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Frontline

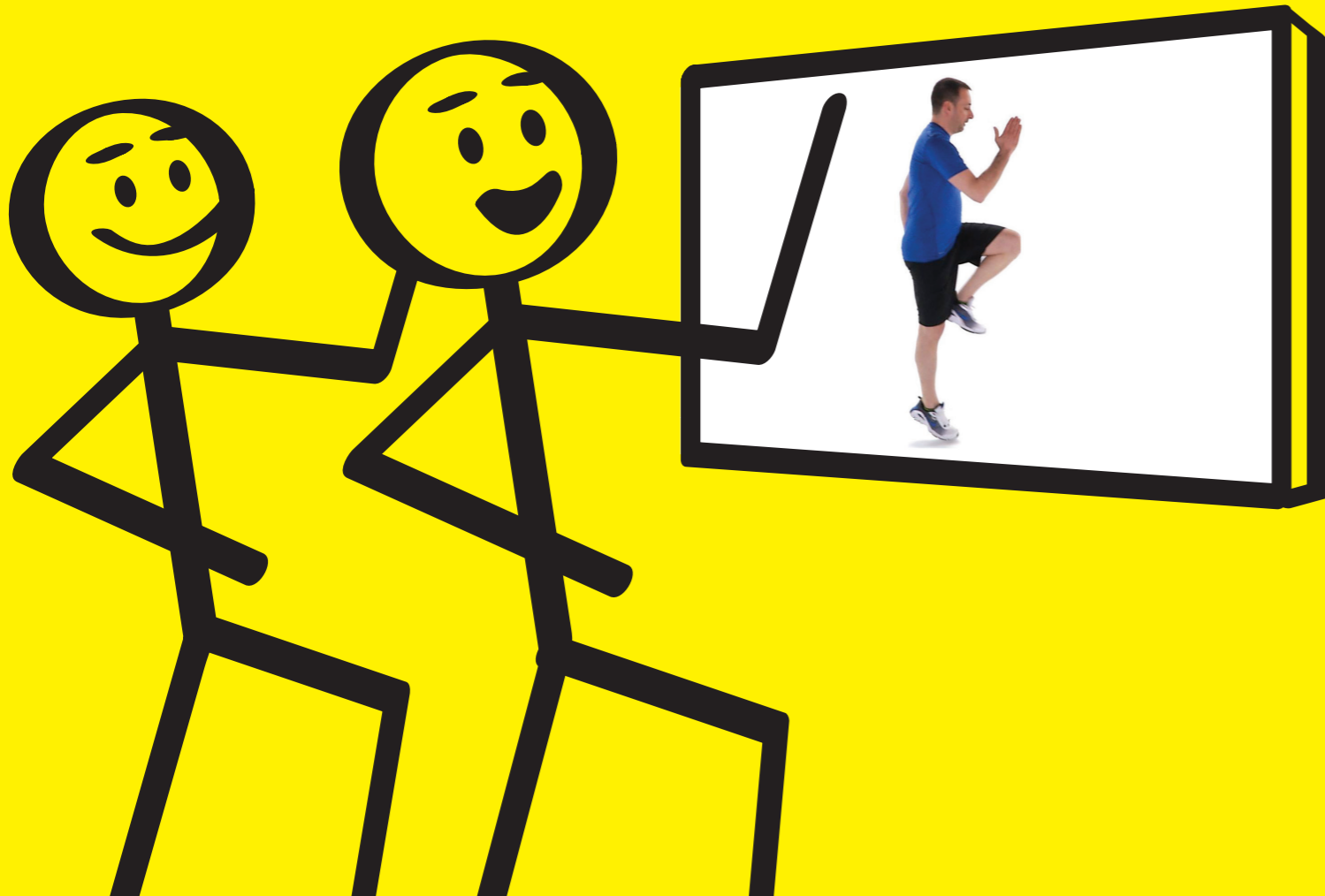
THE PHYSIOTHERAPY MAGAZINE FOR CSP MEMBERS

7 September 2016
Volume 22
Issue 15



Keeping your CPD up to date
Back to school

Inside: Jobs • Physio findings • Courses • In review



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Find your **free** Back pain mythbusters posters inside this issue*

* Contact 020 7306 6666 if yours are missing

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Frontline is the physios' magazine from the CSP, sent direct to every member 21 times a year

Comment



Tackling myths

As every physio knows, musculoskeletal disorders (MSDs) are one of the major causes of sickness absence. In the NHS alone 40 per cent of staff sickness absence is due to them, according to the CSP's 2013 report, Fit enough for patients.

Back pain features heavily in MSDs. As many as 80 per cent of people report having it at some time in their life, according to the Department of Health. Not surprisingly the public hold a lot of myths and misconceptions about treating this condition.

The CSP's latest campaign – myth busters – aims to challenge those misconceptions about back pain (see page 20). From mistakenly thinking you shouldn't move, to expecting a scan to show you exactly what's wrong.

You'll find some posters in this issue of Frontline.

'The CSP's latest campaign – myth busters – aims to challenge those misconceptions about back pain'

Please use them in your clinic and if your copies are not in this issue contact the CSP enquiries team (020 7306 6666).

Back pain is just one of the many conditions where physios need to demonstrate their clinical effectiveness to commissioners and that their service is worth funding.

A new outcome measurement tool (MSK-HQ) to show the difference between physiotherapy treatments for a patient with an MSD such as back pain will help that.

It comes from Keele University and is endorsed by NHS England, the CSP and the Royal College of General Practitioners. Do check it out (page 8/9).

Finally, welcome to the physio students just starting their courses and reading *Frontline* for the first time. It's one of the many CSP benefits you can enjoy as a member in the years ahead.

Lynn Eaton

managing editor *Frontline* and head of CSP member communications
eatonl@csp.org.uk

Fat physios have a role

I'd like to respond to Beverley Myers article (*Frontline*, 3 Aug) regarding the weight of the therapists providing advice on obesity.

Beverley started by saying the 'CSP tells us we should be getting the message across'. She went on to imply that it would not be authentic for an overweight therapist to provide advice on being overweight.

This opinion, and the question posed in particular at the end comparing it to smoking, is not one I expect a therapist to have.

I am an athletically-built male physio, thus fitting the stereotype to a tee, but I wouldn't consider my professional opinion to be any different to that of an overweight colleague. In fact they may be able to relate to that patient in a way I never could, thereby providing far more authentic advice than the 'athletic, non-smoking physio'.

I think we should treat all our patients with compassion regardless of their or our physical status, thoughts or beliefs. It's our professional knowledge, the words we choose and the emotion behind them that make them authentic, not our appearance.

Had Jessica Ennis-Hill felt Toni Minichiello was too overweight to give his coaching advice on the heptathlon then she may never have achieved her eight gold medals including Olympic gold at London 2012.

■ *David Virgo*



Gold medals

Forty years ago the British Olympic team brought home 13 medals across 17 sports from Montreal. That was before HC(77)11 and physiotherapy wasn't yet a protected title. Doctors selected the 'physios'. The notion of a national governing body for physios and other support services was embryonic. There was dysfunctional, palpable politics between various national sports

organisations. There was no national lottery funding.

The extraordinary success of Team GB's 2016 performance (winning 67 medals) is unique and the majority of interviewed medal winning athletes commended their own support services. Since 1976 many CSP members have made individual and incremental honorary contributions both to advancing the profile and quality of

physiotherapy services in elite sport and through management and leadership roles in single and multi-sport national teams and international organising committees.

Congratulations to every member who has made positive, personal commitments to this cumulative progress and success. May kindred progress continue

to be shown through the Paralympic movement.

■ *Helen Bristow, former chair, British Olympic Association physiotherapy committee*

On the ball

I am writing to let you know how 'on the ball' I believe *Frontline* is. I recently attended a workshop on 'interdisciplinarity' at the

medical humanities department, Durham University, and have been reading up on interdisciplinary research. I was curious to read the article titled 'Physios must get out of discipline thinking' (15 June).

It is wonderful to see the profession reflecting what appears to be a trend.
■ *Jane Johnson*

Top Tweets

■ @KayPaulBollie Interested in musculoskeletal health across Europe check out <http://eumusc.net>, Interesting data @stevenawoor @Jo_KeeleIPCHS

■ @GenomicsEngland Free training, education and courses for NHS staff on #genomics, bioinformatics, consent <http://bit.ly/23ZIf26> #genomes100k

■ @jimfahie The Guardian view on the seven-day #NHS: the figures don't add up. <http://bit.ly/2bBYTBj>

■ @NHSEngland Are you ready for the next #NHS7DS survey? Our first 'how-to' webinar will be on 2 September. Email: england.si-7ds-support@nhs.net

■ @bmj_latest Being overweight may raise risk of eight more cancers, review finds. <http://bit.ly/2bk78pm>

■ @jamesfm55 If you collect feedback from patients, but you never share it with staff, you're doing it wrong.

Follow us on Twitter at @thecsp

You've added...

Our online report on 26 July about the CSP win for women on maternity leave got a mixed reaction. (www.csp.org.uk/node/993269) One member posted anonymously:

■ 'I hope the CSP will now fight to ensure the maternity rights do not compromise the health

and wellbeing of the remaining staff who are left to hold the fort in what is already often a highly demanding role both physically and mentally'.

But *acmackenzie* replied: ■ 'we need to ensure we ... stand up for everyone's rights.'

James Allen said:

■ 'the issue is that we don't routinely get cover for staff when they are on mat leave, rather than we should discriminate against physios who decide to have children'.

Meanwhile CSP assistant director Peter

Finch who led the campaign, added the following:

■ 'what has happened is that the national handbook now merely reflects what many individual NHS employers were already doing and follows what the law says in respect of sex discrimination for women on maternity leave'. (See page 16)

Double jointed

Shea Palmer reports that his study double jointedness (www.csp.org.uk/node/447095), is now available on Open Access from the Health Technology Assessment journal: www.journalslibrary.nihr.ac.uk/hta/volume-20/issue-47#abstract.

Got something to say?

Why not drop us an email? Did you know you can also comment directly on articles from the latest issue of *Frontline* in the online version? Log in at: www.csp.org.uk/frontline and then go to the current issue section.

You will also find icons to like on Facebook or tweet articles. Comments posted online may be edited for print.

icsptalk

Interested in recent topical discussion? If so, read our selection below.

iCSP is our peer-led knowledge-sharing area of the website – view all our popular discussions www.csp.org.uk/popular

Sit to stand techniques in care homes

A member discovers conflict between a care home's guidelines and a technique to assist patients. Which approach is the best to take?

Comments: 17

Network: Older people

Discussion:

www.csp.org.uk/node/984685

Walking a patient to the toilet

Do members still do this? Is it an appropriate role for physios?

Comments: 24

Network: Musculoskeletal Discussion

www.csp.org.uk/node/984893

Not charging a patient for an appointment in private practice

Patients are sometimes not charged for their treatment session if, for example, they are too sore to receive treatment. Is it fair to charge them?

Comments: 7

Network: profession wide

Discussion:

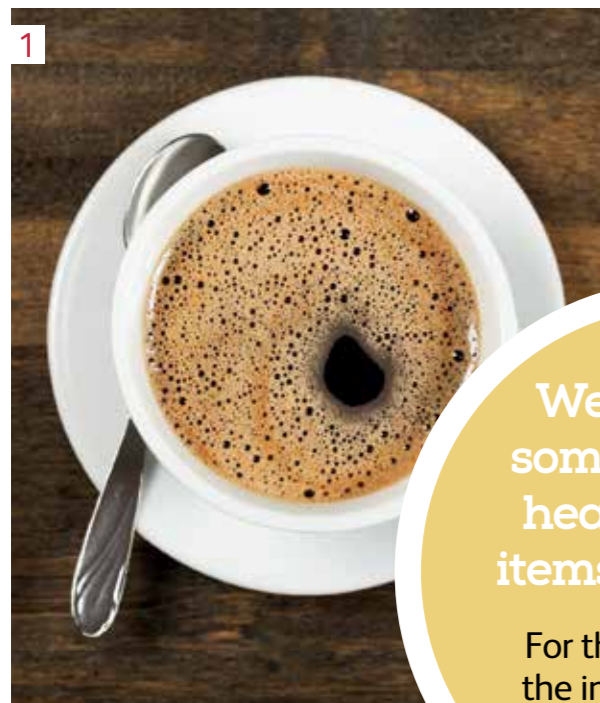
www.csp.org.uk/node/993934

Clarifications

■ The article on safe cycling (3 August) from Cycling UK referred to cycle helmet use. The views expressed in the piece do not reflect CSP policy on helmet use.

■ The image from a photo library used with a story on shoulder pain (Physiofindings, 3 Aug) was incorrect. Thanks to members who told us it showed calcific tendinopathy.

NewsinPictures



We showcase some of the best health-related items in the news

For the stories behind the images just follow the shortcut codes

1 Good news for coffee drinkers. This week's conclusion is that it cuts cancer risk and boosts memory
Source: Daily Mail
<http://dailym.ai/2brQIDK>

2 A drug designated PZM21 is being described as a safe, side-effect free, alternative to opiates
Source: Independent
<http://ind.pn/2byFyCE>

3 One in three heart attack cases is 'misdiagnosed' with women having a far higher chance of being affected according to a survey by the British Heart Foundation
Source: BBC
<http://bbc.in/2b01Fbi>

4 A 'breakthrough' iPad game can spot autism in

children with 93 per cent accuracy. Children with the condition use greater force on buttons and move their fingers in different ways
Source: Daily Mail
<http://dailym.ai/2cel8RK>

5 Being sick of the daily commute could be affecting your health. Bored commuters cope by snacking on 800 calories worth of fast food each a week
Source: Guardian
<http://bit.ly/2bEJ00N>

6 Daily calcium supplements are linked to post-stroke dementia in women. Women who took supplements were seven times more likely to develop dementia according to a Swedish study
Source: The Telegraph
<http://bit.ly/2boEggk>



Alex Segre/Alamy Stock Images

Frontline

Got a news story or idea for Frontline?
See www.csp.org.uk/ideasforfrontline for details of how to contribute, email frontline@csp.org.uk with a short summary and your phone number or call the news desk on 020 7306 6665

Want to send us a photo?
Use our dataseed photo service. For details see 'photographs' at: www.csp.org.uk/ideasforfrontline

Want to place an advert?
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0845 600 1394

Got an item for Networks & networking?
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020 7306 6174

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Members have access to the CSP's journal, *Physiotherapy*.
www.csp.org.uk/journal

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NewsDigest



Something to add?
email Frontline at
frontline@csp.org.uk

Paralympics GB physios confident Games will be a success

Physiotherapists working with ParalympicsGB athletes in Rio de Janeiro have praised facilities for British athletes despite fears that funding problems and poor ticket sales may hit this month's Paralympic Games.

The International Paralympic Committee (IPC) announced last month that disappointing ticket sales meant the Games would be scaled back, and the CSP expressed concern that athletes may be affected by these last minute changes.

But since then ticket sales have picked up and more funding has been found for the Games.

ParalympicsGB physio Dylan Morrissey, who is at his third Paralympic Games, said



'Things aren't as bad as have been reported and our ability to operate as a physio team has not been compromised'

Paul Martin

facilities in Rio for the British team were 'top notch', following the handover from TeamGB.

'What is really heartening is that a really responsive and honest organising committee is working hard with ParalympicsGB to make sure the delivery is as smooth and professional as possible,' he told *Frontline*.

'These represent commendable efforts to protect athletes in tune with CSP concerns

but there are still likely to be cuts elsewhere, the impact of which we have not yet seen.'

ParalympicsGB physio Paul Martin, added: 'From my perspective, on the ground things aren't as bad as have been reported and at the moment our ability to operate as a physio team has not been compromised at all.'

■ *Graham Clews*

More information

For more comments from TeamGB physios in Rio visit www.csp.org.uk/node/1000491

■ *ParalympicsGB physios look ahead to the challenges and triumphs they will face in Rio on page 25*

Andrew Matthews/PA Wire/Press Association Images



Rob Oliver, Paralympics GB canoe sprinter

2018 Winter Olympics volunteering deadline looming

Physios wanting to volunteer as helpers at the 2018 Winter Olympic and Paralympic Games in South Korea have until 30 September to submit their applications. The organising committee are looking for 820 people with specialist medical training to assist at the Olympics and 380 for the Paralympics. Volunteer physios will need to commit to spending three weeks at the Olympics (9-25 February) and/or two weeks at the Paralympics (9-18 March). See: vol.pyeongchang2018.com/en/index

CSP launches new tools to bust back pain

To coincide with World Physical Therapy Day (8 September) the CSP has launched a major education campaign aimed at physios and patients which sets out to bust popular myths and misapprehensions about back pain. Free with this edition of *Frontline* CSP members will receive a series of four 'myth buster' posters for waiting rooms and other public areas. The posters explain the latest evidence about what is best in terms of back care. Physios will also be able to order extra posters and 'vertebrae' shaped leaflets explaining latest thinking on keeping mobile, taking exercise, and the effectiveness of scans from the CSP website: www.csp.org.uk/mythbusters



MSK outcome measure could revolutionise professional practice

A single musculoskeletal outcome measure, available online and free of charge to physiotherapists, has the potential to revolutionise professional practice.

Jonathan Hill, a senior lecturer in physiotherapy at Keele University, said: 'I believe the MSK-HQ (musculoskeletal health questionnaire) could change the measurement culture we have in UK MSK physiotherapy, particularly in the NHS.'

'Many physiotherapists struggle to evaluate the performance of their practice

because the existing outcome measures are inappropriate.'

Developed as a collaborative project involving Keele and Oxford universities, the MSK-HQ was funded by Arthritis Research UK and supported by NHS England.

The developers wanted to create a single clinical tool to measure a range of MSK conditions and services.

There were concerns that too many outcome tools were available.

'The result is incredibly exciting,' said Dr Hill.

'We now have a really useful clinical tool that can measure patient outcomes across MSK settings and conditions, designed for use in routine clinical practice.'

He said the tool had just 14 items, took less than two minutes to complete and patients say it captures their key health issues.

A key reason for using the tool, according to Dr Hill, was that 'any qualified provider' models of commissioning typically require physiotherapists to engage with service evaluation and improvement.

There had been a strong demand from physios for a more appropriate, discrete and easy to use MSK outcome tool.

The MSK-HQ has been endorsed by NHS England, the CSP and the Royal College of General Practitioners.

■ *Gill Hitchcock*

More information
Arthritis Research UK
Musculoskeletal Health
Questionnaire (MSK-HQ)
<http://bit.ly/2bDHRXX>

NewsDigest

Walsall physios give stroke patients better access to post-hospital rehab

A multidisciplinary community service in the West Midlands is using a goal-focused approach to help people recovering from stroke to reach their full rehab potential.

The Walsall integrated stroke team is based at the Short Heath Clinic in Willenhall, part of Walsall Healthcare NHS Trust.

Stephanie Ward, a specialist physiotherapist with the team, said: 'Patient-centred "SMART" goals are set on initial assessment.

'Until these goals are complete, or the patient has no further goals or no further rehab potential, our team will continue to see them. Other local stroke services discharge their patients after six weeks, or in some cases six months. And we have had a large number of patients who, if it wasn't for our goal-setting approach, would have been discharged before they reached their rehab potential.'

The service provides early supported discharge patients with 45 minutes of physiotherapy and occupational therapy five days a week. People who require bed-based rehabilitation are treated at a special rehab facility, where they receive the same amount of therapy for up to six weeks. After discharge community therapists then visit them at home.

