your own personal and professional development needs.

We are supporting you in advancing your practice

Interested but unsure?
Many modules are available on a stand-alone basis for CPD purposes or can count towards a full masters. Previous study may count towards your programme. We offer specialist modules in musculoskeletal, sport, ageing, neurology, rehabilitation, nutrition, psychology, trauma, research methodologies and more.

Learn more
For further information including full details of all modules, fees, application deadlines and how to apply, as well as access to our on-line application form, please visit our website www.birmingham.ac.uk/schools/sport-exercise/courses/postgraduate/masters.aspx or contact +44 (0)121 414 8327, email: pgt-physio@contacts.bham.ac.uk

School of Sport, Exercise and Rehabilitation Sciences
www.birmingham.ac.uk/sportex
The World Confederation for Physical Therapy (WCPT) International Congress will take place in Singapore on 1 – 4 May 2015.

The Robert Williams International Award, funded by the CSP Charitable Trust, provides financial assistance to help members of the CSP to present papers at the Congress. A total of £10,000 for up to 10 awards is available for allocation and awards will be offered on the basis of the quality of abstracts submitted.

Applicants for the Robert Williams Award must submit an abstract for presentation to the World Congress.

The closing date for abstract submission to WCPT is 31 October 2014.

Details of the application procedure for the Robert Williams Award are available from the CSP website www.csp.org.uk/charitabletrust (follow the link to the RWA page).

The closing date for applications for the Robert Williams Award is noon on 7 November 2014.
Courses & Conferences

Two-day Course on the Treatment and Management of Cerebral Palsy (Scotland)
Tutor: Pauline Mary Christmas MSc MCSP Consultant Physiotherapist for the management of spasticity in children
30th & 31st October 2014.
Craighalbert Centre
Craighalbert Way Cumbernauld, Scotland, G68 0LS
Course fee: £265
This course will consist of lectures, videos, practical sessions and patient demonstrations. Treatment is based on the neuro-developmental (NDT), (Bobath) approach.
For further information: email pmchristmas@googlemail.com
Tel: 07854 831486
Please visit iCSP Networks (Paediatrics, Neurology, Bobath–Cerebral palsy).

The Pain Management Plan 1 Day Workshops Autumn 2014
Summary of course: The workshop provides Health Care Professionals with the skills to facilitate & evaluate the CBT based Pain Management Plan with people with long term pain in both 1:1 and group settings. Training covers all practical aspects of use and delivery of the Pain Management Plan and includes key notes / handbook
Thursday, 18th September -
Holiday Inn, Cambridge CB24 9PH
Wednesday 8th October -
Escot House, Ottery St Mary, Devon EX11 1LU
Friday, 28th November -
Fentham Hall, near Birmingham B92 0AH
Workshops run from 09.30 -17.00
Lead trainers: Dr Frances Cole, Pain Rehabilitation Specialist, Cognitive Behavioural Therapist, Leeds
Dr Patrick Hill Consultant Clinical Health Psychologist, Birmingham
Eve Jenner Independent Consultant Physiotherapist in Pain Management, Birmingham
Cost £190.00 (early bird £170.00) inclusive of all materials, lunch and refreshments
Details and application form from: Maggie Cabeza workshop administrator
info@enablingselfcare.com

Kinetic Control: Movement Dysfunction Course
Tutor Sarah Mottram
The course addresses:
What goes wrong with the movement system when people have pain.
Why it is hard to fix
How to fix it.
Telephone: 01332 254679
Email: dhft.ncore@nhs.net
Venue: Derby
£290 CPD 13hrs.
Funded places for East Midlands AHPs working for the NHS
16th – 17th September, 2014
Full Details: www.ncore.org.uk

INTEGRATING STRENGTH & CONDITIONING WITH THE REHABILITATION OF RUNNERS
Reduce the injury risk of your runners!
London (6th September)
Surrey (25th October)
Visit www.physiouk.co.uk/run or call 0208-787-5963

Two Day Workshop on Dyspraxia and Co-ordination Difficulties
The workshop covers assessment and treatment of children with co-ordination difficulties based on The Lee Method.
Course Date 9th & 10th September 2014
Cost: £230.00 per person
Location: Denham, Buckinghamshire
For any further information, or if you wish to book for the above, please contact Bernadette Mohan on 01895 835144 or email: office@leemedical.co.uk. You can also download an application form from our website www.dyspraxia-dcd.co.uk