Ms Ward said: 'In light of the call for a new national stroke strategy, we believe we offer a supportive and life-changing approach to rehabilitation.'

■ Robert Millett

■ The CSP is backing the Stroke Association's call for a revamped national stroke strategy. It follows a recent survey of more than 1,100 stroke patients across the UK. Almost half of those in England said they felt 'abandoned' after leaving hospital. The association's petition for a new stroke strategy is at: www.stroke.org.uk/newera



An evidence-based programme in central London targets people with a history of falls or at risk of falling



Something to add?
email Frontline at
frontline@csp.org.uk

Falls service produces 'significant' improvements in patients

Physiotherapist Judith Cohen has said that clinical outcome measures showed her London falls service had 'significantly improved' the health of patients.

The service used four commonly-used measurements on patients discharged from a Central London Community Healthcare NHS Trust falls service from April to June.

All participants were assessed before and after the trust's 12-week rolling programme of falls groups, Mrs Cohen said.

At the end of the programme people had improved their balance by nearly seven points on the Berg Balance Scale. Timed

Up and Go, a simple and reliable test of a person's risk of falls, showed an average improvement of nearly seven seconds across the group.

The Sit to Stand in 30 seconds test showed people achieved an average improvement of more than three repetitions of being able to sit to stand unaided from a low chair. And scores rose from an average of seven to 28 points on the Falls Efficacy Scale International, an assessment of the fear of falling.

The falls groups take place at two sites in the borough of Kensington and Chelsea. There are 10 people in each session, which are usually run by a physiotherapist, two rehabilitation assistants and an occupational therapist.

In addition to educating people about falls, the groups take people through a warm up, Theraband, circuit and balance exercises, and finish with a cool down.

■ Gill Hitchcock

Average falls scores rose from seven to **28** points

CSP launches updated Falls Prevention Economic Model

The latest version of the Falls Prevention Economic Model, with fresh data and research, is now live on the CSP's website.

It shows that across the UK there is potential to stop 160,000 falls each year, equating to a cost saving of £25.2 million to NHS services.

The CSP has produced a detailed guide to accompany the relaunched model. The guide includes examples of people using the model and is also available on the society's website.

Kate Bennett, CSP manager for the project, said: 'By refreshing the data and using more up-to-date references, the longevity of the model and its relevance to those commissioning and planning health and social care in respect of falls prevention is secured.'

The updated model uses data from 2015 and is supported by new research. In addition, it has undergone external validation to ensure

that it uses the most up-to-date evidence.

The model has a redesigned format to make it as easy to use as possible.

- The major changes are
- the model now shows a return of more than £4 when £1 is invested in physiotherapy for falls prevention
 - new references have been used to calculate care costs
 - the 60–64 age group has been removed in line with current data recording standards which only record data for the 65-plus age ranges

■ Gill Hitchcock

More information
Falls Prevention Economic Model
www.csp.org.uk/fallstool



Physio student Emily Brewer tapes the England goalkeeper

Glasgow physio students aid Homeless World Cup teams

Glasgow Caledonian University's physio students and graduates delivered pitch side massage and first aid during the 2016 Homeless World Cup this July.

The seven-day event, where 64 teams representing 52 countries competed in Glasgow's George Square, is designed to challenge attitudes towards homelessness, according to its organisers.

Megan Lloyd, a physiotherapy PhD student at the university, together with physio lecturer Dougie Lauchlan, organised the voluntary services of nine students and one newly-qualified physio.

They supported the work of the main physiotherapy team, who

came from universities in Denmark and Norway.

'There were MSK injuries to be treated, and lots of massage given because it was quite an intense tournament', said Ms Lloyd.

She found the seven-day event to be very busy, but also rewarding and enjoyable.

'All the students were brilliant. They did Cali proud,' she said.

The Homeless World Cup is an international football tournament for national teams of homeless men and women that takes place in a different city every year. It is now in its 14th year.

To find out more visit www.homelessworldcup.org

■ Gill Hitchcock

Online patients praise physios



James Munro: Staff who read Patient Opinion say it changes their relationship with their patients in very positive ways

A new way for health professionals to access feedback posted on the Patient Opinion website has revealed exceptionally positive results for physiotherapy.

The independent feedback platform for health services has created 'tag bubbles', which link to opinions about particular aspects of healthcare.

James Munro, chief executive of Patient Opinion, told *Frontline* that the aim was to create an easy way to find information from among the 150,000 comments by patients about their experiences of healthcare.

The physiotherapy tag bubbles, for instance, link to feedback on a wide range of areas, such as exercises, information, advice and professionalism.

Mr Munro said: 'Many of the tag bubbles have lots of positive tags and then a small group of quite negative tags as well.'

'But the physiotherapy ones show much more positive comments than the others I've seen.'

He said this was surprising and added: 'I don't know why that is, but probably the answer will be found by reading the stories – and that is what people should do.'

The idea for the bubbles was two-fold. In addition to making it easy to see top-level information about a broad range of current issues, Patient Opinion wanted to give users a way to navigate to the detailed stories that people tell about those issues. While Patient Opinion has created the tag bubbles, subscribers, typically healthcare organisations, can create their own. The idea was really about seeing health services through the eyes of patients said Mr Munro. 'For the physiotherapy tags, there might be an issue around waiting times. We wanted to make it easy to see that, how

important that issue is, and what people are feeling about it.'

■ Gill Hitchcock

For more information
Interactive tag bubbles for patient experiences of Physiotherapy www.patientopinion.org.uk/vis/k78sp
Hip/knee replacement www.patientopinion.org.uk/vis/zuvn4
Dementia care www.patientopinion.org.uk/vis/4b7xg
Rehab services www.patientopinion.org.uk/vis/j7swq

Trusts can access £450m to cut MSK staff sickness

New guidance from NHS England could help trusts access a £450 million fund designed to provide staff with health and wellbeing services, including physiotherapy.

The Commissioning for Quality and Innovation (CQUIN) payment fund was announced last autumn by NHS England chief executive Simon Stevens.

The latest guidance says that trusts could apply for CQUIN funding so staff can access physiotherapy. It wants them to address sickness absence due to musculoskeletal (MSK) problems, the main causes of sickness absence in the health service.

Across the NHS in England, 40 per cent of long-term sickness absence can be attributed to an MSK condition, the document says.

The 2015 NHS staff survey reported that, on average, 25 per cent of NHS staff had experienced MSK issues due to work related activities in the last 12 months. This amounts to a total of some 325,000 staff.

Early and reliable access to a physiotherapist has been shown to be one of the most effective forms of intervention to deal with MSK conditions within the workplace, the document says.

In addition to improving access to physiotherapy, NHS organisations could use the funding to implement initiatives such as pain management workshops, back care workshops and workplace ergonomics.

Jenny Nissler, CSP professional adviser, urged members to take a look at the guidance and discuss it with their managers.

■ Gill Hitchcock

For more information
CQUIN guidance
www.england.nhs.uk/wp-content/uploads/2016/03/HWB-CQUIN-Guidance.pdf

UK Parkinson's Audit: a call to action and an opportunity to put best practice in place

Fewer than one in four people with Parkinson's said they were referred to a physiotherapist within two years of diagnosis, according to the latest national data.

The 2015 UK Parkinson's Audit of the care provided to nearly 9,000 people with the condition found that, for 15 per cent of patients, the physiotherapist used no outcome measures.

More positively, however, the audit found that waiting times between patient diagnosis and referral had been cut since the previous audit in 2012.

An increasing number of physiotherapists have undertaken Parkinson's-related continuing professional development. The audit found that 88 per cent of

services offered access to Parkinson's-related CPD to physios, and were better equipped to deal with the complexities of the condition.

However, induction and support strategies were not available for new physiotherapists working with people with Parkinson's in one in four of the 83 services.

Fiona Lindop, physiotherapy lead for the audit said: 'These results reveal a lot to be proud of, but the audit is also a call to action and an opportunity to ensure that best practice across Parkinson's care, including in physiotherapy, is in place for each and every person living with Parkinson's in the UK.'

The audit, published on 9

August, was coordinated by health and care professionals, including physiotherapists, and Parkinson's UK. The charity described it as the largest dataset available about the quality of care for people with Parkinson's.

■ Gill Hitchcock

For more information
2015 UK Parkinson's Audit www.parkinsons.org.uk/professionals/uk-parkinsons-audit/upcoming-audit
Physiotherapy Works for Parkinson's www.csp.org.uk/publications/physiotherapy-works-parkinsons-disease

Physios digitise workbook in update to band 5 training

A respiratory physiotherapy team at a major teaching trust has pushed training into the digital age by creating an electronic workbook for its band 5 members.

The team co-produced the e-workbook with IT staff at University Hospitals Southampton NHS Trust. It went live on the trust's virtual learning environment this summer, after an eight-month pilot.

The content, produced by critical care lead physio Zoe van Willigen was originally published as a lengthy – 130 page – paper document. Written for newly-qualified physios working in respiratory care, it covered theory, case studies and supervised practice.

Rebecca Vokes, a senior critical care physio with the respiratory team, said the main reason behind the initiative was to make sure that band 5 physios were prepared to work on call in a range of specialist services.

She said the switch to digital meant that diagrams and text were easier to read, compared to the previous photocopied version. Users had more space to input detailed information. And it prompted them to work jointly with their supervisors, helping to make sure that meetings between newly-qualified and senior staff took place.

'To finish a section, all the questions have to be answered and marked,' Ms Vokes said.

'The paper version relied on you going to your senior and getting them to mark all the sections with you. Now it's online, there are prompts that the page can't be completed until all the tasks have been signed off.'

■ Gill Hitchcock

Digital champions
(l-r) Zoe van Willigen
and Rebecca Vokes



NewsDigest

Physios help drive good practice guide for lymphoedema care

Physiotherapists helped to create new guidance about lymphoedema services for adults in London.

The Transforming Cancer Services Team produced the guidance, which was developed by Karen Robb, a specialist cancer physiotherapist. The team is part of a collaboration between clinical commissioning groups and NHS England known as the Healthy London Partnership.

Dr Robb said: 'This new guidance will help commissioners in London to reflect on their current understanding of lymphoedema services, benchmark their services against best practice and provide the best available lymphoedema services for their communities.'

The guidance includes a map of specialist lymphoedema services in the capital, recommendations for commissioners and providers, an implementation plan and a best

practice service specification.

Dr Robb said lymphoedema can have a devastating impact on people surviving cancer. Problems range from uncontrolled pain, recurring episodes of infection, to having to take time off work or stop work completely.

'We found that reducing risks, early diagnosis, early intervention and help with self-management are fundamental to better outcomes for patients with lymphoedema and better value for money for the NHS,' she said.

Dr Robb added that although the guidance focuses on services for people who develop lymphoedema following a cancer diagnosis, it is also applicable to people with non-cancer related lymphoedema.

Meanwhile the Lymphoedema Network Northern Ireland (LNNI) recently published two new 'easy



New commissioning guidelines include input from physios

read' leaflets to support people with lymphoedema and learning disabilities.

Angela Crocker, a speech and language therapist at Belfast Health and Social Care Trust, worked with Faye McLernon and Tammie Patrick, who lead easy read groups at the trust.

The new easy read documents are:

- a leaflet guide for people diagnosed with lymphoedema
- a four 'key messages' postcard to help people with lymphoedema to look after themselves

The resources are available from the LNNI website: www.lnni.org

■ Robert Millett

For more information
Neurology and primary care report
<http://bit.ly/2bfLdkh>

GPs should be more aware of signs and symptoms of neuro conditions

GPs need guidance to speed neuro referrals

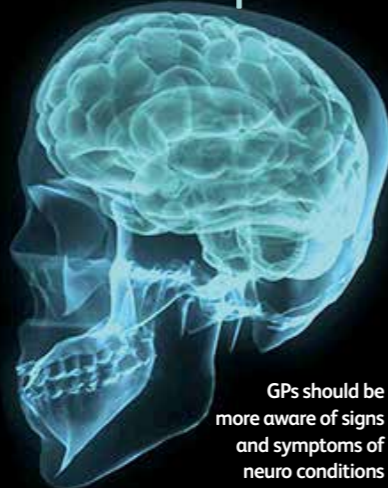
GPs need guidance and further training to help them assess people with neurological conditions and make effective referrals to services such as neuro physiotherapy.

This is according to a report from UK charity the Neurological Alliance, published in August.

The Neurology and Primary Care report presents the results of a survey of 1,001 GPs from across the UK.

Jakko Brouwers, chair of the Association of Chartered Physiotherapists Interested in Neurology (ACPIN), said: 'While a large component of patients who visit their GP may have a neurological condition, not all will present with neurological signs.

'Developing a fast and easy way to identify



neurological signs to support GPs in their critical day-to-day decision making is a great recommendation.'

The report sets out eight key recommendations for improving the primary care pathway for people living with neurological conditions.

These include developing a pan-neurological 'watch list' of 10 signs and symptoms GPs should be aware of during consultations with patients.

■ Robert Millett

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Employment Rights

CSP members have won a battle to get their rights during maternity leave properly enacted. Gill Hitchcock finds out how they did it

It's not unusual for some employers to try getting away with things that are downright unfair. They might even be breaking the law. But can individuals do anything about this? Well in the case of CSP members and stewards who challenged NHS organisations about maternity rights, the answer is a resounding yes.

It started in Glasgow in 2011 when physiotherapist Jade Skeates learned that her employer wasn't allowing her to accrue public holidays while she was on maternity leave. The news didn't sit well with her.

After all, the Equality Act makes it unlawful to discriminate against employees because of their pregnancy. 'Jade had a simple but accurate view of the law,' says CSP senior negotiating officer Andy Ballard. 'And it was that she should lose no benefits of her employment while on maternity leave, other than of course pay which is adjusted under statutory regulations.'

So Mrs Skeates got to work, taking out a grievance against her employer. But two years of fighting her corner paid off, when the trust agreed that she was being denied access to an important employment benefit.

Not only did it amend its policy, but NHS Scotland advised all health service employers that women on maternity leave must have the right to accrue public holidays.

So a fantastic outcome in Scotland, all down to great work by Mrs Skeates. And all was well and good until 2014 when she moved to England, became pregnant with her second



Niamh McDaid, whose employer admitted discriminating against her

child, and faced the same problem with her new employer in Bath.

Meanwhile, in Milton Keynes CSP steward Katie Child was making arguments to her trust after members complained that they too were not receiving their full maternity leave entitlement. 'We raised it at one of the monthly meetings between the trust's executive team, including the heads of HR and finance, and the union representatives,' she says. 'But there was a lack of response from HR and in July 2015 CSP members, supported by myself and another steward, raised a grievance.'

This time it took a year of hard work to get the trust to change its policy, but in June 2016 it did just that. 'Our CSP senior negotiating officer

Penny Bromley came with us to discussions with the HR director, because although they altered the policy, we still needed to negotiate a deal for the aggrieved CSP members to make sure they were reimbursed,' says Ms Child.

Does she think the physios could have done it on their own? 'Without us I don't think anyone would have had the clout to get HR to negotiate. And it gives our members the chance to get on with their clinical work, knowing that we stewards have been trained and have the support of our senior negotiating officer to be able to take things down the right path.'

The battle in Bath began when Jade Skeates submitted a grievance to a resistant trust. But it took legal advice and its solicitors believed the organisation would be at risk of gender discrimination if it denied women who were on maternity leave access to public holidays. To the delight of the Mrs Skeates and the CSP, the employer conceded.

'Through Jade's efforts, we uncovered an aspect of employment benefit which other unions hadn't picked up on,' says Mr Ballard. 'That is why our campaign began and we encouraged stewards across the country to look at the policies around maternity benefits and to challenge employers.'

In Northern Ireland, however, CSP stewards faced employers who, despite legal opinion, were not prepared to budge. A turning point came when Derry-based physio and steward

Think this might affect you? Contact your local steward, HR department or CSP's enquiries team for advice

Niamh McDaid was returning from maternity leave, and read an article in Frontline about her

entitlement to accrue public holidays during that time.

'Actually a colleague had already raised this as a grievance, but she had been unsuccessful and the time to pursue her case had expired,' she says. 'When I became pregnant with my second child I was able to carry the case forward, and eventually applied to an employment tribunal.'

Catalyst for change

She describes how senior negotiating officer Claire Ronald was 'very heavily involved', adding: 'It's very difficult to get employers to listen to one person. But to me it was clear that this was in our terms and conditions and if we allow employers to erode our contractual rights on this, what next.'

It turned out that on the day of the tribunal, 17 June 2016, the trust caved in. To Ms McDaid's relief, it admitted to unlawfully discriminating against her and that she was entitled to 10 public holidays.

But that's not the end of the story. The combined effort of CSP members, stewards and officers was a catalyst for a change in the national Agenda for Change handbook.

This summer the CSP succeeded in getting the 300-page handbook, which sets out the conditions of service for NHS staff, amended. The latest version states unequivocally that employers on paid and unpaid maternity leave retain their right to annual leave and public holidays.

'I think this is a wonderful example of how trade unionism can work,' says the CSP's Mr Ballard. 'But I dare say if Jade had not dug her heels in and insisted on her rights, none of it may have happened.' FL

Maternity matters

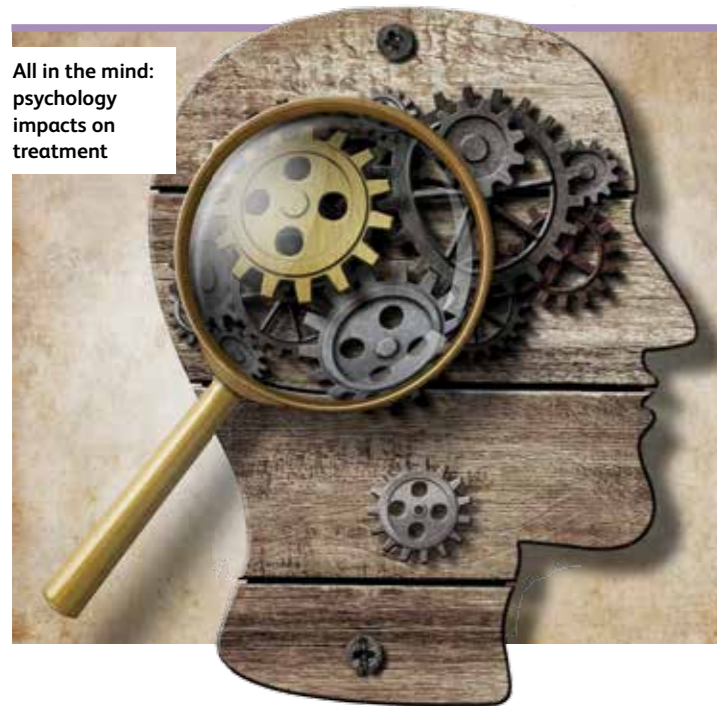
PhysioFindings

Physiotherapy editor
Michele Harms and
Janet Wright report
on recent research



Something to add?
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All in the mind:
psychology
impacts on
treatment



Can attitude affect treatment result?

People with shoulder pain should be assessed for psychological as well as physical factors before starting physiotherapy, according to a new study.

And doctors should encourage them to expect good results.

'Prognostic factors associated with the outcome of physiotherapy for shoulder pain are unclear, and currently

cannot support clinical decision-making,' say Rachel Chester, of the faculty of health sciences at the University of East Anglia, and colleagues.

So the team set out to discover what factors, in the patient's personality and circumstances as well as their body, were linked with best outcomes.

They looked at 71 possible

factors in 1,030 patients starting physiotherapy for shoulder pain.

They then checked how each person had got on after an initial six weeks and then again after a further six months.

The patients who fared best were those who, to start with, had less pain at rest and higher expectations of a full

recovery. They also had higher self-efficacy, or confidence in their ability to do things despite the pain. Among those of working age, students and employed people also had better outcomes.

'Psychological factors, such as patient expectation and pain self-efficacy, should be formally assessed using standardised measures,' say

the authors.

Chester R *et al.* Psychological factors are associated with the outcome of physiotherapy for people with shoulder pain: a multicentre longitudinal cohort study, *British Journal of Sports Medicine* 2016; <http://dx.doi.org/10.1136/bjsports-2016-096084> - open access

■ Janet Wright

Media could help spread the word about concussion



Researchers and clinicians should engage with the media to spread accurate information about concussion, according to a new study.

News reports of sports players having 'mild' or 'slight' concussion can give the wrong impression of this brain injury, say the authors.

'The way concussion is reported has the potential to impact on a wide audience and affect their understanding of the injury,' says Osman Ahmed, a lecturer at Bournemouth University and physio to the Football Association.

After analysing the language used in 153 online news reports, Dr Ahmed and Eric Hall of Elon University, USA, produced a checklist for journalists.

They explain that a person with concussion does not necessarily lose consciousness, and that concussion cannot be 'shaken off' during a game. They recommend using the term 'brain injury' and avoiding expressions such as 'bump to the head' that downplay its seriousness.

Concussion is a public health issue, say the authors. So specialists 'need to engage with mass media to lead the discussion correctly'.

Ahmed OH & Hall E, 'It was only a mild concussion': Exploring the description of sports concussion in online news articles, *Physical Therapy in Sport* 2016; <http://dx.doi.org/10.1016/j.ptsp.2016.07.003> - open access

Journal Findings

Physiotherapy editor Michele Harms highlights the latest articles online (known as articles in press) and in print (Volume 102, Issue 3 and online)

Frozen shoulder is self-limiting: fact or fiction?

Wong, Levine and Deo *et al* conduct a systematic review to challenge the tenet that a frozen shoulder progresses through a self-limiting natural history of painful, stiff and recovery phases, leading to full recovery without treatment.

Yet experience tells us that the persistent limitations of frozen shoulder can last for years.

Of 508 citations, only seven were suitable for review. The authors state that there was little evidence to support the theory of progression through recovery phases to full resolution without treatment.

They did however find that most improvement occurred early in the recovery phase and not late.

CK Wong, WN Levine, K Deo, *et al* Systematic review of the natural history of frozen

shoulder: fact or fiction?

<http://dx.doi.org/10.1016/j.physio.2016.05.009>

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Building relationships key to effective leadership

Researchers in Ireland report an investigation on the leadership frames of physiotherapy managers.

They believe that, to be effective leaders, physiotherapy managers must employ a comprehensive, adaptable and balanced leadership style.

A total of 45 physiotherapy managers responded to the survey and completed the Bolman and Deal Leadership Orientations Index. This questionnaire asks you to describe yourself as a manager and leader.

The human resource frame, defined as leaders who emphasise the importance of people, was the most frequently used and the political frame was the least used.

Of those responding 33 per cent gave themselves the top rating for effectiveness as a manager, whereas 19 per cent gave themselves the top rating for their

leadership effectiveness.

The authors recommend the development of underused skills to enhance the leadership skill set and make physiotherapy managers more confident as leaders.

McGowan E, Walsh C, Stokes E Physiotherapy managers' perceptions of their leadership effectiveness: a multi-frame analysis [www.physiotherapyjournal.com/article/S0031-9406\(16\)30037-2/fulltext](http://www.physiotherapyjournal.com/article/S0031-9406(16)30037-2/fulltext) DOI: <http://dx.doi.org/10.1016/j.physio.2016.07.001>

Functional restoration and back pain

This article in press describes a study which targets 96 patients with non-reducible discogenic pain (NRDP) of between six weeks' and six months' duration, within a multi-centre trial.

Patients received a functional restoration programme with guideline-based advice. This was compared to two sessions of advice alone.

Each functional restoration programme provided 10 sessions over a 10-week period and was individualised to pathoanatomical, psychosocial and

neurophysiological factors.

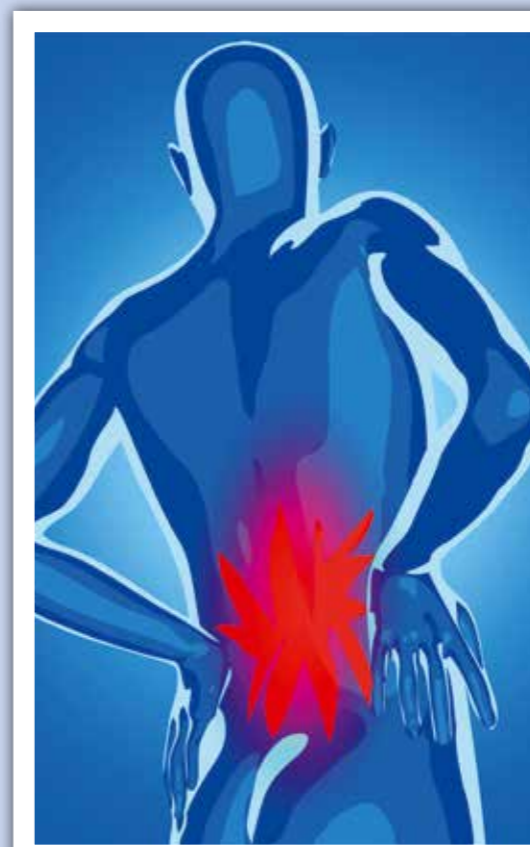
The study was conducted in 15 primary care physiotherapy clinics.

The results suggest that patients following a functional restoration programme demonstrate improved primary outcomes and that these differences are clinically important.

Alexander YP Chan *et al* Individualised functional restoration plus guideline-based advice versus advice alone for non-reducible discogenic low back pain: a randomised controlled trial <http://dx.doi.org/10.1016/j.physio.2016.08.001> [www.physiotherapyjournal.com/article/S0031-9406\(16\)30043-8/pdf](http://www.physiotherapyjournal.com/article/S0031-9406(16)30043-8/pdf)

More information

These reports feature online in the CSP journal, *Physiotherapy*. CSP members can access them free of charge online, via the CSP website.



Views & Opinions



Something to add?
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Adviceline

While we all like to be appreciated for our efforts, when does accepting a gift become a problem, asks Pip White

Rural response

Olwen Williams describes how a telehealth project in north Wales is benefiting services and older people alike



Many of us use technology in our daily lives and don't give it a second thought. We Skype and Facetime our friends and family and use video conferencing facilities to avoid travelling to work meetings. But we are very sceptical about using this technology when it comes to patients – especially with those who fall into the older and frail category.

The aim of CARTREF (CARE delivered with Telemedicine to support Rural Elderly and Frail patients) is to improve access to care for frail older patients in rural areas of Wales

through using virtual consultations (VCs), or telemedicine. It is estimated that about 4,000 people aged 85 years and older fall into this category.

Our objectives were to respond to people's long-term chronic health problems, including those needing end of life care, by bringing access to specialist care into easy reach for those living far from secondary care centres. The project brought together a number of pre-existing workstreams with connections to a recently-funded telehealth programme and aims to create a single pathway.

A team of clinicians, academics and service improvement specialists, who with their patient counterparts, had the expertise and

enthusiasm to transform the service, led the Royal College of Physicians (RCP) Future Hospital development site programme. See <http://bit.ly/2bmshQq> Members include doctors Chris Subbe and Salah Elgenzhai, Eleri Roberts, Guto Gwyn, Marion Poulter and me.

Our initial focus was to set up telemedicine clinics at one community hospital, Bryn Beryl, for a selected group of individuals aged 85 years and older who required follow-up consultation by Care of the Elderly (CoTE) team based at Ysbyty Gwynedd Bangor 30 miles away. The patients are met and supported by an outpatient nurse during the consultation. There is scope for other healthcare professionals, such

as physiotherapists, to be present – either at the base or community hospital – to offer advice. Three outcomes are being measured, the first being the travel distance and travel time saved for patients travelling to the community hospital instead of an acute one.

A total of 102 patients have been seen in first four months, saving an average of 62 miles on travel and 38 minutes' travelling time on a round trip. In addition, the patient satisfaction data collected through a questionnaire showed that most (84 per cent) of patients would recommend the consultations to their family and friends.

While most consultations have run smoothly, it is important to note that the patients were selected, consented

and were given written and verbal information about the nature of telemedicine. When poor or inadequate bandwidth for the VC occurs, prompt technical support is essential. Further, the number of specialist appointments released as a consequence of the virtual CoTE consultations are being measured, as well as the consultation outcomes and the patients' frailty scores.

As a result of the new pathway's success, reflected in the high patient satisfaction rates, we hope to run 20 per cent of all outpatient visits using telemedicine in the future.

Olwen Williams is a consultant physician in sexual health and HIV and RCP Future Hospital lead at Betsi Cadwaladr University Health Board

Debunking myths

Uzo Ehiogu explains why a new CSP initiative on low back pain will help to open patients' and commissioners' eyes

Imagine a conversation taking place somewhere today between a patient with musculoskeletal (MSK) problems and a healthcare professional.

The patient sums up the discussion: 'You are saying that because I'm in a lot of pain I must have a lot of damage in my back and that a scan will show the cause. I should avoid moving my back in case that makes it worse and definitely take no exercise, particularly weight training, right?'

Well, the evidence shows that would be the wrong message on every point. What's more, such an approach is unsubstantiated and potentially harmful. Even though physiotherapists have been tackling these myths for years, they still prevail.

As physiotherapists, we are ideally placed to convey accurate information that would debunk the 'no exercise' approach.

Providing simple, accurate information can help to de-medicalise and puncture

the myths surrounding these ubiquitous MSK conditions. We can thereby help to reduce pressures on NHS resources and sickness absence rates, boost productivity in workplaces and steer people with pain towards becoming more active and mobile.

The CSP has undertaken an important and timely attempt to produce informed, clear, accessible information for patients and healthcare practitioners alike. Designed by a panel of expert clinicians and

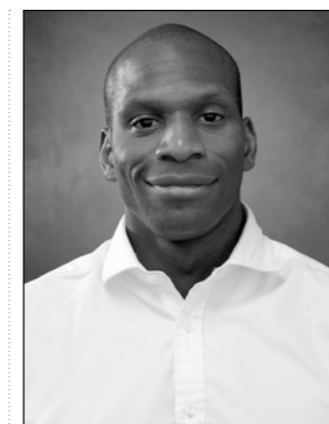
the CSP's professional practice unit, the leaflets can be used by physiotherapists to spread an important message to patients and service commissioners alike. For details, see www.csp.org.uk/mythbusters

The clear and positive messages, communicated in a brief, friendly format, are based on the latest guidance on managing low back pain and sciatica from the National Institute for Health and Clinical Excellence (NICE). See www.nice.org.uk The guideline was

published after a consultation exercise took place earlier this year.

The NICE guidelines and the CSP patient information leaflets will help to ensure that physiotherapists continue to lead the way in providing clear, accurate and positive messages to the millions of patients in the UK with back pain – many of whom consult us every day.

Uzo Ehiogu is head of physiotherapy at London Bridge Hospital



It is important that your professional judgment is seen to be based on your professional opinion alone. It should not be influenced by incentives or inducements to provide any particular form of treatment or to use a particular product.

Your employer may already have a policy on receiving gifts, and may already have a 'hospitality register' setting out the types of gifts that must be logged. If your employer or practice does not already have a policy, what are the key topics to consider?

Many patients voice their gratitude for good care but some want to go further. Gifts come in an endless variety, but when cash, vouchers or bequests in wills are offered, then they need to be considered carefully.

Gifts from suppliers and companies are unlikely to be acceptable as there is more scope for these to be perceived to interfere with your independent professional judgment. Small promotional items such as pens and tape measures aren't a problem, and accepting sandwiches during a break at an educational event should not be problematic. But anything beyond that could be.

The pharmaceutical industry already has an open disclosure policy whereby payments from any drug company to a clinician is publicly disclosed unless the clinician objects to their personal details being published.

NHS England has issued a set of principles on what NHS staff in England can and can't accept. See <http://bit.ly/2bil7b6>

This states, for example, that gifts from patients up to the value of £25 may be accepted and need not be declared. Gifts over this amount can be accepted but must be declared. Those from suppliers, or potential suppliers, should be declined, with the exception of promotional items of minor value (less than £5). These can be accepted and need not be declared.

Still, it's worth remembering that there is no rule against accepting a pat on the back for a job well done.

Pip White is a CSP professional adviser

4th European Congress

themes for ER-WCPT Congress 2016:

Policy, Strategy and influencing

The European community offers both challenges and opportunities for advancing physiotherapy. This theme aims to bring about a greater understanding of physiotherapy across Europe and how diversity, equivalence, harmonisation and collaboration are of value for the profession. Additionally this theme explores how physiotherapy can promote itself and influence policy on a regional, national and European level.

Research, Education and Practice

Researchers, educators and clinicians may be regarded as separate groups of practitioners in physiotherapy, with perceived boundaries of practice and with individuals having to choose where they best fit. This theme aims to explore the potential for a more symbiotic relationship between all of these areas of physiotherapy to be both innovative and maximise the impact on practice.

Practice in a Digital Age

Technology plays a significant role in daily life. This theme aims to explore new innovations as well as the opportunities and challenges posed by using technology both in teaching and in physiotherapy and healthcare practice.

Responding to changing Population Needs

The world of health and practice continues to evolve rapidly and physiotherapy needs to adapt and develop for the future to remain a viable contributor to health and wellbeing in the face of competition from other groups. This theme offers an opportunity to consider how physiotherapy can impact on, and enhance, the population's health and wellbeing.

Public Health, Prevention and Social Care

Physiotherapy has an important role to play in public health, health promotion and social care. This role occurs in a context of changing population demographics and growth with competing demands on resources. This theme aims to explore how physiotherapy can contribute to the health priorities that confront society at regional, national and European levels.

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Obesity & Physical Activity

Dominique Hansen
Associate Professor, Hasselt University, Belgium



Health Inequalities - A European perspective

Catherine Sykes
Professional Policy Consultant, World Confederation for Physical Therapy, UK



What does "making an impact" mean for physiotherapists in terms of advancing practice?

Bhanu Ramaswamy
Sheffield Hallam University, Sheffield, UK



Equality of care: can we achieve it and should we?

Philip van der Wees
Senior Researcher, Radboud University Medical Center, Netherlands



Optimising opportunities to embed digital technologies in healthcare education and clinical practice

Andrew Kerr
Lecturer, University of Strathclyde, UK



Frailty - a complex phenomenon

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Paralympics



Running until 18 September, the Paralympic Games in Rio are the ultimate sporting experience for athletes and physiotherapists alike, says **Graham Clews**

Although it's five days shorter, includes five fewer sports, and takes place a fortnight after the Olympic Games in Brazil, the Paralympics in Rio will be no afterthought. Operating from the same stadiums, accommodation and transport system as the Olympics, the 2016 Paralympics will feature 23 sports, including the debuts of canoeing and triathlon, with athletes from more than 170 countries competing.

Following the success of the London Paralympics four years ago, the esteem in which the Games is now held worldwide can be seen from US broadcaster NBC's decision to screen at least 66 hours of coverage from Rio. It showed just five-and-a-half hours during the 2012 Games.

And the lengths to which the organisers have gone to ensure the Games are a success are evident from the medals designed for this September's Games. Produced by the Brazilian Mint, each different level, gold, silver, and bronze, contains a different number of steel balls so that blind competitors can shake their medals to determine which colour they are. They will also be inscribed with the words 'Rio 2016 Paralympic Games' written in Braille.

'Phenomenal' preparation

This attention to detail, and level of planning, has been matched by the physios and medical staff working to support the athletes from Paralympics GB who will be competing in Rio. Paul Martin has been English Institute of Sport technical lead physio for paralympic sport for four years, and was lead physio for GB paraswimming for eight years.

He says the planning for Rio began almost four years ago in November 2012 – just two months after the closing ceremony of the London Paralympics. 'The team knew they effectively had an apartment in a block in the Rio athletes' village, so they began working on what they could put into that apartment to transform it as best as they could into a performance centre,' he says. A number of British Paralympic teams will bring their own physios to Brazil, but Mr Martin will be joined in Rio by two other vastly experienced physios who will staff the performance centre and work with athletes from any sport.

One of his colleagues, Dylan Morrissey, a reader in sports

Reaching the pinnacle

Paralympics



Stretching a point: Paul Martin with athlete Jeanette Chippington

The third physio working at the Rio performance centre will be Caryl Becker, who was chief physiotherapist for Team GB at the London Olympic Games in 2012. She admits that she knows the Paralympic athletes less well than their able-bodied colleagues, which will present challenges. But she's confident that the vast experience of her and her team will prove invaluable.

'With athletes you don't know so well you don't quite know if their behaviour is because that is how they are, or because they are nervous of something, or their senses are heightened because it's the Paralympics and they are reacting in a way that is slightly different from normal,' she says. 'Or they might be coming in with a niggle, which in normal circumstances they wouldn't worry about, but because it's the Olympics or Paralympics it has become a big issue. But with my experience I would like to think I would know which questions to ask or who to go to speak to in order to find out – whether that's a coach, carer or another physio who knows them well.'

How you deal with these heightened senses, produced by the pressure to perform, is key to a successful Games, Mr Morrissey believes. 'The major difference with other big events is that the Olympics or Paralympics is for most sports the one,' he says. 'It's every four years and it is the pinnacle. An Olympic gold medal is worth four world championship gold medals, if not more, so there's that bit more riding on it, that bit more pressure, and as a physio that brings its own pressures. And one of the things you learn with experience is not to allow that to influence your decision-making process more than it needs to.'

'I can remember as a more junior physio getting caught up in the moment and you learn pretty quickly that you have got to have that little bit of professional detachment at all times.'

'I'm a sports fan so I get caught up in it, and if you work with a team they become people about whom you care very much, and you become a fan as well as a member of staff, but you cannot let that influence you in any way.'

Mounting excitement

Rio will be Paul Martin's fourth Paralympics, but his first working as a multi-sport physio. 'When you are working with a team you develop an intimate knowledge of the athletes' specific requirements and their impairments and how their sport affects their impairments,' he says. 'You get to know where their breaking points are, what is going to take them to those breaking points, and what you can put in place to either get ahead or turn it around.'

'This is relatively easy with a group of 35 or 40 swimmers, but when you've got a group of 250 athletes across 20 different sports it becomes a bit more challenging, but it's

There is a pay enhancement of **60%** to work on a Sunday

and exercise medicine at Queen Mary University of London, will be travelling to his third Paralympic Games, and he says the preparation involved is phenomenal. 'You have to think on your feet but the planning and preparation is enormous,' he says. 'We are planning for 2020 now, not for 2016, with astonishingly able people working on planning and preparation. We will arrive in Rio and there will be plenty to do, but that is an absolute fraction of the total.'