Kinetic Control: Movement Dysfunction Course
Concepts Solutions for Understanding Movement and Function
Tutor Sarah Mottram
The course addresses:
What goes wrong with the movement system when people have pain.
Why it is hard to fix
How to fix it.
Telephone: 01332 254679
Email: dhft.ncore@nhs.net
Venue: Derby
£210 CPD 10.25hrs.
Funded places for East Midlands AHPs working for the NHS
18th – 19th September, 2014
Full details: www.ncore.org.uk

advertise your course
call 0845 600 1394
or email: cspads@media-shed.co.uk

2 July 2014
RECRUITMENT ADVERT RATES

DISPLAY/SEMI-DISPLAY
Single column CM rate  £44.50
Extras
Setting charge 10% gross of the ad (minimum charge £50)
Spot colour All SCC rates include spot colour as standard
Full colour £350 extra
3-column surcharge 10% gross of the ad
Bleed or special position 15% gross of the ad

RECRUITMENT ADVERT SIZES

COLUMN WIDTHS
Single column 42mm
Two columns 89mm
Three columns 136mm*
Four columns 183mm*
* 15% surcharge applies

FULL PAGE
Bleed area 221 x 288
Trim size 213 x 280
Type area 183 x 245

ARTWORK
Display
Artwork to be supplied as high resolution PDF files.

Semi-display
Copy should be sent by email. 10% typesetting fee, minimum charge £50.

LINAGE
Private practices only (cost per word)
Non-members £1.55
Members £1.15
Extras
Shading £15 extra
Boxed £15 extra
Boxed & Shading £25 extra
All advertising rates subject to VAT

ADVERTISING DEADLINES

ALL DEADLINES 12 NOON

<table>
<thead>
<tr>
<th>Issue date</th>
<th>Booking deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jul 16</td>
<td>Jun 30</td>
</tr>
<tr>
<td>Aug 5</td>
<td>Jul 21</td>
</tr>
<tr>
<td>Sep 3</td>
<td>Aug 18</td>
</tr>
<tr>
<td>Sep 17</td>
<td>Sep 1</td>
</tr>
<tr>
<td>Oct 1</td>
<td>Sep 15</td>
</tr>
<tr>
<td>Oct 15</td>
<td>Sep 29</td>
</tr>
</tbody>
</table>

Deadlines for artwork are Wednesday 12 noon after booking deadline.

ADVERTISE IN FRONTLINE...
simply call 0845 600 1394
or email cspads@media-shed.co.uk

You and Frontline go together so well - it’s another classic combo!
MSK Physiotherapists - London and North East, full and part time.

We are looking for experienced, confident MSK physiotherapists to deliver innovative, specialist MSK outpatient services in the community. Working as part of our established multi-disciplinary team of physiotherapists, ESP’s, pain specialists, plus a Sport and Exercise Medical Consultant, you’ll enjoy managing a varied caseload and providing excellent care.

Over 90% of our employees would recommend Connect as a place to work. In addition to a competitive salary (equivalent to Band 6) we offer an annual performance related pay award, contributory pension scheme and a generous holiday allowance. Training and development is offered as a matter of course and we actively encourage internal progression.

“Training and supervision is better than any other health service provider that I have come across. My skills are constantly challenged and updated through in-house and external training and development programmes, and showing initiative is encouraged and supported. - Senior Physiotherapist.”

If you’re HCPC registered, a member of the CSP and are keen to apply for a position please complete an online application via our website www.connectphysiotherapy.co.uk or send your CV to kerry.thackray@connectphysiotherapy.co.uk

We also have vacancies for ESP’s and anticipate new opportunities for specialist occupational physiotherapists. If you’re looking to make a change or develop in these specialisms please get in touch, we’d love to hear from you.

Passionate about improving lives

Connect is a dynamic and growing company with a team of dedicated, motivated and caring professionals across the UK.

Connect with us: 
Visit www.connectphysiotherapy.co.uk

Experienced Physiotherapists

sjb medical

Nationwide vacancies either community or office based
Over 150 offices across the UK and Northern Ireland
£32,000 OR £34,000 + benefits package

- Now recruiting for August through to October
- 25 days annual leave + all UK bank holidays
- Work/Life balance – office hours only
- Permanent Part time or Full time hours available
- Local opportunities nationwide
- No overnight, bank holiday or on-call responsibilities

On behalf of our client, sjb medical recruit experienced Physiotherapists to undertake functional health assessments in partnership with Central Government. You will receive comprehensive training from the outset in order to specialise in disability assessment.