'You obviously have to plan for security, climate, transport and so on, but also for different athletes in different situations, if there are major injuries knowing what services we will interface with. There has been lots of work on sleep, infection control, just making sure that everything is done to make sure the athletes are optimally prepared and ready to, on the day, be at their absolute best,' Mr Morrissey says. 'Because at the end of the day the key thing is getting the athletes to their field of play in their optimal state so they can do what they do so well.'



Something to add?
email Frontline at
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'An Olympic gold medal is worth four world championship gold medals, if not more, so there's that bit more riding on it, that bit more pressure'

Dylan Morrissey

just about applying your understanding of the impairment and the sport.' Although he's been to three previous Paralympics, Mr Martin says he's still trying not to get too excited about travelling to Rio.

'There's a small part of me deep down inside that is just about fit to burst, but as soon as you allow that to get too big it distracts you from the job you're over there to do,' he says. 'There are many, many, distractions in a games environment and as soon as you find yourself being drawn away by those it shakes your focus a little bit. We have got a lot of people who have put a lot of effort into getting themselves in the best shape they can, and our job is to support them as best we can.'

Reasons for pride

Apart from volunteering in the polyclinic at London 2012, Caryl Becker has not worked at a Paralympics previously.

There are differences from the Olympics – carers and nurses are part of the core team, some athletes will need help with relatively simple tasks so treatment may take longer for instance – but she believes the essentials remain exactly the same. 'The athletes' village is the same more or less anywhere,' she says.

'The difference is the people you work with. Every team you work with you bond and have the attitude of going into battle with them, and that makes it really exciting. I get a buzz from providing a great service to athletes so they can go and perform to the best of their abilities. And if we can do that as a team and work off each other and enjoy it, then we've been successful.'

Mr Morrissey says that despite his vast experience he is already anticipating just such a buzz. 'It's no less exciting, although possibly a bit less scary than before,' he says. 'For me, because it's not the day job, it adds a great deal of colour and perspective on the day job. It informs my research, practice and teaching. And it's a bigger spectacle each time, and there's the feeling of being part of something special and improving and that we are very good at.'

He adds: 'We are very good at Paralympic sport and I think that is something that we should be very proud of as a nation.' FL

The 2016 Paralympics will feature **23** sports

High flyer



CSP member Liz Mendl (pictured) celebrated a career high in 2014 when she acted as head of medical services at the Commonwealth Games in Glasgow. Now she's advising the Paralympic team in Rio.

'Since Glasgow 2014 I have been working as the pre-Games preparation manager at the British Paralympic Association heading up the preparation for Rio 2016,' she told *Frontline* before heading head off to the team's base in Belo Horizonte.

Praising the 'great team' accompanying her, Ms Mendl said physios Colin Paterson and Paul Gould will have responsibility for ensuring the athletes are in the 'best shape possible' for medal success in Rio. Though Ms Mendl's passion for sport and the effectiveness of physiotherapy is clearly undimmed, she revealed she has 'hung up' her 'physiotherapy hands' and 'moved into retired physio status'. Ms Mendl no longer delivers clinical services and works as a consultant in performance sport and medical services.

'We are all looking forward to a great games in Rio and a huge medal success,' she said. 'I have been out to Brazil five times setting up the contracts with the accessible hotels and world-class training facilities so that the Paralympics GB team can finalise their preparation at Belo Horizonte, which is less than an hour's flight from Rio.'

'Every sport has come to test things out so we have been dealing with every challenge from the airport wrecking a wheelchair unloading it from the plane to testing the laundry facilities, along with learning some Portuguese to facilitate transport. I will be leading a great team of 19 experienced experts including the medical team: physios, nurses, doctors. Strength and conditioning experts and others will work alongside the sports-specific staff.'

'The local people are so friendly and could not do more to help us or make us feel more welcome.'

'Once all the athletes have flown into Rio we will pack up and then travel to Rio to cheer them on. It has been a fantastic experience and I can't wait to get out there.'

CPD e-learning

 **Something to add?**
email Frontline at
frontline@csp.org.uk

CSP professional adviser **Nina Paterson** outlines a series of initiatives that will help members keep their CPD up-to-date and relevant

I'm thrilled to announce that we're moving to a new ePortfolio provider and will launch a virtual learning environment (VLE). For the first time as members you'll be able to access learning activities, such as courses and modules, directly from CSP. We're building and testing the systems ready for a launch in December or early in 2017.

Behind the scenes a lot has been going on in the last 12 months or so. The CSP has signed a contract with a company to build what we need. We're using one of the most widely used platforms available so that we can tap into other's expertise, and future-proof ourselves as much as possible. In a world where technology is ever changing, that's really important – who knew that in the space of 30 years we'd go from computers with clunky green monitors to e- and mHealth? At home, online shopping and banking are standard and, as health professionals you operate in a world where patients can access their data, record and track their own progress, book their own appointments, and be triaged and monitored remotely.

Of course, we are careful how money is spent.

New ePortfolio

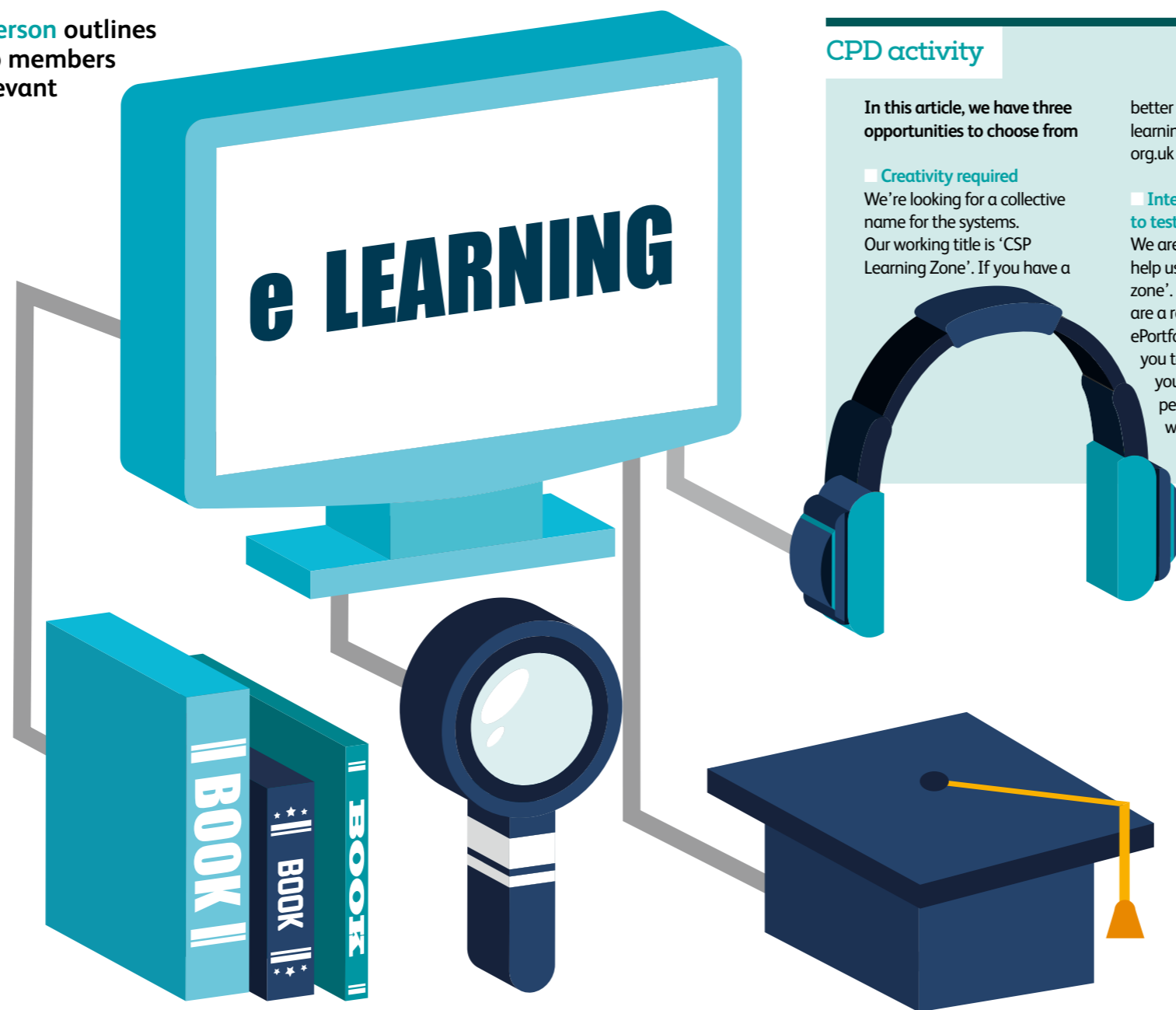
What can I expect when the ePortfolio goes live?

It will have the same templates that you're used to. You'll find tools to help you to plan, to reflect, and to record what you've achieved. We're going for a crisp, clean look and we're renaming things so you won't need to know your ASSETS from your ATLAS any more.

The site is also being designed to be straightforward to navigate. We have three goals. You'll know

- 1 where to find things
- 2 what things are
- 3 how to get back to something you were doing earlier

We know that most members access our website and the current ePortfolio through mobile and tablets so it will be as accessible through these as your PC. We're also



CPD activity

In this article, we have three opportunities to choose from

■ Creativity required

We're looking for a collective name for the systems. Our working title is 'CSP Learning Zone'. If you have a

better idea, please email learninganddevelopment@csp.org.uk by end of this month.

■ Interested in helping CSP to test the systems?

We are looking for members to help us road test the 'learning zone'. It doesn't matter if you are a regular user the current ePortfolio or not, we'd love for you to be involved. In fact if you think you are hard to persuade then we really do want to hear from you! To help us get ready for

launch please get in touch at learninganddevelopment@csp.org.uk.

■ Housekeeping

If, like me, you have content stored in your current ePortfolio you might be wondering what's going to happen to it. There will be plenty of support on hand to make sure this happens as smoothly as possible. We'll be emailing you, posting messages on the website and iCSP so you'll know when it is going to happen and what you will need to do.

We'll also be blogging, issuing updates, alerts and countdowns so you definitely won't miss it. We will have a dedicated email address for you to contact us on as well. Before that though, you might like to do some housekeeping.

When we move systems you'll have the opportunity to convert everything to PDFs and take it all with you, but rather like moving house its cathartic to review what you really want to take with you, to decide what you want to keep and what you no longer need.

working with networks, such as the Association of Visually Impaired Chartered Physiotherapists and the CSP equality and diversity network, to make sure it's inclusive for everyone.

Virtual learning environment

The online system will allow CSP to create or host courses, modules or stand-alone activities to help you engage with topics relevant to your practice.

What can I expect when it goes live?

We're starting small, but over the course of next year we'll introduce new topics regularly. We'll launch with

- leadership
- business and marketing skills
- scope of practice
- professionalism
- research

CSP stewards and health and safety reps will have online material to support them. Once it's live, look

out for the upcoming events on the noticeboard. When you sign up for an activity, you'll gain access to course content: a combination of notes, podcasts, videos and presentations. You'll have the chance to test yourself and demonstrate that you've understood. Depending on the topic, you'll find quizzes, tests, and self-reflective prompts to help you evidence your learning.

For some topics, you will have the chance to speak to an expert or a tutor or learn from your peers. We'll be using online seminars (webinars), discussions (using Twitter chats, chatrooms, discussion boards) so there will be many opportunities to learn with, and from, others.

It will have a similar design and layout as the new ePortfolio, so there will be no need to learn your way around two new systems.

A new feature will allow you to pull off a transcript of your activities. When you're getting ready for the next Health and Care Professions Council audit, this should help you complete a key section (section 4). FL

E-learning comes to the CSP

StudentFocus

 **Something to add?**
email *Frontline* at
frontline@csp.org.uk

As a new cohort of physio students embark on their careers, **Gill Hitchcock** talks to five students about their varied careers before opting to be a physio

Back stories

Mark Williams joined up at 16 and by 20 was the youngest sniper in the Royal Marines, trained to take the shot even with the enemy a mile away. But in 2010, travelling in convoy in southern Afghanistan, the vehicle in front of his was blown up and he was injured. He underwent complete shoulder and ankle reconstructions and his hearing never recovered.

'When I was medically discharged in September 2012, I felt unnerved,' Mark says. 'I'd always been in the military and didn't want to do anything else. I loved it.'

He went into maritime security for a while – anti-piracy patrols in the Indian Ocean. But he was married by then, and wanted a more stable career and to be at home. Training in physiotherapy proved to be the solution.

Mark is one of about 3,000 physiotherapy students in the UK who are 'mature' – people aged 21 or older who have traded existing careers and lifestyles for learning new skills.

Now a student at Brunel University, Mark was in part inspired by seeing the progress made by a close friend at Headley Court, the military rehabilitation facility in Surrey, after losing both legs and an arm. 'And you think, "that's amazing", the care pathways and the transitions,' Mark says. 'If you can be part of that and make some difference, then that really is positive.'

Mark's wife, Major Sarah Williams, is a physio at Headley Court, but he's happy to be learning his trade in the NHS where, he says, he'll be exposed to a broader range of patient groups.

As a former military man, Mark prefers to lead than to follow along. To that end, he's become a CSP rep at Brunel. 'I wanted to find out more about the group of people I'm working with, find out how the university ticks,' he says. 'I actually quite like to have my say.'

Mark Williams spent 11 years in the Royal Marines with tours of Afghanistan and Iraq



Amy Griffiths

Going back to university, or going for the first time, can be a challenging process for some mature students. Amy Griffiths, for 10 years a cabin-crew member for Virgin Atlantic, says it was hard at first, making the leap from an access course to her first year at the University of Birmingham.

'There are about 60 of us and we're split into three groups,' she says. 'But I was in a group with another five mature students, so I haven't felt out of place.' Amy was



Amy Griffiths, with Richard Branson, swapped Virgin's cabin crew for Birmingham university

approaching 30 when she began thinking about a career change. 'I fell into being cabin crew and 10 years flew by, but I knew I didn't want to do it forever. It wasn't fulfilling me mentally or emotionally.'

She says she went 'back to the drawing board' because she wanted to be able to say she made a difference to people's lives. But in her final year, the harsh reality of life in the health service became clear. 'I think it's the beginning of the end for the NHS, to be honest, which makes me very sad. The NHS is the envy of the world but I see it struggling.'

Amy's experience in working with air passengers for so many years clearly gives her useful insights into identifying and addressing people's needs. But, she believes that, whatever their background, older students can bring a range of insights and skills that may give them an advantage.

Daniel Imeson

Daniel Imeson worked in neuroscience research and later taught English in Spain before studying physiotherapy at the University of Central Lancashire.

Now 30, he first considered becoming a physio while still at school but in the end he followed a different route. 'It's a bit of a shame really, but I'm just happy that it's happening now,' he says of the circuitous path he's taken back to physiotherapy.

He found working in research quite isolating.

'I really wanted some interaction and to be on the frontline and helping people. So it made me reconsider what I wanted to do.'

Work experience in hospital outpatient departments helped clarify his thoughts. 'That's what led to me applying to do the degree, really.'

Daniel adds: 'The life skills I've had from before have helped with my physio studies. I used to be shy but over the course of my twenties have come out a lot more. I wasn't the best student first time around but I've learned from my mistakes – my time management, not leaving things to the last minute.'

His burgeoning confidence has helped him take on other roles as well. 'As a CSP rep I was elected onto the student executive committee of the CSP, too. I've been the president of the European Confederation for Physical Therapy Students and I didn't realise until the last minute, "Okay, I can do this". If you just push yourself, even though it's out of your comfort zone, sometimes opportunities can arise.'

Jayne Roscamp

After many years being a self-described stay-at-home mum, Jayne Roscamp is certainly pushing herself. But as a third-year physio student at Sheffield Hallam University, she found that the creativity and inventiveness she developed home-educating three of her four children stood her in good stead.

Jayne says: 'Home education is a huge thing now, but back about 15 or so years ago it wasn't. A number of my friends and I forged local home-ed social groups, organised activities and created specialised tutors for different things. We got ourselves together and did French, history and music. That resourcefulness is probably a huge part of physiotherapy.'



Former researcher Daniel Imeson wanted personal interaction instead the isolation of the science lab

StudentFocus

Having left school without A-levels, her first step to becoming a physio was to do a health sciences access course at a local college. 'I guess within the first month I realised I'd made the right decision and that it was very good to be developing that side of me.'

Jayne is not the only NHS student in her household – her daughter is studying mental health nursing. 'I do see myself within the NHS,' Jayne says. 'I'm a firm believer in its merits. And I've worked as a personal trainer and taught exercise classes so I know the pressures of being self-employed. I found that quite stressful – the selling-yourself part of it. I don't think that's right for me.'

Philip Dixon

Philip Dixon is also intent on staying in the NHS, whatever the challenges. The former teacher and youth worker is in his third year at Northumbria University, Philip says he's looking forward to being an

Jayne Roscamp says home educating her children is good experience for a physio career



Philip Dixon might have opted a career in physio at 18 – if only he had known about it



'There's not a day in placement when I don't draw on skills I've learnt elsewhere,'

Philip Dixon

NHS-employed physio. He says: 'Jeremy Hunt [health secretary for England] needs to take on board a lot more of what bodies such as the CSP have to say, and look at the evidence for the effectiveness and cost-saving nature of physiotherapy.'

Although he sees parallels between teaching and physiotherapy, it was the birth of his nephew with cerebral palsy that really got him interested. 'He has a lot of physiotherapy input and I kind of got the bug for it,' Philip explains. 'I found out more, did some voluntary experience working alongside a physio in a range of hospitals across the Rotherham area, and then applied.' Philip says if he'd known at 18 that physiotherapy was a career option, he might have pursued it. 'Instead, it was only through teaching health and social care that I became exposed to all these other healthcare professions.'

Joining the profession later has enabled him to approach his chosen career equipped with broad experience. 'There's not a day in placement when I don't draw on skills I've learnt elsewhere,' he says. **FL**

AACP



Acupuncture Association of
Chartered Physiotherapists

Ireland & Scotland Conference 2016

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Live Demonstrations

Panel Questions

6hrs of CPD

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No 1 Treatment For Herniated Discs

Proven relief without injections or surgery

IDD Therapy Disc Treatment:

You might have heard of it but what is it exactly? Is it just traction? Does it dispense drinks? It looks quite big...

In truth, IDD Therapy is changing the face of modern spine care and in the process, helping patients avoid pain management, spinal injections and even surgery.

With a network of dedicated 'Disc Clinics' across the UK, IDD Therapy is the fastest growing treatment for intervertebral disc-related pathologies.



Two Accu SPINA machines side by side in a UK clinic

Developed in the late 1990s to address the failings of traditional traction, IDD Therapy has elements of traction in its DNA. However, unlike traditional linear traction which was quite non-specific in its focus, IDD Therapy is able to decompress and mobilise targeted vertebral segments in a longitudinal plane.

A gently-progressing pulling force makes treatment comfortable at higher tensions whilst cyclic oscillation at the point of maximum distraction mobilises the spine.

IDD Therapy creates a platform for long term pain relief by decompressing the injured disc and gently improving spinal mobility. The goal is to assist the body's natural healing mechanisms as part of holistic programme of care.

What next for chronic back pain sufferers?

When manual therapy and exercise fail to relieve chronic back pain, neck pain or sciatica, what's next for long-suffering patients?

Often patients are referred to their GP or for an MRI. When a disc bulge or disc herniation is confirmed, a number of these patients will be referred back to manual therapy whilst others will move up the treatment ladder to invasive procedures: injections or surgery.

92% of 129 patients considered to be surgical candidates enjoyed successful treatment with IDD Therapy'

Unfortunately, neither of these options does anything to address the cause of the disc problem. IDD Therapy gives physiotherapists a powerful treatment

tool to do things differently and to help patients with confirmed lumbar and cervical disc pathologies.



The Accu SPINA's tilting couch is essential for patients returning to weight-bearing

The Accu SPINA is the CE approved machine which delivers IDD Therapy in a safe and controlled manner. For more details about options to provide IDD Therapy call: **01279 602030**.

For Disc Clinic locations see www.iddtherapy.co.uk/clinic-finder

Indications: Herniated or Bulging Discs, Degenerative Disc Disease, Facet Syndrome, Chronic Low Back Pain and Neck Pain, Sciatica

Contraindications: Cauda Equina, Surgical Hardware, Surgery < 6 months, Fracture < six months, Metastases, Osteoporosis T-score > 2.5

IDD Therapy Clinician Testimonials

"As part of conservative care, IDD Therapy offers a non-invasive spinal decompression option for patients with an identifiable disc herniation."

Prof Amjad Shad, MBBS, FRCS (Ed), FRCS (SN) Consultant Neurosurgeon, Coventry

"IDD Therapy offers a non-invasive and clinically effective alternative when manual therapy has proved ineffective at improving a patient's symptoms."

John Wood Clinical Director, Sheffield Physiotherapy

"With IDD Therapy, we can now target spinal segments precisely in a safe, gentle manner in a way which is not possible with our hands or with traditional mechanical treatments."

Dan Smith Clinical Director, Sports & Spinal Physio, Brentwood

Better outcomes for your patients & your clinic

If you are passionate about helping more disc patients out of pain and back on their feet, then join the fastest-growing network of spine treatment experts with IDD Therapy. **No Surgery - No Needles - No Pain.**



Download a free clinician information pack
www.iddtherapy.co.uk/clinicians

1 McClure D and Farris B, Intervertebral Differential Dynamics Therapy – A New Direction for the Initial Treatment of Low Back Pain. European Musculoskeletal Review 2006. 45-48

InReview

Featured book

Traumatic Scar Tissue Management: Principles and practice for manual therapy

Nancy Keeney Smith and Catherine Ryan
ISBN: 9781909141223

People with scarring pass through my hands and heart most days. As a physiotherapist with 30 years' experience, much of the material in this book resonated with me and was relevant to my practice. But the book would also be useful to recent graduates who want to deepen their understanding and love of manual therapy.

I have copied a couple of quotations from the book that summed up for me what the north America-based authors offer: These are: 'Healing is a

matter of time, but it is also a matter of opportunity.' And: 'The quality of outcome must be worth the pain of survival.'

I found that this well referenced and illustrated book offered me some useful revision material relating to histology and physiology. There was also some encouraging exposition of some of the authors' work with people with traumatic scarring.

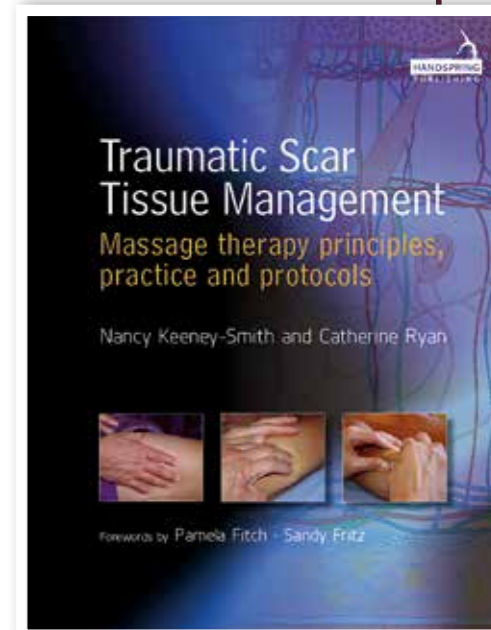
As they note, scar tissue can affect the body in a variety of ways. 'Fibrotic scars and scars that are bound to underlying tissues, organs or skeletal structures can restrict movement and organ motility.' They go on to suggest that excessive scarring can result in 'pain, pruritus, adhesions and contractures', which can, in turn, affect people's quality of life from a physical,

physiological and psychological perspective.

Therapists in the field are described as 'visual and palpatory observers of the body'. 'We may see scars that no one in the client's family or friends have seen and we may touch scars that no one else, including the individual themselves, have touched. Traumatic scars carry their story within the tissue and mechanisms of the body.'

This book contains useful chapters on trauma, assessment and treatment, communication and self-care of the therapist. I shall quote from it when I am teaching other physiotherapists and manual therapists.

Leah Dalby is based at Lune Valley Physiotherapy, Lancashire. Website: leahthephysio.co.uk



Black Rain

Physios and self-described 'dark folk troubadours' Alan Taylor and Roger Kerry have teamed up with artist Eugenie Lee, who lives with long-term pain, to create an unusual musical and artistic representation of pain. The physios, who work at the University of Nottingham, performed their song Black Rain at July's International Federation of Orthopaedic Manipulative Physical Therapists event.

For more information, visit <http://bit.ly/2b5ZFpD> and <http://bit.ly/2byj7fp>



Stuart Palma, CSP professional adviser



Integrative Pain Management: Massage, movement, and mindfulness based approaches

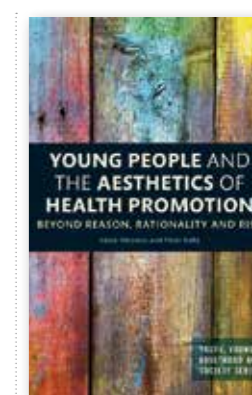
ISBN: 9781909141261
Diana Thompson and Marissa Brooks (eds)

This book provides an overview of pain mechanisms, and outlines various approaches to pain management used across a range of complementary disciplines.

Doll Therapy in Dementia Care: Evidence and practice

by Gary Mitchell
ISBN: 9781849055703

Doll therapy can be a comforting intervention for people with dementia, but ethical issues make it a hotly-debated topic. This pioneering book looks at the issues, drawing on theory and current research.



Young People and the Aesthetics of Health Promotion: Beyond reason, rationality and risk

By Kerry Montero and Peter Kelly
ISBN: 9781138898059

This book explores the limits and possibilities of traditional health behaviour change models.

Robert Williams International Award

The **World Confederation for Physical Therapy (WCPT) International Congress** will take place in South Africa, from 2-4 July 2017.

The **Robert Williams International Award (RWA)**, 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 2016.

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 11 November 2016.



The CSP Charitable Trust
Registered Charity No. 279882
Supporting the advancement of
physiotherapy education and research

p38 Networks & networking

Catch up with news and announcements regarding the CSP's work at region and country level and also courses and events from CSP recognised professional networks. All recognised networks may list their events free of charge in this section to a limit of 180 words. Reach out to members, previous colleagues and classmates through the info exchange, retirement groups, or reunions sections. Send the information you wish to include to: networkads@csp.org.uk

Frontline schedule

Issue date	Booking deadline
Sep 21	Sep 5
Oct 5	Sep 19
Nov 2	Oct 17
Nov 23	Nov 7
Dec 7	Nov 21

p54 Courses & conferences

Advertise your course or conference by contacting our advertising agents, Media Shed, tel: **0845 600 1394** or email: cspads@media-shed.co.uk Send your text and have your linage advertisement typeset by Media Shed to our magazine house style. Add a box or shading to make your advert stand out on the page. Alternatively you can choose to send your completed display artwork to Media Shed. Call to discuss rates.

Online

Create your course advert online by using our easy to use website. Go to: www.csp.org.uk/courseadverts

Please note The courses and conferences advertised in this section have not been subject to 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.

p58 Recruitment

Advertise your vacancy, agency or service in *Frontline*, or online at www.jobescalator.com by contacting our advertising agents, Media Shed, on tel: **0845 600 1394** or email: cspads@media-shed.co.uk

Send your completed display artwork or contact Media Shed to discuss typesetting options. Alternatively submit your text for our linage section. Call Media Shed to discuss rates.



Cost: TBC

Book at: <https://www.eventbrite.co.uk/e/yorkshire-humberside-morning-workshop-on-pain-management-registration-26333704820>

To keep up to date with your region visit: www.csp.org.uk/nations-regions/yorkshire-humber

Spotlight on East Midlands: Patient experience improvement project opportunity

The East Midlands regional network is offering a £500 grant for an East Midlands based CSP member to develop a project that will improve patient experience in the region.

Members are invited to submit their project ideas to Lucy Cocker, chair of the East Midlands regional network, by Wednesday 30 November.

Lucy Cocker said: 'I'm really keen to hear members' ideas for improving patient experience in the region. Projects could include a new patient leaflet or poster, patient engagement project, new working group being established to focus on patient engagement or something really original and innovative which has not been done before.'

For more information and to make your application visit: www.csp.org.uk/nations-regions/east-midlands

CSP board news

Northern Ireland



Band 5 regional recruitment

In March Tom Sullivan, CSP NI policy officer, attended a workshop organised by the Public Health Authority (PHA) to discuss the current and future model for band 5 AHP recruitment. Tom was there to represent all CSP members and relayed to the PHA some of the concerns that members have voiced to their stewards and directly to the CSP. Tom was able to feed back to the board from this workshop, and there was

further discussion amongst the physiotherapy leads, clinicians and industrial relations representatives.

- Reassurance has been given that the questions in the physiotherapy recruitment exam are set by clinicians across all trusts in Northern Ireland, and all questions are quality checked to ensure they are suitable and fair
- It has been recognised that the physiotherapy recruitment exercise needs to take place biannually
- Work will be done to improve the applicant information pack and agree a process for applicants to gain feedback after the exam, although where individual applicants sit on the waiting list will remain confidential
- Future development of the recruitment process will include moving towards value based recruitment
- The CSP is involved in a project of further information gathering, and is seeking to connect with those clinicians who have been involved in setting the questions to date to garner their experience of the process.

Assistant workshops

Catherine Smith, CSP associate member officer, conducted seven workshops for support workers across NI in May. The workshops aimed to promote the benefits of CSP membership for support workers and increase engagement and representation amongst this group.

The feedback from the workshops was positive, with many delegates who attended reporting that they found the scope of practice session helpful, particularly in identifying the boundaries of the role of a support worker. The sessions were promoted and supported by the NI CSP board and we hope that all our support workers feel a stronger sense of belonging within our profession as a result.

CSP cost calculator

With such an opportunity to promote self referral to physiotherapy in Northern Ireland at present, the NI board is keen to ensure all members are aware of the 'cost calculator' available on the CSP website. This tool helps primary care practitioners see the financial benefits of using physiotherapists as first contact practitioners as opposed to using GPs.

Please take advantage of the results of the self referral pilot in the South Eastern Trust being released, to highlight the benefits of physiotherapy for the patient and the GP in primary care. Use the cost calculator to demonstrate meaningful financial savings that

can be made through service redevelopment. Inform yourself so that you can be an advocate for physiotherapy and help us drive this important change.

CSP strategic plan

At the June board meeting we were joined by Karen Middleton who outlined the key themes of the three-year strategic plan of the CSP. Karen was clear that we, as members, must play a part in shaping this plan in order for it to be meaningful or useful.

Board members spent time brainstorming the key themes and suggesting actions that will bring about tangible change in Northern Ireland. We tried to keep these ideas as specific and local as possible, to ensure that we are focused on the situation for physiotherapists in Northern Ireland without losing touch with what is happening nationally. Board chair, Fidelma Moran, will draw together these ideas and will direct the board members to actions and this will be revisited at the September board meeting.

Since the June meeting, an 'Influencing government' event has taken place and a strategy is being developed in line with CSP strategy 2017-2020.

Could you become a CSP steward or a health and safety representative?

Central CSP has been trying, for many years, to improve the numbers of stewards and reps in NI. The issue is raised on every suitable agenda it can be. Claire Ronald, senior negotiating officer for Scotland and Northern Ireland, has made every appeal that she possibly can to recruit more representation. It's a problem that is widely discussed, but sadly, the situation is not improving.

We, as a representative board, are keen to promote the value of adequate stewards and safety rep numbers in our workplaces. Firstly, those individuals who take on these roles tend to be seen as 'the CSP' at ground level. If you don't think that the CSP does much for you, the lack of visibility of our activity within your workplace is probably the biggest problem. Secondly, having strong industrial relations representation from the physiotherapy workforce increases our visibility and influence amongst other professions, and when physios sit on trust wide staff forums we can learn of changes and hear information that we otherwise wouldn't. This allows us a profession to be at the forefront of developments within our workplaces.

Finally, a significant benefit of having more members in NI trained as stewards and safety

reps is the development of those individuals that results from the education provided by the CSP. Stewards' training is often reported as containing some of the best preparation available for leadership and management roles. Whilst many members would feel that volunteering as a steward is just volunteering for additional work, in fact the personal benefits are there to be gained and work as either a steward or safety rep provides valuable CPD. Your trust has a legal responsibility to release industrial relations representatives from their normal roles to perform these duties so the work should never be additional.

We are very keen that every member in Northern Ireland considers whether they could add value to their workplace by volunteering for a steward or safety rep role. If you work with someone who you think possess the skills to represent you and your colleagues speak with them about it. Anyone who takes on these roles will be fully trained and supported by the CSP.

If you are interested in becoming a steward or safety rep to progress your career and to represent physiotherapy and physiotherapists, please make contact with Clare Ronald at: ronaldc@csp.org.uk Additionally, please discuss your interest with your line manager.



Above: The NI board at its June meeting



Above, left to right: Gillian Bingham, Catherine Burke vice chair of board, Fidelma Moran chair of board

The CSP Northern Ireland board is keen to ensure that there is tangible action and progress as a result of board meetings. Multiple working groups are in operation at present to drive meaningful projects and changes across the area. The June board meeting was open for any CSP member to attend and we really would encourage anyone with an interest in strategic activity within Northern Ireland to engage with us. For updates on the activity of the NI board keep your eyes open for regional email bulletins, *Frontline* articles and follow: @CSP_NI on twitter.

Fiona Talbot, communications officer Northern Ireland CSP board

New trustee required for the CSP Members Benevolent Fund

The MBF is looking for a CSP member who is willing to fulfil the duty of care as a trustee on the Members Benevolent Fund, and who has an interest in publicity and advertising and will be able to take on this part of the MBF's work. During 2017 the MBF will be celebrating its centenary with various events planned.

The applicant must ensure compliance with charity law, requirements of the Charity Commission, the rules, charitable purpose and objects of the MBF and must act with integrity, and avoiding any conflicts of interest. Further information about being a trustee in general is available from the Charity Commission website: <https://www.gov.uk/government/publications/the-essential-trustee-what-you-need-to-know-cc3>

The MBF is an independent charity (Charity No: 219568) working closely with the CSP to assist our colleagues experiencing financial difficulties through misfortune. The CSP MBF has 12 Trustees – up to nine CSP members, and up to four lay members who have experience and skills to compliment the work of the MBF ie social work, Citizens Advice etc.

There are five meetings per year held at Bedford Row, but arrangements could be made to join the meeting by video link from the CSP Offices in Scotland, Wales or Northern Ireland. This work is voluntary but travel and expenses are paid.

**If you are interested application forms are available from email: mbf@csp.org.uk
Applications must be received by Monday 10 October 2016.**



Members Benevolent Fund

Professional networks news



Professional networks

Courses and events from CSP recognised professional networks. Share your events here free of charge.

Send an email to networkads@csp.org.uk

Association of Chartered Physiotherapists in Neurology (ACPIN) – Kent

Kent ACPIN's first national stroke conference
Kent ACPIN are excited to host a varied programme of speakers for all the MDT. The conference content blends a wide range of physiology and evidence based research from speakers including Dr Fiona Jones, professor Jonathon Marsden and Lousie Connell. The conference will consist of six lectures with question and answer sections. Lunch and refreshments are also provided.

Date: Saturday 1 October, 9am-5pm
Place: Eastwell Manor, Ashford, Kent (Ashford is easily accessible from London St Pancras)
Cost: £95 including lunch and refreshments
Book now to avoid disappointment!
Contact: Email: kent@acpin.net for more information or for details on how to book your place. Alternatively find us on Eventbrite.

Association of Chartered Physiotherapists in Neurology (ACPIN) – Sussex

Sussex ACPIN offers a study day on 'Exercise and fitness after stroke' – with Later Life Training (see laterlifetraining.co.uk for more information on LLT)

Date: Saturday 17 September, 9.45am-3pm
Place: Physiotherapy Department, Worthing Hospital, West Sussex
Cost: ACPIN members £45, non-ACPIN members £70

This event is being subsidised for all by

Sussex ACPIN: promoting CPD in the field of neurophysiotherapy.
Format: Lectures/practical sessions
Audience: Qualified physiotherapists or exercise therapists of all grades in stroke rehabilitation.
Study day content:

- The role and parameters of practice of an exercise professional
- Responsibilities as a referrer (physiotherapist)
- Overview the best practice guidelines for exercise and fitness after stroke
- STARTER (Mead et al. 2010) an evidence based intervention for ambulant stroke
- Welcome to the world of exercise and fitness! – tailoring approaches for stroke impairments adopted by qualified EFS specialist instructors
- Principles of progression.

Contact: Miria Putkonen at: acpin.miria@hotmail.co.uk

As this is a practical course, places are limited to 15. Your place will be held on receipt of your application form and payment. Closing date: 12 September.

Association of Chartered Physiotherapists in Neurology (ACPIN) – Yorkshire

Pilates for the neurological patient
A one-day workshop designed to cover the basic principles and exercises of Pilates and their application to the neurological patient, aimed at neurological physiotherapists who are not Pilates qualified.

Presenter: Jenny Heron MCSP and Jess Adams MCSP

Tutors: Jenny Heron MCSP – Jenny Heron has 20 years of experience as a physiotherapist, and specialises in the use of Pilates based rehabilitation for her patients. She has taught Pilates classes for over 15 years and worked as a tutor and course developer for Modern Pilates for ten years, completing a PGCE teaching qualification in 2003. She is director of Physiofit, a physiotherapy and Pilates practice which runs over 55 Pilates classes per week.

Jess Adams MCSP – Jessica has been qualified for ten years and has worked for Physiofunction for the last seven, treating a range of neurological conditions. Jessica has used Pilates for her own rehab for over six years and started to use it more in her practice after completing training with APPI and Modern Pilates. She has been teaching Neuro-Pilates classes at Physiofit for four years.

Date: Sunday 27 November
Place: The Walnut Tree Physio Centre, 155a Town Street, Horsforth, Leeds LS18 5BL

Cost: £100 for ACPIN members, £125 for non-ACPIN members – to include refreshments (but not lunch). Places limited to 20, due to the practical nature of the course. No course prerequisites required.

Contact: For further information contact Heidi Thomas at: yorkshire@acpin.net

Association of Chartered Physiotherapists in Neurology (ACPIN) – Merseyside

Announcement – After a couple of years of interruption, as of April the Merseyside ACPIN committee has now been re-started! We are excited to get some events organised for ACPIN members from Merseyside and elsewhere and welcome any ideas you may have! We are currently trying to update our membership contact list so please look out for any emails from us. Also, if you are a physiotherapist with an interest in neurology then why not become a member? – please find us on acpin.net

Feel free to contact us with your ideas or questions at: merseyside@acpin.net

Association of Chartered Physiotherapists in Neurology (ACPIN) – West Midlands

Study day: Train the trainers – Effectively promoting excellence in 24-hour postural management – places are still available on this course

A fully interactive day including practical workshops, discussions and presentations relevant to the care of a wide range of neurological conditions.