Minimum requirements:
Various roles requiring a minimum of either 2 or 3 years’ post registration physio experience, full registration with the HCPC and the ability to write quality medical reports using excellent communication and basic IT skills.

To apply:
Email your CV: jobs@sjbmedical.com or call 020 7832 1980
Nationwide clinical vacancies: www.sjbmedical.com

Any offer of employment will be subject to a BPSS and Disclosure and Barring Service (DBS) check.

Associate and proud

with official CSP uniforms

www.grahamegardner.co.uk/csp
Tel:0116 255 6326

2 July 2014
Children’s Physiotherapy Service Team Leader
Band 8a (Full/part-time)
The Crystal Centre for Children’s Services, West Croydon
Are you an experienced Paediatric Physiotherapist looking for a new challenge?
We are looking to appoint an experienced Children’s Physiotherapist to lead our team. The community and hospital Paediatric Physiotherapy teams provide a service for children across Croydon in a variety of settings, including special schools, mainstream schools, homes, musculoskeletal outpatients and paediatric wards.

The post holder will provide professional leadership and operational management of the service whilst maintaining clinical skills & expertise managing their own small caseload.
The successful candidate will be based at the Crystal Centre in West Croydon and will be supported by an experienced and friendly physiotherapy team. Peer support will be provided by team leaders from OT and SaLT and the Lead for Children’s Therapies as well as the wider multi-disciplinary team.

If you have some management and/or service leadership experience and are looking to develop these skills, we can offer support and training for this post. We will also consider applications requesting part-time hours (minimum four days per week) and/or job share possibilities.

If you are interested in this post and feel that you have the qualities, knowledge and experience we are looking for, we would be delighted to hear from you.

For further information please contact: Ann Harvey, Lead for Children’s Therapies on 020 8714 2594 Monica.Harvey@croydonhealth.nhs.uk or Alison Markwell, General Manager, Family Services on 020 8274 6301 Alison.Markwell@croydonhealth.nhs.uk

To apply, please go to www.jobs.nhs.uk
Closing date: 16 July 2014.
This advert may close early if sufficient applications are received.
Croydon Health Services NHS Trust welcomes applications from all sections of the community irrespective of race, colour, gender, sexual orientation, age or disability.

www.croydonhealthservices.nhs.uk

Guernsey Physiotherapy Group
Clinical Specialist in Respiratory Care: Band 7
Starting Salary: £44,193 p.a

We are looking for a confident and innovative Respiratory Physiotherapist to join our medical-surgical physiotherapy team.

As part of the medical-surgical physiotherapy team, the successful applicant will lead the inpatient and community respiratory physiotherapy service. Previous experience of working within a respiratory inpatient setting and experience of service development would be an advantage but consideration would be given to candidates wishing to develop their career.

The post provides an exciting opportunity to enhance specialist clinical skills and to be an integral part of a developing service.

Guernsey Physiotherapy Group is a private physiotherapy practice contracted by the States of Guernsey to provide physiotherapy services within secondary health care.

Guernsey is part of the Channel Islands, offering a wealth of outdoor activities, good connections to UK and Europe and low taxation.

For an information and application pack, please contact:
Sara Rouget
Guernsey Physiotherapy Group
Princess Elizabeth Hospital
Le Vaququier
St Andrews
Guernsey GY4 6UX

Tel: 01481 725241 ext. 4040       E-mail: SRouget@hssd.gov.gg

Closing date for applications: Friday 18th July

www.csp.org.uk
Come and enjoy the beautiful Manx countryside, learn about our heritage and partake in the many sporting activities the Isle of Man has to offer. Whatever your interests from music to diving, fell running to motorsport the Island is waiting for you. Combined with funding for courses, paid CPD and a friendly and enthusiastic Therapy team, the Isle of Man is the place to be.

2 x Rotational Physiotherapists
BAND 5 (Annex T) – £24,535 - £31,208
2 Year fixed term contract
(37.5 hours)
REF: DOH5-000385
An opportunity exists for enthusiastic and self-motivated Physiotherapists to join our team.
The post holders must be HCPC registered and looking for a rotational role within the core areas.
The post includes taking an active role in the on call system at Nobles Hospital. This post is suitable for both newly qualified and experienced Band 5 physiotherapists as funding through Annex T is available to progress to a Band 6 level within this post.

Specialised Physiotherapist in Neurology and Rehabilitation
Band 6 – £27,619 - £37,276
REF: DOH5-000389
This neuro/rehab post would suit a dynamic, forward thinking physiotherapist who wishes to join a very experienced team.
The post holder will manage a variety of neurological and rehabilitation patients in both the ward and outpatient settings. The post holder will need to demonstrate a commitment to development of staff, make a positive contribution to service development and work to maximise the performance of the Neuro/Rehab Service.

Please note a police check will be required for these posts.
For further information please contact Ruth Cooil, Acting physiotherapy manager on 01624 650678.
Full application pack and job description can be obtained from:
To apply online please visit www.jobtrain.co.uk/iomgovjobs or contact Employment services teams on (01624)686373.
Please quote the above reference number.
Applications will only be considered on receipt of a fully completed application form.
If you are unable to apply online please contact the Employment services team on (01624)686300.
Closing date for applications is 31st July 2014.
Applications received after this date will not be accepted.
Recruitment
advertise
in Frontline...

0845 600 1394
cspads@media-shed.co.uk

www.csp.org.uk

Time for a change?
Temporary & permanent Physio recruitment specialist
Nationwide solutions for all your career needs

jobs@psirecruitmentservices.co.uk
Call: 020 7833 3208
www.pslrecruitmentservices.co.uk

Physiotherapy Locums
Preferred Supplier for over 150 NHS Trusts Nationwide

t: 020 7292 0730
e: info@piersmeadows.co.uk
www.piersmeadows.co.uk

A fresh approach for a professional, supportive service
We are a National Framework Agreement Agency and a Preferred Supplier for the Midlands, London, the South East, South West and North East of England

01905 642500
jobs@care-4-health.co.uk
www.care-4-health.co.uk

www.care-4-health.co.uk

call: 01905 642500
jobs@care-4-health.co.uk
www.care-4-health.co.uk

Supplier to
We are a National Framework Agreement Agency and a Preferred Supplier for the Midlands, London, the South East, South West and North East of England
GUIDELINES FOR RECRUITMENT ADVERTISING IN THIS SECTION

The inline recruitment section of Frontline is for the use of small private practices only. The definition of a small private practice for these purposes is: CSP-member-owned, operating from a single privately-owned premises and employing no more than two physiotherapists (or 2 FTE). We regret that we are unable to accept inline advertising for posts within private or NHS hospitals.

WORD LIMITS – Inline advertisements up to 75 words will be charged at the current cost per word, as stated in our rate card. Words above that maximum will be charged at £1.50 each plus VAT.

private work available

FED UP WITH 50% OF YOUR EARNINGS GOING TO YOUR CLINIC PROVIDER? Join the UK’s first networked clinic as an affiliate and enjoy maximum flexibility with incredibly low overheads. www.LocalPhysio.com/careers.html

WE ARE AN ESTABLISHED PRIVATE COMPANY that currently has full time opportunities in Bedfordshire, Buckinghamshire, Northamptonshire and Hertfordshire. We can offer you full administrative support, clinical autonomy, a professional environment and regular training. We offer a range of development opportunities and a competitive salary. In return you should be a committed, enthusiastic person, with experience in musculoskeletal physiotherapy is desirable, a good communicator, team player and computer literate. We look for a pro-active, flexible hands on approach to patient care and your duties will include: assess, diagnose, and treat all musculoskeletal pathologies. You will be expected to manage an independent caseload and have excellent report writing skills. Please send your CV and Covering letter to: sandra.wellsread@optimum-hcs.com or call tel: 01234 339 147 for further details.

ILKLEY, WEST YORKSHIRE Experienced musculoskeletal physiotherapist needed to join our friendly team in a well-established small private practice. Please contact Zoe at: dalechappellphysio@btinternet.com for further details.

Twyford/Wargrave, Berkshire Part-time musculoskeletal physiotherapist required for GP practices, prefer three+ years’ experience, acupuncture an advantage. Please send CVs to: info@fitandable.co.uk

ONEPHYSIOTHERAPY, MADEJSKI STADIUM We are looking for a chartered physiotherapist to join our friendly team. We require an experienced, motivated therapist who is confident to treat a wide range of conditions to work on a part time basis [hours negotiable]. Requirements: current HCPC, MCSP and CRB/DBS. Please email a CV and covering letter to: info@onephysiotherapy.co.uk

PART-TIME WORK AVAILABLE for an experienced manual physiotherapist within occupational health settings in central and north London areas. Hours/ days flexible with a view to increasing to full time from September. Ergonomic and acupuncture skills an advantage. Contact: Email: claire@backontrackphysio.co.uk tel: 07968 443667.