Understand the essential components of postural management to protect body shape and promote good health and wellbeing. Develop skills and knowledge to train others to assist those in their care to remain safely active. Feel confident to deliver this training to groups and individuals.

Suitable for all grades of staff, particular those newer to training other healthcare workers. Places are limited to 30 due to the practical nature of the course.

Date: Saturday 17 September, 9am-5pm
Speakers: Karen Hull and Jill Fisher – specialist neurological physiotherapists

Place: Inpatient treatment area, Queen Elizabeth Hospital, Birmingham B15 2TH
Cost: £30 for ACPIN members, £55 for non-members. Includes a USB stick of training resources

Contact: For an application form please contact: nicola.condon@uhb.nhs.uk

Association of Chartered Physiotherapists in Neurology (ACPIN) – Oxford

Oxford ACPIN evening lecture – 'Tremors; science, assessment and management'

Date: Wednesday 21 September at 7.15pm

Speaker: Dr Binithe Cheeran, senior clinical fellow and honorary consultant neurologist

Place: Seminar room, Oxford Centre for Enablement, Nuffield Orthopaedic Centre, Oxford OX3 7LD

Cost: £1 ACPIN members, £3 non-members
Contact: Email: oxford@acpin.net

Association of Chartered Physiotherapists in Neurology (ACPIN) – Manchester

Manchester ACPIN in collaboration with Manchester Metropolitan University: Therapeutic handling study day

Date: Saturday 5 November, 9am-3.30pm

This study day aims to provide an overview of practice in the rehabilitation of people with neurological deficits, with specific focus upon practice of treatment techniques and critical consideration of the current evidence base.

Speaker: Deborah O'Connor, senior lecturer MMU

Cost: £80 ACPIN member (number required), £80 students (ID required), £100 non-members

Contact: For further info and to apply email: cpd.hpsc@mmu.ac.uk Web: www.buyonline.mmu.ac.uk search for rehabilitation. ACPIN email: manchester@acpin.net

Acupuncture Association of Chartered Physiotherapists (AACP)

Upcoming CPD courses

Auricular acupuncture

Date: 27 September

Place: Peterborough

Trigger points

Date: 29 September

Place: Leicester

Management of primary headache syndrome

Date: 8 October

Place: Manchester

AACP Basic acupuncture foundation courses

Expand your skillset and increase patient choice by training in acupuncture with the AACP.

Our foundation courses have been designed to offer you a level of knowledge, skill and understanding that will allow you to practise acupuncture in a safe and appropriate manner, in a clinical setting.

Dates: 26, 27 and 28 September, 7, 8 and 9 November

Place: Leicester

Dates: 8, 9, 15 and 16 October, 3 and 4 December

Place: Buckden

Cost: £495 – Including one year's full membership of the AACCP with many benefits!

To book: Visit www.aacp.org.uk > Training and Conferences > Foundation Courses or CPD Courses

Tel: 01733 390007 #3 Email: @aacp.org.uk

AACP Grants
AACCP have a number of grants available for AACCP members. For more information please contact Mindy Cairns, AACCP research advisor, at: research@aacp.org.uk or see the AACCP website: www.aacp.org.uk

Association of Paediatric Chartered Physiotherapists (APCP)
Joint annual study day for professionals in neonatal care – Protecting baby brains
An exciting study day bringing together prominent speakers from across medical, nursing and therapy professions to present and discuss current research and best practice in line with this year's theme. Keynote speakers: Dr James Boardman, Dr Colin Morgan and Mary Coughlin

Date: Thursday 29 September, 9am-4.30pm

Place: Town Hall Hotel, Patriot Square Bethnal Green, London E2 9NF

Cost: £95

Contact: Further information or to book your place go to: <http://apcp.csp.org.uk/courses-events>

Association of Chartered Physiotherapists in Neurology (ACPIN) – London

and Association of Chartered Physiotherapists Interested in Vestibular Rehabilitation (ACPVR) jointly present

Dizziness in neurological patients

Date: Saturday 24 September

Programme: 9am-9.30am Registration

- 9.30am-10.45am Anatomy and physiology of the central and peripheral vestibular systems showing scans and videos, Professor Jon Marsden

- 10.45am-11.15am Break (refreshments provided)

- 11.15am-12.30pm Vestibular assessment with a demonstration and differential diagnosis, Dr Diego Kaski

- 12.30pm-1.15pm Lunch (provided)

- 1.15pm-2.45pm Vestibular treatment, from the basics to progressions, factoring in the postural control model, Amanda Male

- 2.45pm-3.15pm Break (refreshments provided)

- 3.15pm-4pm Case studies: MS PT with central vestibular involvement, Hilary Myall. CVA with peripheral vestibular involvement, David Herdman. SCI with BPPV, Lisa Burrows

- 4pm-4.15pm Q&A

- 4.15pm Finish

Place: Basement Lecture Theatre, The Clinical Neuroscience Centre, 33 Queen Square, London WC1N 3BG

Cost: £50 ACPIN/ACPVR members, £75 non-members

Contact: Registration will be via Eventbrite at: <https://www.eventbrite.co.uk/e/dizziness-in-neurological-patients-tickets-25240410748>

Association of Chartered Physiotherapists for People with Learning Disabilities (ACPLD)

The 2016 Annual Learning event

The 2016 Annual Learning event (ALE) is being held on the 26 and 27 September at the Hilton Hotel in York. If you have not already secured your place then there is still time as the closing date has been extended to Friday 12 August. Full details of the programme and an application form are available on the ACPLD website.

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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 Study day**Date:** 18 November**Place:** Manchester**Cost:** £75 member, £100 non-member**Introduction to occupational health****Date:** 21/22/23 September**Place:** Edinburgh**Cost:** £455 member, £515 non-member**Changing health behaviours: Using a cognitive behavioural approach to achieve better outcomes****Date:** 27-28 September**Place:** Co Down**Cost:** £300 member, £360 non-member**Upper limb disorders in the workplace – Risk assessment and management****Date:** 1 October**Place:** Guildford**Cost:** £140 member, £200 non-member**Introduction to applied ergonomics****Date:** 14-15 October**Place:** Slough**Cost:** £300 member, £360 non-member**Occupational rehabilitation and work hardening****Date:** 15-16 October**Place:** Edinburgh**Cost:** £280 ACPOHE members only**Assessing fitness for work and function****Date:** 11-12 November**Place:** Glasgow**Cost:** £350 ACPOHE members only**ACPOHE courses hosted by Central Health:****Office ergonomics (DSE) level 1****Date:** 17/18 September**Place:** Central Health Network, Spondon, Derby**Contact:** Jane Fearn on tel: 01332 281411,

email: jane.fearn@centralhealth.org.uk

http://www.acpohe.org.uk/events

Contact ACPOHE: Administrator, Tracy Long, tel:

01284 748202, email: acpohe@buryphysio.co.uk

Pelvic, Obstetric, Gynaecological Physiotherapy (POGP)**Understanding pelvic organ prolapse – assessment and conservative management****Date:** 17 September**Place:** Penrith, Cumbria**Cost:** £125 POGP member/affiliate, £160 non-member**Paediatric incontinence and pelvic floor dysfunction****Date:** 29-30 September**Place:** Peterborough, Cambridgeshire**Cost:** £250 POGP member/affiliate, £300 non-member**Advancing your skills into men's health – Part 1: Physiotherapy assessment and management of lower urinary tract symptoms****Date:** 15 October**Place:** Gillingham, Kent**Cost:** £100 POGP member/affiliate, £130 non-member**Physiotherapy assessment and management of pregnancy-related lumbo-pelvic conditions****Date:** 21-23 October**Place:** Worthing, Sussex**Cost:** £275 POGP member/affiliate, £345 non-member**Introduction to physiotherapy in the childbearing year****Date:** 22 October**Place:** Bradford, West Yorkshire**Cost:** £125 POGP member/affiliate, £160 non-member, £100 physiotherapy student**Physiotherapy assessment and management of female urinary dysfunction (CSP-endorsed)****Date:** 4-6 November**Place:** Macclesfield, Cheshire**Cost:** £350 POGP member/affiliate, £420 non-member**Physiotherapy assessment and management of pregnancy related musculoskeletal conditions – advanced study day****Date:** 12 November**Place:** Stockport, Greater Manchester**Cost:** £125 POGP member/affiliate, £160 non-member**Physiotherapy assessment and management of lower bowel dysfunction – a practical skills-based workshop****Date:** 27-29 January 2017**Place:** Chertsey, Surrey**Cost:** £325 POGP member/affiliate, £395 non-member**Contact:** For further details of the POGP short course programme or to download an information pack for any of the above courses, please visit the POGP website at: <http://pogp.csp.org.uk/courses-events>Contact our course administrator at: pogpcourses@yahoo.com

Follow us on Twitter: @ThePOGP

Check out: pogp.csp.org.uk for information on bursaries and funding opportunities.**Forthcoming courses for autumn 2016**

Dates to be confirmed shortly

Advanced pelvic floor course

In depth assessment, differential diagnosis and advanced treatment techniques for complex female pelvic pain and pelvic floor muscle dysfunction

Introduction to physiotherapy in the childbearing year

Please contact the course administrator to register an interest in any of the forthcoming courses, details will then be sent once the dates are confirmed.

Association of Chartered Physiotherapists in Sports and Exercise Medicine (ACPSEM)**Membership**

For just £55 per annum full members enjoy the benefits of a strong network of sports physios, three sports journals online, a structured CPD pathway supported by a suite of evidence-based training courses in taping, soft tissue and rehabilitation, and discounts with more than 20 companies. Student membership £21.

Clinical reasoning exercise and performance rehabilitation**Dates:** P1 24-25 September

P2 15-16 October

Place: Holme Pierrepont, Nottingham**Cost:** Fees from £200/weekend**Optimal loading in sport****Place:** Titanic Centre, Belfast**Date:** 6-7 October 2017**Autumn study day: 'Technology in sport and rehabilitation'****Date:** 5 November**Place:** University of Cardiff**Cost:** Early bird rates apply / fees from £80**Contact:** See: www.physiosinsport.org/courses.html**Soft tissue techniques, part 2****Date:** 19-20 November**Place:** The London Royal Hospital**Cost:** From £200.**Musculoskeletal Association of Chartered Physiotherapists (MACP)****Athletic screening and programme design, reducing injury risk and aiding performance****Date:** 25 September**Place:** Nuffield Vale Hospital, Vale of Glamorgan**Cost:** £110 per member, £120 non-members**Contact:** For more information or to book please go to www.macpweb.org**Spinal masqueraders study day**

Spinal masqueraders course is a highly interactive case study based day designed to help with the awareness, clinical reasoning and management of the five most common spinal masqueraders seen in physiotherapy practice.

An interactive three-day course aimed at senior physiotherapists and new ESPs

An interactive three-day course aimed at senior physiotherapists and new ESPs with limited radiology background, wanting to learn more about requesting and basic interpretation of musculoskeletal imaging in practice. Day 1: Lumbar spine. Day 2: Shoulder. Day 3: Knee. You can choose to do one, two or three days.

Date: 7, 8 and 9 October**Place:** Nuffield Health, Epsom**Cost:** One day: £110 MACP members; £120 non-members

Two days: £220 MACP members; £240 non-members

Three days discounted: £300 MACP members; £330 non-members

Contact: For more information or to book please go to: www.macpweb.org**Lower limb update – MACP AGM****Date:** Saturday 12 November, 1pm**Place:** King's College London, Strand

Campus, London WC2R 2LS

Cost: £50 MACP members, £70 non-members

The afternoon includes:

- principles and practice of manual therapy for sensorimotor control of knee functional joint stability after acute knee injury and surgery
- management of achilles tendinopathy: aetiology, risk factors and rationale for treatment
- athletic screening and programme design: reducing injury risk and aiding performance.

Facilitators: Dr. Nick Clark: knee consultant physiotherapist, senior lecturer in sports rehabilitation at St. Mary's University,

London; Seth O'Neil: physiotherapy lecturer and PhD student at the University of Leicester; Simon Noad: head of academy science and medicine for West Bromwich Albion Football Club

Contact: Book online at: www.macpweb.org**British Association of Hand Therapists (BAHT)**For the most up to date information on BAHT accredited courses see: www.hand-therapy.co.uk

and follow @BAHTEducation

Level I courses**Place:** Dublin (Hand Dynamics)**Date:** 16-18 February 2017**Place:** London (NES)**Date:** 10-12 May 2017**Place:** Derby**Date:** 11-13 October 2017**The PIP joint****Place:** St George's Hospital, London**Date:** 7-9 September**Contact:** Web: www.neshands.co.uk**Splinting****Place:** Dublin (Hand Dynamics)**Date:** 22-24 September**Contact:** Email: handdynamics@eircom.net**Radiographic imaging of the hand****Date:** 19-21 October**Contact:** Email: melanie.arundell@nhs.net or tel: 01332 786964**The wrist****Place:** London (NW11)**Date:** 7-9 December**Contact:** Web: www.neshands.co.uk**Level III courses****Contemporary practices in injection therapy – MSc module****Place:** University of Nottingham**Date:** Eight days attendance between 17

October and 13 December. >

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British Association of Chartered Physiotherapists in Amputee Rehabilitation (BACPAR)

BACPAR 2016 Conference and AGM 'Supporting the challenging patient'

The 2016 BACPAR Conference and AGM will be held in Liverpool on 10 November. The content of the 'Supporting the challenging patient' theme aims to develop the delegate's skills and knowledge for the management of the individual that has undergone amputation and presents with additional problems.

Place: BT Convention Centre, ACC Kings Dock, Liverpool Waterfront, Liverpool Merseyside L3 4FP
Contact: If you have any questions please email: bacparpro@gmail.com

Chartered Physiotherapists Working With an Extended Scope of Practice (ESP)

ESPPN Lower limb study day – Managing complex lower limb conditions in ESP practice

Date: Friday 30 September

Place: The Hilton Hotel, Manchester Airport Outwood Lane, Manchester M90 4WP
 Book online at : www.esp-physio.co.uk/courses/20

Cost: Early bird offer: £80 members only (until end of August, then £95), £120 non-members
Radiology workshops

Workshop sessions are filling up! Delegates will attend two sessions only:

Session 1. 11.30am-12.10pm
 Session 2. 12.15pm-12.55pm

Can you please confirm your choices in order of preference ie 2,3,1,4 (see below). As places fill up we will have to allocate you accordingly to balance sessions. The earlier you book and confirm the better chance of securing your preferred choices!

1 – Systematic approach to image viewing, Gulraiz Ahmed

2 – Understanding MRI of the Knee, professor Waqar Bhatti

3 – Ankle ultrasound, Dr Reda Braham

4 – Radiology of the hip, Dr Pascal Demaine.
 Please confirm your choices to: esp-physio@outlook.com

(If you do not confirm, we will allocate you to sessions of our choice)

Present a case study

If you would like to submit a case study to present on the day, please complete a case submission form. The deadline for submitting is Friday 29 July. We will then inform you within two weeks whether you have been selected.

Case study presentations will be for a maximum

of five minutes and you may use a maximum of five powerpoint slides. These will be required approximately two weeks prior to the event.

All responses to: research@esp-physio.co.uk

Contact: Any questions please contact: esp-physio@outlook.com

If you are interested in joining our group for only £25 go to: www.esp-physio.co.uk

Chartered Physiotherapists Working With Older People (AGILE)

AGILE Regional study days 2016: Exercise and fitness for clinical and specialist populations – Evidenced based exercise programmes in practice

Date: 24 September

Place: Sherwood Hall, Nottingham City Hospital, Nottingham

Contact: Bhanu Ramaswamy at: physiotherapy.thirdage@gmail.com

Date: 29 October

Place: Whitefield Day Hospital, Queen Margaret Hospital, Dunfermline KY12 0SU

Contact: Janet Thomas at: janethomas@nhs.net

Cost: The cost per delegate is £50 for AGILE members; £65 for non-members

Contact: Full details on particular AGILE course via organiser or on AGILE website at: <http://agile.csp.org.uk/network-events>

AGILE learning event 'Managing dementia: the Allied Health Professionals' role'

Date: Saturday and Sunday 8-9 October

Place: Great North Museum: Hancock, Barras Bridge, Newcastle upon Tyne NE2 4PT

This AGILE learning event will focus on the role of allied health professionals across the full biopsychosocial scope of managing dementia and the AHP role in providing personalised dementia care. Delegates will have the opportunity to explore the most up to date policy, research and practice insights related to caring for someone with dementia and a chance to reframe how AHPs deliver dementia care to ensure the person with dementia is at the centre of all care and support planning.

Keynote speaker: Professor Lynn Rochester, speaking on 'Gait, cognition and falls – a clinical challenge.'

Other presentations include: neurobiology of dementia, gait and cognition, Parkinson's dementia, hip fracture recovery, pain management, personalisation, end of life care, and the role of the carer. Workshops will be held on multidisciplinary team approaches and psychotherapy and dance.

Contact: To book and to see the

full programme, go to: <http://www.andrewsimscentre.nhs.uk/events/607/managing-dementia-the-allied-health-professionals-role/>

Association of Paediatric Chartered Physiotherapists (APCP)

Wales region CPD session – Pilates for children

Date: Saturday, 5 November

Place: Glan-Irfon Health and Social Centre, Builth Wells LD2 3DG

Cost: £20 APCP members / £25 non-members
 Practical workshop facilitated by Helena Webb looking at how to plan and structure children's Pilates sessions including how to adapt exercises for different age groups

Contact: Further information or to book your place: <http://apcp.csp.org.uk/courses-events>

Medico-legal Association of Chartered Physiotherapists (MLACP)

MLACP Introduction to Medico Legal Work

This course will be of interest to any physiotherapist who wishes to be involved in medico-legal work. This introductory day will involve legal systems, civil and criminal, difference between Causation and Liability and Quantum, Part 35 of C.P.R. and legal aspects of physiotherapy report writing such as 'the role of an expert in the context of access to justice' and 'being a medico-legal expert'. There will also be specific lectures on how to write a catastrophic injury quantum report and musculoskeletal quantum and causation and liability reports

Date: Monday 3 October

Place: Withy King Solicitors, Robert Adam Room, Chandos House, 2 Queen Anne Street, London W1G 9LQ

Course leader: Lorna Stybelska

Speakers: Stuart Brazington, partner, Withy King LLP; Tracy Norris Evans, partner, Withy King LLP; Sarah Daniel, physiotherapist; Rob Swire, physiotherapist; Cathy Kwan, physiotherapist

Cost: £60 members, £95 non-members (max 50 delegates)

Contact: For programme details and an application form please go to: <http://www.mlacp.org.uk>

AGM/Winter conference: Case law and role of physiotherapy experts

- Update on changes in Case Law
- MedCo Evaluation
- Reviews of physiotherapy reports in settled cases – Quantum, liability and criminal

Date: 18 November 2016, 9.30am-4.15pm followed by drinks reception

Place: 14 Bedford Row Chambers, London WC1R 4ED

Course leader: Lorna Stybelska

Cost: Members: £50, non members: £85, CSP students: £40 (must provide CSP membership No.)