PHYSIO.CO.UK - MANCHESTER Physio.co.uk are rapidly expanding across the North West and require more great physiotherapists to join our growing team. Competitive salaries, bonus, training and opportunities for promotion. Full-time and part-time positions available for: musculoskeletal physiotherapists, neurological physiotherapists, rotational junior physiotherapists. For more information visit: www.physio.co.uk/careers

PHYSIO.CO.UK - LIVERPOOL Physio.co.uk are rapidly expanding across the North West and require more great physiotherapists to join our growing team. Competitive salaries, bonus, training and opportunities for promotion. Full-time and part-time positions available for: musculoskeletal physiotherapists, neurological physiotherapists, rotational junior physiotherapists. For more information visit: www.physio.co.uk/careers

READING, BERKSHIRE Part-time, self-employed physiotherapist wanted to join our very friendly team in well established, busy, multidisciplinary, private clinic. You must be happy with team approach working alongside osteopaths, acupuncturists and sports masseurs. Clinic hours flexible and could possibly fit round a full-time work. We are a BUPA and AXA PPP registered clinic. More details available from and applications to: melina@harrisonclinic.co.uk

PART-TIME, SELF-EMPLOYED PHYSIOTHERAPIST REQUIRED for busy gym based clinic in Poole, Dorset. Two-three days per week including evenings. Applicants must have excellent communication and manual skills, and a strong hands on approach to treatment and rehabilitation. Current experience of spinal/musculoskeletal and sports related injuries is essential. Five years postgraduate experience required AXA PPP and Bupa recognition preferable. Complimentary gym membership available for successful applicant. Please call 07811 455720 or email: rachael@handsonphysiotherapy.co.uk

EXPERIENCED MUSCULOSKELETAL PHYSIOTHERAPIST REQUIRED for busy practice. Permanent part time position available. Very friendly established private practice. Email CV to lan at: info@thehatfieldpractice.com

PERMANENT PART-TIME PHYSIOTHERAPIST, RUGBY Experienced musculoskeletal physiotherapist wanted to be part of our occupational health team 15 hours per week on-site in a manufacturing environment. Previous occupational health experience would be beneficial but not essential. Email CV to: louise.burnett@duradiamondhealthcare.com

WEST ESSEX/CENTRAL LINE AREA requires a dynamic physiotherapist with musculoskeletal experience. Hours have become available at our busy independent clinic. Part-time self-employment with an excellent earning potential. Ideal if you are looking to make a gradual move from the NHS. Please email CVs to: info@eppingphysio.co.uk

SELF-EMPLOYED MUSCULOSKELETAL PHYSIOTHERAPIST Minimum five years experience required for part-time role (two evenings per week) at our private clinic in Fleet, Hampshire. Please send CV and covering letter to: info@whitewaterclinic.co.uk

MUSCULOSKELETAL PHYSIO NEEDED IN WIMBLEDON Working with multidisciplinary pain relief team. Start ASAP. Details: bit.ly/1o8izku

BOOST PHYSIO, LONDON Full-time post for our growing High Street clinics in London N2 and NW4. If you are experienced and excellent, you will join our team of 6 Musculoskeletal physiotherapists. Email: jobs@boostphysio.com or call for info on tel: 020 8201 7788.

PHYSICAL EDGE, SOUTH KENSINGTON Part-time experienced physiotherapist wanted. Preferred skills in rehabilitation, manipulation, mat work, pilates and AFS. Work in a fun team with options to expand. Send CV to: lauraadm@physical-edge.com

WINCHESTER Opportunity for a part-time musculoskeletal physiotherapist with a minimum of five years postgraduate experience to join our busy multidisciplinary practice. This will be initially for evenings and weekends but with a view to extend to daytime shifts. Send your CV to: winchesterphysio@btconnect.com

2 July 2014
PRIVATE MUSCULOSKELETAL PHYSIOTHERAPIST NEAR CHICHESTER
Looking for a new challenge? Are you a skilled and highly motivated physio? See full vacancy details on: www.jobsescalator.co.uk or contact us at: info@lindygiffiths.co.uk

SELF-EMPLOYED MUSCULOSKELETAL PHYSIOTHERAPISTS REQUIRED AT STRATFORD/GANTS HILL CLINICS
Full-time/ part-time hours available. No minimum experience required. Must be able to work independently. Please. Contact Krys on tel: 020 8550 9224 or email your CV to: info@physioworkslltd.com www.physioworkslltd.com

NORTH LONDON CLINIC looking for experienced musculoskeletal physiotherapist - full-time and part-time hours considered. The successful applicant must have private practice experience, with excellent communication and organisational skills. Excellent manual therapy and sports injury rehab skills are also essential. Evenings and Saturday mornings required. Please email CV and covering letter to: eirianrees@hotmail.com

EXCELLENT OPPORTUNITY! Musculoskeletal physiotherapist needed for busy private physiotherapy and sports injury clinic in Huddersfield, West Yorkshire. Flexible hours available, inc evenings and weekends, to suit. Fully equipped treatment room available now. Must be two years qualified and have excellent assessment skills and a hands on approach. Email your CV to: jmphysio@gmail.com or call tel: 01484 541227 for an informal chat.

MUSCULOSKELETAL PHYSIOTHERAPIST - LONDON We are looking for an experienced musculoskeletal physiotherapist to join our private practice. We are based in a busy gym in North London. Three days a week starting from September 2014. Minimum of five years experience in an outpatient setting. Acupuncture desirable. Email: info@physiofitness.org.uk

BAND 6/7 MUSCULOSKELETAL / OCCUPATIONAL HEALTH PHYSIOTHERAPISTS required to join an established, expanding company. Mixed case load of private practice, occupational health, NHS, and to include some managerial responsibilities. Hours and salary negotiable depending on experience. Email CV and covering letter to: Neera@neeraj@ physiotherapymatters.co.uk or call tel: 01912368729 for further information.

WE ARE A PRIVATE MUSCULOSKELETAL PHYSIOTHERAPY PRACTICE IN WHITTON, TWICKENHAM looking for an enthusiastic physiotherapist for part-time evening work – two to three hours per evening, two evenings per week. Email: wtphysio@yahoo.co.uk

MUSCULOSKELETAL PHYSIOTHERAPISTS - MANCHESTER AND MERSEYSIDE Metro Physio is a well-established company with clinics based primarily in health clubs. Full-time and part-time positions are now available for physiotherapists with a minimum of two years’ experience to join our Manchester or Merseyside teams. If you are interested in a position please e-mail your CV to: nicola@metrophysio.co.uk or for more information contact Nicola Lomax on tel: 08454 749746.

EMPLOYED PRIVATE PHYSIOTHERAPY (NORTHAMPTON) BAND 6/7 The Back and Body Clinic is a vibrant and established musculoskeletal private practice with an enthusiastic and dynamic MDT. Salary: Up to £40,000+ (subject to clinical expertise). Requirements: Enthusiastic, excellent communication, clinical reasoning and hands on treatment skills. Preferred: Postgrad MSc, acupuncture, Pilates, private experience. Benefits: CPD Budget, weekly IST, MACP level mentorship. Please send CV: info@backandbodyclinic.co.uk

PRIVATE CLINIC IN CONGLETON CHERESIDE Self-employed part-time musculoskeletal physiotherapist required for friendly high street practice. Evenings and Saturday mornings. Acupuncture and Pilates training an advantage. CV to Marie Robert-Blunn at info@morrisassociates.co.uk details: Tel: 01260 290564.

BROMLEY, KENT Experienced musculoskeletal physiotherapist required. Self-employed, part-time position for afternoons evenings in busy, well-established, friendly private clinic. Please contact tel: 020 8466 6645 or send CV to: info@bromleyphysio.co.uk

SOMERSET AND DEVON Exciting full and part-time opportunities. Join a dynamic physiotherapy team. Work within an existing team or starting a new clinic, we have the opportunities. For the entire information: www.amsphysio.co.uk/Careers

ACTIV PHYSIOTHERAPY IS A FRIENDLY, WELL ESTABLISHED CLINIC IN SHEFFIELD and the Hope Valley. We are currently looking for an enthusiastic, highly motivated and independent yet team-minded musculoskeletal physiotherapist to join our crew with an immediate start. This would be on a self-employed basis to work across our three sites offering a range of daytime evening or weekend appointments. 10 hours initially with the potential to build to more hours in the autumn to cover maternity. Five years post graduate experience and good manual skills essential, acupuncture and Pilates desirable. Please send a CV and covering letter to: mail@activphysiotherapy.co.uk Tel: 0114 235 2727. Closing date: 20 July 2014.