Contact: For programme details and an application form please go to the MLACP website: <http://mlacp.org.uk>

Association of Chartered Physiotherapists in Energy Medicine (ACP EM) – Craniosacral therapy group

Richmond Stace MCSP MSc BSc Pain coach programme

Richmond Stace is a physiotherapist who specialises in persistent and complex pain. His background is pain neuroscience, physiotherapy, rehabilitation, nursing and craniosacral therapy. Blending pain science and philosophy with craniosacral therapy, the whole person approach to pain. Complex and chronic pain is at the heart of a great deal of suffering. Our understanding of pain and how it can change has progressed significantly, creating an opportunity to be more effective as a clinician. The Pain Coach Programme emerges from the latest pain sciences and philosophies, blended with strengths-based coaching to give the individual the knowledge and skills to overcome their pain, thereby creating the conditions for healthy change towards a meaningful living. The principles can be applied to other therapies and will be explored practically during the day..

Date: 15 October

Place: Chedworth Village Hall, Chedworth, nr Cirencester GL54 4NE

Cost: ACP EM members £60, non-members £75

Contact: Anne Stevens, tel: 0208 050 6232, email: annepia.stevens@ntlworld.com

Physiotherapy Pain Association (PPA) Sleep and pain

This course introduces the theory and evidence base for a cognitive behavioural approach to pain-related sleep problems. The assessment of sleep problems is linked to individualised treatment planning and there is emphasis on practical skills development. This course is targeted at all physiotherapists who aim to enhance their knowledge and develop skills to support patients with pain-related sleep problems.

Tutors: Andrew Green and Pete Gladwell

Date: Saturday 1 October, 9.30am-4.30pm

Place: Manchester and Salford Pain Centre, Salford Royal NHS Foundation Trust, Stott Lane,

Salford M6 8HD

Cost: PPA members £90, non-members £100

Contact: For further information and an application form, please apply to: Kate McAllister, email: ptecourses@gmail.com
 Closing date for applications: Friday 23 September. Places are limited: please apply early to avoid disappointment.

Association of Trauma and Orthopaedic Chartered Physiotherapists

ATOCP 2016 Annual conference

#ATOCP2016

The ATOCP is excited to announce the 2016 conference will be held at Wolfson College, Oxford on 26 November.

- Session 1: The future of trauma and orthopaedic rehabilitation: Prof Keith Willett, prof Sallie Lamb, associate prof Karen Barker.

- Session 2: Orthopaedic research update: Dr Esther Williamson, Dr Anna Schmidt, Dr David Keene, Loretta Davies, Dr Liz Tutton, Dr Neil O'Connell.

- Session 3: CPD Session: Dr Rebecca Kearney, Dr Mark Williams.

- Session 4: Hip precautions: Dr Toby Smith. The debate: Hip precautions after surgery – For the abolishment: Jane Harrison and Mr Daniel Skinner; against the abolishment: TBC.

Contact: For information please see our website: <http://atocp.csp.org.uk/conference2016>
 Twitter: @physioATOCP or email: ATOCPEvents@gmail.com

Other groups news

The James Lind Alliance (JLA) Scoliosis Priority Setting Partnership (PSP).

The JLA brings together patients, carers and health and social care professionals in Priority Setting Partnerships (PSPs) to agree what research matters most in given healthcare areas. This Priority Setting Partnership will identify important uncertainties in the diagnosis and management of scoliosis in people of all ages.

The PSP is led and managed by a steering group of people with personal and professional experience of scoliosis including patients, carers and clinicians, and is chaired by the JLA.

The aims and objectives of the Scoliosis PSP are to:

- work with patients, carers and clinicians to identify uncertainties about the diagnosis and management of scoliosis

- agree by consensus a prioritised list of those uncertainties, for research
- publicise the results of the PSP and process
- take the results to research commissioning bodies to be considered for funding.

In order to achieve these aims, organisations and individuals will be invited to take part, representing the following groups: people who have scoliosis, carers of people who have scoliosis, medical doctors, nurses and professionals allied to medicine with clinical experience of scoliosis.

Methods and timing: An online survey will be used to gather questions from people with scoliosis, their carers and healthcare professionals. The responses will then be analysed and checked against existing evidence. Once a long list of verified unanswered questions has been identified, a process of prioritisation will begin. The end result will be a top 10 list of questions that people with scoliosis, their carers and healthcare professionals want researchers to address.

How you can help: We wish to reach a wide and diverse range of people: patients, carers and guardians, clinicians and healthcare professionals, and we will provide you with information and materials to help us to do that.

For details of the online survey please contact email: sandra.regan@ouh.nhs.uk

Info exchange

Postural Assessment Survey

The research and its relevance: We want to find out whether manual therapists are using postural assessment when treating patients with back and neck pain and if so, what methods they use and which specific aspects of posture they measure. Postural assessment may form an integral part of the assessment process used by many physiotherapists, yet visual assessment lacks objectivity and data cannot easily be shared, making it difficult to assess the relationship between posture and pain, or to accurately monitor change.

Aim of the study: The purpose of this survey is to gather information about the use of postural assessment by manual therapists, including physiotherapists.

How you can help: You are invited to complete an anonymous, 11-question online survey that takes approximately three minutes to complete. To complete or share the survey please contact Jane Johnson at email: j.c.johnson@tees.ac.uk ➤

Army School of Massage/Physiotherapy 1905-1977

Can you help? I am researching into the history of the Army School of Physiotherapy with the help of former students. Most of them trained between 1955 and 1977. There are two noticeable gaps in my research so far: 1920-1926 and 1940-1954. If through any research you have undertaken, you trained at the Army School Netley or Woolwich (civilian or service) or you have worked as a civilian at a military hospital and can provide me with any further information I would be grateful if you could contact me at email: l.asplin@btinternet.com

Clinicians, we need 10 minutes of your time

Greater acceptance of chronic pain is associated with less distress and disability. Pragmatically, however, the idea that one might want to be more 'accepting' of chronic pain runs contrary to common sense. Pain @ Neuroscience Research Australia are developing a questionnaire examining the role of acceptance in chronic pain. We are looking for 200 clinicians to answer a 10 minute questionnaire. To get involved email: m.rabey@neura.edu.au

Charity news / events

Physio students help hockey players in 56-hour game



Physio students provided support to hockey players in a 56-hour match which raised £13,000 for charity and could turn out to be a world record beater.

Over four days in July, 32 hockey players from local teams took turns to compete in the game in Chelmsford, Essex, while volunteer physio students provided massage and first aid.

The money raised will be split between Chelmsford Hockey Club and local Farleigh Hospice. Meanwhile the games' organisers are

waiting to hear from Guinness World Records if the match will go down as the longest hockey game in history.

Natalie Davis, (pictured above with Letitia Chapple) a physiotherapy MSc student at the University of Essex, who organised the team of volunteers, described their work as a great achievement.

'Special thanks go to Letitia Chapple, my colleague and CSP student representative,' she said.

'The support and help I received from her was second to none. But this goes in hand with the rest of the volunteers who travelled from all over to help at this event. Everyone worked very hard keeping the players fit for the challenge.'

Ms Davis told *Frontline* that the physio students came from a variety of universities, including Essex.

She added that the effort made by the players was equivalent to running several marathons each and playing more than a season's worth of matches in one go. They had to stay on the pitch throughout the game, camping at the ground and catching sleep during the short breaks as they rotated on and off the pitch.

CSP Retirement Association



CSP Retirement Association

News and information from the CSPRA. Upcoming meetings, events and also details of get-togethers in your area.

Contact Sue Russell at: news4sue@keleus.com

Healthwatch

Healthwatch is working towards a society in which people's health and social care needs are heard, understood and met. It was set up by the government to ensure everyone can have a say about health and social care services

in their area. As it covers all health and social care services in England, the potential scope of the work is vast. The aim is to be a powerful advocate for services that work for people, to bring people's views to the heart of national decisions about NHS and social care. Local Healthwatch groups aim to provide information about local services, signpost independent complaints advocacy and to listen to the views of local people about services and to make sure that these are taken into account when services are planned and delivered, by knowing what works and what doesn't. There are opportunities for volunteers to become involved with this important work.

Judith Saunders volunteered to work for Healthwatch York. I asked her why she joined the team. She explained that after retiring, she felt she needed something to fulfil a need to be useful in her community. Her role in Healthwatch is as a community champion, visiting a local church community café gathering information about local services and feeding back issues to York Healthwatch. She is also on the Enter and View Team, visiting care homes with York Council. There she chats to residents, relatives and staff and listens to their concerns. This forms part of the CQC reports. She says that residents with dementia can be most challenging but also very rewarding, with wonderful stories about their early lives in York and some who worked at the chocolate factory.

These visits can lead to positive outcomes. Judith explained that a relative of a care home resident had come forward to say that care workers were away from residents in the mornings because they had to do the residents' laundry, taking them away from care duties. Healthwatch recommended the employment of a laundry worker which resolved the problem. Another example is that a wheelchair users' forum has been set up in York following a Healthwatch survey.

No special skills are required to become involved with your local Healthwatch other than an interest in people and a desire to help. A detailed induction and role related training is provided. Judith told me that the training is very good. There are lots of different roles to suit different skills. For example, Judith explained about a readability group which checks that hospital information leaflets are expressed in plain English. Volunteers can help people with information, with research and engagement, with office support and with overseeing strategic directions through the leadership group. The time commitment is as much

or as little as an individual has available.

Healthwatch teams have been established throughout England. Details of your local branch can be found on the internet at: www.healthwatch.co.uk who would be pleased to hear from you if you feel like giving some time to helping your community in this way.

CSPRA AGM and Meeting

Date: 7 November 2016, 10.30am

Place: CSP 14 Bedford Row, London WC1R 4ED – Arrange to meet your physiotherapy friends in the council room, Chartered Society of Physiotherapy, Bedford Row for the CSPRA AGM and study day.

Cost: £15 which includes a sandwich lunch.

We have a day of interesting speakers:

Karen Middleton CBE chief executive of the CSP will give a presentation of 'Physiotherapy in practice today', and answer your questions – Rachel Maskell MP, physiotherapist and Labour Member of Parliament for York Central, shadow secretary of state for the Environment, Food and Rural Affairs, and Alison Clayton Turner, physiotherapist, will present on Dementia Friends.

Contact: Please post application form and your cheque for £15 made out to CSPRA, to: Lyn Ankcorn, 23 Swarthmore Road, Selly Oak, Birmingham B29 4NQ. Application forms to be found on iCSPRA, *Frontline* (6 July p46) or requested from Lyn Ankcorn.

Lyn Ankcorn is happy to take any enquiries by phone on tel: 0121 475 2612, mobile: 07798 525 822 or email: ankcorn@csp.org.uk or email: lyn.ankcorn@virginmedia.com

Yorkshire and Humber Group

Date for your Diary! Thursday 1 December



Our next meeting in York, 11am to 3pm. Light lunch and visit to the Treasurers House. Details later. Look forward to seeing you all again. *Judith Saunders*

Reunions

Sheffield Polytechnic 1978-1981

If anyone out there is still thinking about joining us on Saturday 10 September, there's still time to let me know. We will walk in the morning, in beautiful Derbyshire countryside, and eat at lunch and in the evening. Come and join us for all, or part of the day. Please email Nikki Adams at: n.adams@adamsneurophysio.org.uk (originally Bramson) for more details.

Middlesex Hospital 1984-1987

2017 will be our 30 year anniversary of our three years at Arthur Stanley House under the watchful eye of Miss Coggins. Where did the time go? Anyone interested in having a reunion next summer? If so, please contact Sally Schofield (was Durnford) at: schofields815@gmail.com and if enough are interested I'll plan something.

Withington Hospital School of Physiotherapy 1967-1970

A group of us will be meeting for lunch in central Manchester on Thursday 6 October. If you have been out of touch & would like to join us please email: judithbentley@hotmail.co.uk for the details.

Robert Jones and Agnes Hunt Orthopaedic Hospital 1961-1966

This year it is 60 years since we qualified! Where have the years gone? To celebrate, we are holding a reunion in London at the Wallace Collection on Saturday 5 October between 10am and 5pm. For more information please contact either Chris Vanstone (Morrison) or Joan Gabbett (Keymer) via email at: chrisvanstone@icloud.com or at: joan.gabbett@yahoo.co.uk

Cardiff School of Physiotherapy 1973 - 76 set

Ever wonder what everyone is up to now?? It is over 40 years since we were let loose on the world as fledgling physios! We arrange a get-together every year or so for lunch somewhere in Cardiff This year the lunch is planned for Saturday 10 September – venue TBA. Lots of laughs as we reminisce – guaranteed! We would love to see us all reunited again – so please get in touch. Email me, Jan Short, at: dulaspt@hotmail.com or tel: 01686 412471.

Guy's Hospital School of Physiotherapy C set 1972-1975

Nine of us got together last year for a 40-year reunion. We had lunch at an Italian restaurant in London then a boat trip up the River Thames, including a quick trip to Guy's. It was fun to catch up after so long and we are organising another get together this year. We plan to meet on Friday 21 October in London, with lunch then possibly a visit to the Sky Roof Garden. We would love to see more of the old set so if you would like to join us please contact me at: lizzdeller@blueyonder.co.uk We look forward to hearing from you. *Liz Deller (nee Meire)*

Royal Infirmary of Edinburgh 1966-69

In October this year it will be half a century since we started our training. Is there anyone interested in getting together to celebrate – possibly in Edinburgh in November. Please contact Jenny Currie (nee Dowie) at: jennmcurrie@gmail.com

Normanby College, Kings College Hospital 1986-1989

It's 30 years since we first met! I saw Chris and Nina at a conference the other day and we decided it was time for a reunion. The plan is to meet Sunday 2 October in London, the venue will depend on numbers. If you would like to be part of the gathering please contact me Alison Booth (nee Tomlinson) initially via my email: alison.booth@yahoo.co.uk

Manchester Royal Infirmary physiotherapy reunion for year 1978-1981

Hello, it's nearly 35 years since we qualified! Is anyone interested in a reunion? Please contact me and we will look to arrange! Alison Colwell email: alihunt21@hotmail.co.uk

Nottingham School of Physiotherapy class of 1983-86 – 30 years

We could not let this landmark date pass without celebrating those heady days in Nottingham in the mid-1980s! Are you up for getting together? Come and celebrate with us. We hope to meet for a Saturday in October or November. Will work out location and activities once we know where people are living. All welcome. Please email Ruth ten Hove (nee Dubbey) and Dean Phillips at: dean@timberlandphysio.co.uk ➤

Normanby College, Kings College Hospital 1981-1984

This year it is 35 years since we started training! It is also 15 years since our last whole set reunion. Would anybody be interested in meeting up this year – possibly September/October? We are also going to send out letters to the addresses that we have from 15 years ago – obviously many could well be very out of date so please pass this on if you are in contact with anyone you know who is not working and receiving *Frontline*. Please get in touch if you are interested. Once we have some response and an idea of numbers we can think about location etc. Would be great to hear from you. Contact Alison Hodgson (nee Pilling), email: alih.sher@hotmail.co.uk or Sara Sandford (nee Croot), email: sara@sandford.me

Pinderfields 1996-1999 Reunion

It is 20 years since we all first met! We are having a reunion where it all began in Wakefield on Saturday 17 September. Please get in touch even if you can't make it as we are trying to track the whole year down. Contact via Nathan Humphries on email: nathanhumphries@hotmail.com Hope to see you all there!

Coventry University School of Physiotherapy, class of 1988-1991

As it is 25 years since we qualified we are getting together in Coventry for lunch and an



Thinking of having a reunion?

Need to contact old friends?
Send an email to
networkads@csp.org.uk

Don't forget... after your reunion has taken place, send *Frontline* a photo and tell us about it!

afternoon catching up on Saturday 26 November. Some of us will stay overnight on the Saturday night.

Please spread the word to any physios from our course who you are still in touch with, or can manage to locate.

If you'd like to join us please email me to book a place, as we need to pre-order our meal and pay a £10 deposit. Looking forward to seeing you! Jill Davis (nee Bowerman) email: jilldavis685@yahoo.co.uk

Middlesex Hospital School of Physiotherapy – 1966-1969, April set

It is 50 years this year since we began our training. If you are interested in a get-together to celebrate and reminisce please contact Geraldine Mann (nee Oldring) at: geraldine.mann@btinternet.com or on tel: 01225 706148. I look forward to hearing from you.

Royal Orthopaedic Hospital, Woodlands Set 45 1973-1976

40 years since we qualified! It seems a good milestone for a reunion. If interested, we could arrange something for autumn. Please contact Debbie Stokes at: debstokes@hotmail.co.uk How exciting!

The Guy's Hospital 30 year reunion E and F sets

The Guy's Hospital 30 year reunion for E and F sets will be held on Saturday 1 October in Oxford. Pub lunch, walk, tea etc. All welcome. Please email Liz Ellis at: lellis52@hotmail.com for details.

Royal Orthopaedic Hospital Woodlands 1983-1986

Any one interested in meeting over the summer in Birmingham to celebrate 30 years? Please contact Fiona Harding (nee Johnson) or Pat Chapman (nee Leckenby). We would love to hear from you. Email please to: fiona.fm.harding@talk21.com or: trish.chapman147@googlemail.com

University of Northumbria 1993-1996

Class of 96 reunion at the Five Swans (Weatherspoons) in Newcastle is booked for lunch from 12.30pm Saturday 24 September. Please pass this message on to people who you are still in contact with. Please get in touch via email to Nicola Idowu (nee Henderson) at: nichen74@yahoo.co.uk

or see the Facebook page at: <https://www.facebook.com/groups/943057765730497/?fref=ts>

The Royal Orthopaedic Hospital School of Physiotherapy – 'The Woodlands' 1969-2

It is 43 years since we qualified and, while some of us are in contact, we have never organised a set reunion. If you are interested in meeting up sometime during the summer of 2016 please email me, Marilyn Andrews, at: m.p.andrews@keele.ac.uk It would be lovely to catch up with everyone after all this time.

United Liverpool Hospitals School of Physiotherapy 1977-1980

Hello! I was wondering if after all this time you'd like to meet? If you would, contact Karen (McLoughlin) at email: ladylittler@gmail.com Please share with tutors et al: Eileen Thornton that includes you!

St Mary's Paddington Class 1971-1974

Anyone out there from class 1971-1974 who would love to meet and catch up? Contact by emailing: lesrust@gmail.com

Kings College Hospital 1966-69 October set

A reunion has now been organised for Saturday 15 October, 50 years after we started our training, and six of us are now going to meet up in London. We are really looking forward to meeting up after all this time and we'd be really pleased if more of the set could join us. Please contact me at: carolyn@beavisnet.co.uk if you are interested. Thank you so much. Carolyn Beavis (nee Gray)

Prince of Wales (POW) Set A 1966-69

Remember us – Angela Hancock-Martin, Jenny Eve, Marion McKenzie, Anne Brown? We hope to get in touch with Elaine Slater, Prunella Patel, Tina Laflin, Sue Frankel and perhaps others from Set A for a possible get-together this year, or just to hear how the passing years have treated you! Please contact: angecourt@googlemail.com and/or: awbrown15@gmail.com Hope to hear from you.

Bradford Hospitals School of Physiotherapy Set 1974-1977/8

It has now been more than 40 years since we all met in Bradford to start our physio training. Jill, Mary, Mary, Liz, Janet and Barbara shared a weekend in 2015 and plan to reunite this year.