NEWCASTLE UPON TYNE Motivated Band 5 physiotherapist required to work in a busy, expanding sports injury clinic. This full-time role will include a combination of pitchside management, triage, assessment and treatment within clinic. Training is provided and a CPD budget is available. A current pitch-side first-aid certificate would be an advantage. One year contract offered. Please send CV and covering letter to: jennifer@newcastlesportsinjury.co.uk or tel: 0191 233 0500 for more information. Closing date: Tuesday 15 July. We are an equal opportunities employer.

HERTFORDSHIRE, HATFIELD Self-employed, part-time musculoskeletal physiotherapist required to start ASAP. Daytime, evening and weekend hours available. Contact Gill: 07940 728135. www.physio23.co.uk

www.csp.org.uk
PHYSIOTHERAPY LONDON Excellent remuneration and part time negotiable hours for three dynamic, highly-skilled physiotherapists who would relish the opportunity to specialize in the treatment of either lower limb, upper limb, or pelvic/women’s health disorders. Minimum of five years postgraduate experience required, and CPD must demonstrate a genuine passion for/advanced knowledge in the area being applied for. For further information please call tel: 07967 214448 or email CV to: enquiries@physiotherapy-specialists.co.uk

FORMER SHREWSBURY MEDICAL ENGINEER Offering repairs and servicing of your electrotherapy equipment. Call RWR services on tel: 0845 257 8925. Email: richard@rwrservices.co.uk Web: www.rwrservices.co.uk

SERVICE AND REPAIR For all Electrotherapy and physiotherapy products. Contact Trimbio on tel: 01403 261564 www.trimbio.co.uk

equipment for sale

FOR A COMPLETE RANGE OF NEW AND SECOND HAND PHYSIOTHERAPY EQUIPMENT Please contact Phoenix Healthcare Products Limited Tel: 0115 965 6634 www.phoenix-healthcare.co.uk

SECONDHAND AND NEW ULTRASOUNDS, ELECTROTHERAPY, LASERS, COUCHES ETC With warranty, please call Trimbio on tel: 01403 261564 www.trimbio.co.uk

equipment wanted

ULTRASOUND, ELECTROTHERAPY, LASER, COUCHES ETC BOUGHT FOR CASH Contact Trimbio on tel 01403 261564 or visit: www.trimbio.co.uk

SECONDHAND ELECTROTHERAPY BOUGHT AND SOLD Ultrasound Interferential Combinations etc. Call RWR services on tel: 0845 257 8925. Email: richard@rwrservices.co.uk Web: www.rwrservices.co.uk

service and repair

FOR ALL YOUR SERVICING AND REPAIR REQUIREMENTS Contact Phoenix Healthcare Products Limited on tel: 0115 965 6634 www.phoenix-healthcare.co.uk We are the largest specialist physiotherapy service company offering a nationwide service at competitive prices.

business opportunity

SPANISH PHYSIO offers family home and clinic (akanthos.es) in Pamplona for 12 months to UK physio. Either as exchange for UK accommodation or other arrangement. Contact: david@puigdefabregas.com Tel: 00 34 609 144 154.

PHYSIOTHERAPY CLINIC FOR SALE - FRINTON ON SEA, ESSEX Highly regarded practice, established for 10 years. Two fully-equipped treatment rooms. Substantial patient database and insurance work. Excellent professional relationships with local GP surgeries and services. Please contact: connaughtclinic@mjhinternet.co.uk

NORTH WEST PHYSIOTHERAPY PRACTICE FOR SALE A busy Lancashire practice is for sale due to relocation. Email for details to: lancsphysio@gmail.com.

WALSALL PHYSIOTHERAPY PRACTICE FOR QUICK SALE Established over five years. 15-25K turnover for 10 hours per week. Sel, GP and PMI referrals. Selling due to relocation. Contact: bloxwichphysio@hotmail.co.uk or tel: 07834 212914.

rooms to let

SOUTHGATE, NORTH LONDON Professional and stylish new consulting rooms to let within multidisciplinary practice. Shops, schools, tube and parking nearby: www.continentalmedicalservices.co.uk Email: milvia_pili@o2.co.uk Tel: 07771 771725.

business opportunity

PHYSIOTHERAPY WEBSITES Do you want your website to be at the top of Google? Physio123 specialise in creating and marketing physiotherapy websites. Free trials available. Visit: www.physio123.co.uk
We are the UK’s only professional, trade union and educational body for people working in physiotherapy

Join today!

Are you a Support Worker?*

The CSP can give you all the support you need, including:

- Specialist union representation
- Career development
- Professional guidance

More details at:
www.csp.org.uk/membership

To request a pack
call us on: 020 7306 6666
or email: enquiries@csp.org.uk

*With some physiotherapy duties
2 July 2014

CRICKET FANS WILL BE FLOCKING TO NEXT WEEK’S OPENING TEST MATCH WITH INDIA. ENGLAND’S LEAD PHYSIO BEN LANGLEY TELLS FRONTLINE ABOUT HIS ROLE

The first Test with India starts next week. Is there a buzz?
There is no doubt that this is of huge interest. This series is one the most important for the year. I was fortunate to be part of the touring party to India in 2012 when England won 2-1 after losing the first Test. This was the first Test series win there for 28 years so it was an incredible effort by all involved. The support from the public is so passionate in India and every waking minute was consumed by it. Both countries will have a number of fresh faces and, with both teams being similarly ranked at present, there will be huge competition to win.

How do you prepare the players and how big is the physio and medical team?
The England team is a continuously travelling setup with players and staff being on the road for at least 250 days a year. The opportunity for the team to prepare together can be limited so they will all play in a number of domestic First Class fixtures leading in to the international Summer calendar. The board’s relationship with the science and medicine (S and M) teams at each county is very important as they usually deliver the majority of service to the players when not directly with the England team. Further to the physiotherapist, the England S and M support staff also comprises a full-time sports doctor, strength and conditioning coach and soft tissue therapist. There is regular direct contact with a performance psychologist predominantly during preparation phases. Each discipline is supported by a national lead.

Do you have to be an amateur psychologist at times?
In every role I have held as a physiotherapist, you must develop a relationship with your player, athlete or patient. They need to believe in you and you must understand what makes them tick. Only then can you be effective in how you add to that player’s physical preparation and injury management. Given that you spend a lot of time with players, both on and off the treatment table, it is important to be engaged with the doctors and psychologists in wellbeing management. Physiotherapists can greatly facilitate the recognition and support processes in cases where players are finding it tough.

What is your workload like during a Test match?
There is a week of long hours with at least two days of training and preparation before the Test begins. Typically, the S and M team arrive around 8.30am before the match begins at 11. By the time you manage the needs of players you don’t leave the ground till at least 7.30pm, most likely picking up a player or two later that evening for further treatment. There can be periods when the team is fielding when you can simply watch the match but that’s usually when the coaches ask for their maintenance work! Cricket has strict anti-corruption regulations restricting the use of any communication devices at the ground during the hours of play so phone calls and emails have to be chased up at the end of the day, adding to your evening workload.

Do you, or did you, play cricket or other sports?
I played cricket from the age of nine and really love the game. It also helps you appreciate the physical demands involved in areas like fast bowling. It also helps if you can throw and catch, as this gains you some respect immediately with the players if you don’t turn and flinch when the ball comes hurtling at you. As the England team physiotherapist, you struggle to get any consistent spare time so you sneak in what sport you can for yourself.

What advice would you give someone who’s keen to follow in your footsteps?
The road to getting a great job in sport takes time so you have to be patient. You need to spend as much time learning from other practitioners as from textbooks or journals. A few weeks ago I heard someone say that practice-based evidence is as important as evidence-based practice, which I believe in. You must spend time observing other experienced physios, and others such as osteopaths and soft tissue therapists for that matter, as you will always pick up a ‘little gem’ from everyone. Importantly, be very good at the basics. Part of my job now is to ensure that Craig de Weymarn (my successor as team physio) achieves time away from the sport.

Ben Langley

Ben Langley is national lead for physiotherapy, England and Wales Cricket Board. He oversees the performance pathways for the men’s, women’s and disability programmes.

3 minutes with...

Ben Langley
ACUPUNCTURE

A valuable addition to your physiotherapy treatments

Places on the 2014/2015 foundation courses are available NOW!
For more information visit www.aacp.uk.com

The Acupuncture Association of Chartered Physiotherapists: Southgate House, Bakewell Road, Peterborough, PE2 6YS
Tel: 01733 390012  Fax: 01733 390057  Email: manager@aacp.org.uk  Website: www.aacp.org.uk

* Survey of all AACP Foundation Courses between February 2012 to February 2014
Do you want to give your patients some homework?

Available to buy or rent
Call for more information
0800 587 0857

Empi Phoenix™
Multi-functional Electrical Stimulation