We all wish to widen the circle by inviting everyone from our year to join us and meet

this year. We plan to meet in Bradford over a weekend to revisit old haunts and local Yorkshire beauty spots – time and exact location yet to be decided. It would be great to hear from you. If you would like to join us, please contact Jill Cooper (nee Emery) at: jill.cooper@hotmail.co.uk or Barbara (nee Sharp) at: barbara.marsland@gmail.com

Northern Ireland School of Physiotherapy – Belfast 50th anniversary reunion

We have continued to meet since our reunion and are now planning the 50th reunion of our qualification in 1964, which will take place at a suitable date in 2017. We hope to have another luncheon party this spring so if any other physiotherapists would like to attend please get in touch with me at: jarcherphysio@aol.com

Nottingham School of Physiotherapy

We are planning a reunion for the Nottingham leavers from 2001 in 2016 – it will be 15 years since we qualified. There are still people we have not been able to track down email addresses for – Darren, Cath, Carl, Nicky, Sue, Carol. If this is you please contact me at: rfieldhouse78@hotmail.com

School of Physiotherapy, Withington Hospital Manchester 1973

Lenia from Nicosia, Cyprus would like to get in touch with friends from the school of physiotherapy, Withington Hospital Manchester 1973 intake. Email: elenidracopoulou@gmail.com

Edinburgh Royal Infirmary 1963-1966

Anyone out there still working? Fancy meeting up? Email me on: madelinesg14@tiscali.co.uk or tel: 01992 586659.

West London School of Physiotherapy

John M B Long would like to hear from ex-students who were there in the 1950s. Email: jmlongahotmail.com

West Middlesex Hospital School of Physiotherapy 1975-1978

Reunion? I now have contact with 14 students/physiotherapists from our set, but some are still 'missing'. Are you 'one of us', or do you know someone who graduated from West Middlesex 1978? If so, please contact Lars Andersen on email: la-and@online.no

Salford School of Physiotherapy, Hope Hospital 1974-1977

It's a long time since we left Salford. If you are interested in a reunion or just a catch up by email, please get in touch with Jane Heyer at: janeheyer@rocketmail.com

Royal Orthopaedic Hospital 'The Woodlands' – 1969-72 reunion

What a wonderful reunion! A few of us have stayed in touch over the years but this was our first 'set' get together since we qualified in November 1972. The intervening 44 years had not altered the feeling of closeness and camaraderie we had when we were all students at the Woodlands.

We met in Birmingham in May 2016 and had an amazing time. We shared photographs and great memories, remembering our time in Elizabeth Cadbury House and our respective flats, the student parties and our acting debuts in the finalists' review. We reminisced fondly about our teachers and especially our good fortune to be taught by the inspirational Joan Cash. We also remembered our Wednesday afternoons of sporting activities at the Birmingham Athletic Institute and the practice of half days of clinical education, eating packed lunches on the busses to our clinical placements.

It was really interesting to hear about each others lives, our families, the different directions our career pathways had taken and finding that the vast majority of us were now enjoying retirement.

Even though it was so long ago, I truly believe the 'Woodlands experience', led by the Principal, Miss Brenda Horsfall, prepared us for a world of change by giving us an excellent theoretical and practical grounding in the core areas of practice, instilling in us the all-important values and attributes of the profession.

Trains and other commitments brought our reunion to a close but we want to meet again later in the summer to continue where we left

off. Many thanks to everyone for making this reunion such a success and I hope that, before we meet again, we are able to track down the members of our set who we have not yet been able to contact.

Professor Marilyn Andrews

United Birmingham Hospitals School of Physiotherapy 1966-1969

Seven of us celebrated 50 years since we started training! We enjoyed the sunshine in Stratford upon Avon, visiting local sights and a trip on the river whilst catching up on news and recounting our student and working days. If you remember us and want to join us on a future occasion please contact Janet Whittaker (nee Warner) rodgerwhittaker@btinternet.com or Sheila Wood (nee Staite) woodsheila@btinternet.com. You would be very welcome.

The Glasgow Queens College class of 81

We recently celebrated 35 years in physiotherapy in Glasgow. Here are some of the old girls and boy! We all had a great time and look forward to the 40th!



We have created a facebook page 'Queenscollege35' so if any of you have escaped our hunt for you, join us to see more photos and catch up from the day.

Susan Clunie, Jillian Craig and Irene Caddie >

Obituaries

Jean Sugden MCSP (nee Bertie) June 1959 - February 2016

Jean qualified from the Royal National Orthopaedic Hospital (RNOH), Birmingham, Set 49 (1977-1980). Post qualifying Jean returned to her home city of Plymouth where she worked in the NHS for her entire career.

Post the then customary rotations, Jean specialised in amputee rehabilitation and prosthetics. In 1990 she moved into a brand new purpose built regional centre covering Plymouth, Cornwall and the Isles of Scilly. As well as prosthetics Jean locally led in the field of wheelchair assessment and specialist seating. Jean was one of the first providing community based clinics and home based services for amputees across Cornwall and Plymouth. She clocked up thousands of miles in her career, in which she dedicated time traversing the geography of Cornwall to provide services closer to home for the patients she served.

Jean, was a housemate during our three years training with Sharon Peck (nee Boddington) and Angela Torsh (nee Clarke). Sharon's words reflect our combined experience:

'I can honestly say that I have never laughed so much in my life as I did with Jean during those very happy, formative years. At a time that we were all just beginning to experience the wide world, the friendships and comradeships that we made in our training helped to form us, not just professionally but as developing adults. Jean had an easy going, gentle way that put many irritations into perspective and made me value the simple pleasures in life. She had a huge heart in a tiny body and a massive humour and intelligence.

I remember how she admitted drinking three pints of water and subtly pushing herself up onto tip toes at our entry medicals in order to squeeze through the minimum height and

weight restrictions. What a silly rule that was! Jean was living proof that the best physios are made with compassion, intelligence, inventiveness and integrity not brawn.'

The Set of 49 has provided physiotherapy services across the UK and the world. Our principal Miss Eva Jahn, and Miss Kelly created our united attitude and common goal of giving nothing less than 110 per cent to our patients. Jean was the epitome of that best.

In February 2016, Jean peacefully died after an 18-month struggle with lung cancer. She will be sadly missed by her Set 49 colleagues. She is survived by her husband Andy and daughter Bex.

Natalie Beswetherick OBE MBA FCSP
On behalf of Set 49

Jane McAuley (nee Walters, formerly Heighway)

19 September 1953 - 17 May 2016

Jane had a very happy childhood in Gatley and Cheadle Hume, where rollerskating, cycling and tennis were regular activities. She was very proud of her senior school – Cheadle Hume (M.W.A.C.O.S) – where she continued to be very sporty and made and stayed in touch with many friends. In 1972 she started her physiotherapy training at Manchester Royal Infirmary. She stayed in close contact with her physio year group throughout her life or 'the sisterhood' as they became known! Her first job was at the Withington in Manchester then onto North Shields (now called North Tyneside). She moved to Wiltshire with her partner Paul in 1992 and took up the post of Superintendent of Chippenham physiotherapy services where she continued her long successful career.

She was unbelievably knowledgeable, especially about her specialist subject neurology. For her recent memorial service we asked her colleagues and friends for their thoughts and comments and they consistently described her as conscientious, kind, fair, a great communicator, approachable, full of

energy, good common sense, realistic and dependable. As a previous chairperson of the Bath branch of physiotherapists she tirelessly promoted the profession. She was loved by patients and staff, and well respected within the medical community and hospital management services. She always worked extremely hard and went the extra mile especially when working at the Young Disabled Unit in Chippenham. Her colleagues and friends called her 'the Duracell bunny'.

She married Terence in Bath on 23 October 2003. They both loved travelling in 'their Traction' to Citroen car rallies in and around the UK and Europe. She had so many talents both in the medical world and 'out of the office'. Outside of work she enjoyed playing the piano, she was an expert gardener who loved 'lottie' her allotment. She was a keen cook and had many fun times experimenting with new recipes. Being an excellent skier she still managed to go skiing in recent years, despite her illness. As a staunch Bath and England rugby supporter she was always up-to-date with the latest rugby news and gossip. She battled breast cancer in her late 40s and early 50s and then tragically developed lung cancer more recently. She was a lovely lady and a true friend to many people. She has left a huge empty gap in our lives, especially her husband Terence and his children Laura and Alexander, sister Susan and brother Peter and family. May she rest in peace.

As part Jane's legacy, a Charitable Fund 'The Jane McAuley physiotherapy training fund' has been created by Great Western Hospital Foundation Trust. Awards will be made following application and issued on Jane's birthday 19 September. For more information please email: carol.langlejohnson@gwh.nhs.uk Donations are welcome, please make cheques payable to 'Great Western Hospitals foundation trust'

Sarah Ferguson

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



Courses – Guidance for members

Members have a responsibility to limit their practice to those areas in which they have established and maintained their competence. Completing a course may not be sufficient to establish personal competence in a new area, while members are responsible for undertaking CPD to maintain their competence in all areas of their current practice.

Members should explore individual courses' suitability and value (including their quality, intended outcomes and whether they include formal assessment of learning) for meeting and demonstrating fulfilment of their personal learning needs. Members should also think about the broader ways in which they can address their learning needs. These include day-to-day practice, self-directed and mentored learning, and professional networking and peer review.

It is important that members evidence their learning: maintaining a record of CPD is a regulatory requirement of the Health and Care Professions Council (HCPC), while recording the education and training undertaken to support progression into a new area of personal practice is a condition of CSP professional liability insurance (PLI) cover.

A course being advertised in *Frontline* does not necessarily mean that it is relevant to all members, has gone through a quality assurance process (courses advertised in the magazine are not formally recognised by the CSP unless explicitly stated), or that its topic area falls within the scope of UK

physiotherapy. In addition to issues of competence, including an area within personal and collective scope of practice depends on the context in which it is practised, how it is integrated into physiotherapy activity, how it is promoted as a service delivered by a physiotherapist and how its physiotherapeutic value is demonstrated.

Some areas ordinarily sit outside the scope of UK physiotherapy. However, they may be undertaken by CSP members as part of extended activity. Members should ensure that this is with the agreement of their employer and/or explicitly as a service delivered outside their activity as a physiotherapist; is supported by appropriate education and training; and is covered by insurance from a source other than the CSP. Courses advertised in *Frontline* may be relevant to members extending their activity in this way.

Further guidance and support:

- CSP ePortfolio: www.csp.org.uk/ePortfolio
- CSP Code of Professional Values and Behaviour: www.csp.org.uk/code
- *Frontline* CPD series (published in each issue)
- HCPC CPD requirements: www.hpc-uk.org/aboutregistration/standards/cpd



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Assistants' courses

BBTA Assistants' Course Module 1: 'Improving Functional Performance: The 24 Hour Approach to Rehabilitation' with Sue Armstrong

Venue: Royal United Hospital, Bath, BA1 3NG

Date: 22 & 23 April 2017

Delegate costs: £175 (early bird offer applies), to include lunch on Saturday.

Closing date: 7 April 2017

Course includes:

This 1.5 day course is aimed at therapy assistants and technicians working in neurorehabilitation. It will focus on improving handling skills and increasing understanding of therapeutic interventions. The course will include theory and practical sessions exploring movement control, function and independence. By the end of the course, the participants will be able to:

- Demonstrate a knowledge of key movement components underpinning posture and balance (BOS, alignment);
- Have gained an understanding of how handling influences function;
- Safely and effectively demonstrate a range of treatment techniques within their individual scope of practice;
- Demonstrate an increased understanding of the relationship between movement function and independence.

For an application form, contact Vanessa Rubery **Tel:** (01225) 824292

Email: vanessarubery@nhs.net

BBTA Assistants' Course Module 2: 'The Arm and Hand in Rehabilitation' with Sue Armstrong

Venue: Royal United Hospital, Bath, BA1 3NG

Date: 10 & 11 June 2017

Delegate costs: £175 (early bird offer applies), to include lunch on Saturday.

Closing date: 12 May 2017

Course includes:

This 1.5 day course is aimed at therapy assistants and technicians working in neurorehabilitation. It will focus on improving handling skills and increasing understanding of therapeutic interventions for improving arm and hand function. The course will include theory and practical sessions exploring movement control, function and independence. Common presentations affecting the arm will be explored. By the end of the course the participants will be able to:

- Demonstrate a better understanding of the anatomy and movement control of the arm;
- Demonstrate a better understanding of why common clinical issues arise;
- Improve practical skills and confidence in aiding management and rehabilitation of the arm and hand;
- Develop an understanding of how to help the patient to include their arm in function.

For an application form, contact Vanessa Rubery **Tel:** (01225) 824292

Email: vanessarubery@nhs.net

BBTA Assistants' Course Module 3: 'Walking and Balance in Rehabilitation' with Sue Armstrong

Venue: Royal United Hospital, Bath, BA1 3NG

Date: 8 & 9 July 2017

Delegate costs: £175 (early bird offer applies), to include lunch on Saturday.

Closing date: 23 June 2017

Course includes:

This course is aimed at therapy assistants and technicians working in neurorehabilitation. It will focus on improving handling skills and increasing understanding of therapeutic interventions. The course will include theory and practical sessions exploring movement control, function and independence. By the end of the course the participants will be able to:

- Understand the movement components of balance and walking;
- Appreciate the importance of transferring weight for functional walking;
- Improve practical skills and confidence in assisting patients to develop more independent mobility;
- Demonstrate an awareness of the effect of different walking aids;
- Demonstrate an appreciation of the complexity of the demands of functional walking.

For an application form, contact Vanessa Rubery **Tel:** (01225) 824292

Email: vanessarubery@nhs.net

Complementary therapy

CRANIO-SACRAL THERAPY

can Transform your Life

The most established college of Cranio-Sacral Therapy, offering a comprehensive professional training, leading to a Diploma, accredited by the Cranio-Sacral Therapy Association.

Introductory Day: 10th September 2016

Introductory Course: 17th – 22nd September 2016

One Year Course (London): starts September 2016

Two year Course (weekend format): starts October 2016

College of Cranio-Sacral Therapy, 9 St. George's Mews, London NW1 8XE

020 7483 0120

MSK Acupuncture Refresher Day (AACP approved)

When: 30th September 2016
9am - 4.15pm

Where: Horsham, W Sussex.

Cost: £90 including lunch

Contact: Wendyanne Harrison on Wendyanne@cranfoldphysio.co.uk or 01483 267747

Advertise in Frontline

Get in touch with Media Shed

cspads@media-shed.co.uk

Elderly rehab

Introductory Course to the Rehabilitation of the Elderly Lower Limb Amputee

The course is designed for therapists and nurses as an introduction to the care of the lower limb amputee. Areas covered will include: post-operative care, prosthetic considerations for each level; aims of gait re-education. There will be opportunities to interact with amputee.

Application details from:

Dates – Thurs 6th Oct – Fri 7th Oct 2016

Venue – Douglas Bader Centre, Queen Mary's Hospital, Roehampton Lane, London SW15 5PN

Cost £200, Cheques made payable to – St Georges Healthcare NHS Trust

Further details and application from:

Sara Smith, Amputee Therapy Team Lead, Douglas Bader Centre, Queen Mary's Hospital, Roehampton Lane, SW15 5PN
Sarah.smith2@stgeorges.nhs.uk
020 8487 6139

Hydrotherapy

Aquatic Therapy

One day Ai Chi course with Sarah Wratten

When: Saturday 15th October

Where: The London Clinic

Contact: Heba Massri, **email:** H.Massri@thelondonclinic.co.uk
phone: 0207 -616-7651

Electrotherapy

ELECTROTHERAPY UPDATE - TIM WATSON, SATURDAY 12TH NOVEMBER 2016

When: 12 Nov. 2016 – 12 Nov. 2016

Where: Queen Victoria Hospital

Contact: Trimbio Ltd
sales@trimbio.co.uk
01403 597597

Laser Therapy Training 2016

When: 24 September

Where: London

When: 3 December

Where: London

Theory, dosage, safety, contraindications, regulations, hands on training. Cost: £200.

Contact:
Course Leader: James Carroll
FRSM. 01494 797100,
www.thorlaser.com
Register online - Early Bird Discounts available

Learning disabilities and mental health

The Psychology of Injury:

Psychosocial Considerations of Injury Rehabilitation

When: Online 24/7

Where: CMJ Academy of Applied Psychology Website

Cost: £45

Contact: admin@cmjacademy.org

Manual therapy

DRY NEEDLING LEVEL 2

When: 22 Nov. 2016 – 24 Nov. 2016

Where: PEC Queens Sport, Belfast; Certify as a dry needling practitioner!

Contact: craig smith
craig@club-physio.net
07748333372

Kinetic Control - Level 3 - Myofascial Trigger Points for Movement Optimisation and Pain

When: 31st October – 1st November 2016

Where: London Road Community Hospital, Derby

From a more traditional perspective this course presents the application of myofascial trigger point management within complex neurogenic pain presentations. This course is orientated to a 'hands on' practical application of myofascial trigger point management.

Fee: £300

Full Details www.ncore.org.uk

STecco FASCIAL MANIPULATION LEVEL 1 COURSE (6 day)

When: 28th -30th Oct and 4th -6th Nov 2016

Where: Oxford

With: Julie Ann Day

Contact: info@octopusphysiotherapy.co.uk

See www.fascialmanipulationcourse.co.uk or call 01865 591 357 for details and booking.

Musculoskeletal

MLACP Winter Conference & AGM:

Case Law & Role of Physiotherapy Experts

When: Friday 18th November 2016

Where: CSP, 14 Bedford Row, London, WC1R 4ED

£50 - MLACP Members /
£85 - Non Members /
£40 - CSP Students (must provide CSP Number)

Contact: For further details email info@mlacp.org.uk or visit www.mlacp.org.uk

KINESIOLOGY TAPING FROM ROCKTAPEUK

When: 24 Sept. 2016 – 25 Sept. 2016

Where: Manchester

When: 1 Oct. 2016 – 2 Oct. 2016

Where: Birmingham

When: 8 Oct. 2016 – 9 Oct. 2016

Where: Edinburgh

When: 8 Oct. 2016 – 9 Oct. 2016

Where: London

When: 15 Oct. 2016 – 16 Oct. 2016

Where: Bristol

Further Details Online.

Contact: ROCKTAPE UK
seminars@rocktape.net
01206615464

Advertise in Frontline

Get in touch with Media Shed
cspads@media-shed.co.uk

Musculoskeletal

THE ADULT HIP PATIENT LEVEL 1 & 2: BENOY MATHEW AND GLEN ROBBINS

When: 22 Oct. 2016 – 23 Oct. 2016

Where: London

When: 19 Nov. 2016 – 20 Nov. 2016

Where: Manchester
Evidence based rehab strategies in the conservative management of the hip patient

Contact:

Kasia Zielina
kasia@vitalpm.com
07940015169

Neurology

LEICESTER BALANCE COURSE

When: 12 Oct. 2016 – 14 Oct. 2016

Where: College Court
The premier established course for Vestibular Assessment and Rehabilitation training. For full details and how to register, please visit www.biosensemedical.com/LeicesterBalanceCourse or email courses@biosensemedical.com

Contact:
Biosense Medical Limited
courses@biosensemedical.com
0845 2266442

Neurology

INTRODUCTION TO CASE MANAGEMENT

When: 3 Nov. 2016

Where: Hilton Hotel

The seminar will focus on a step by step introduction to case management including information on the litigation process.

Contact:

Pippa Bird
pippa@circlecm.com
07942898666

Management of Spasticity in the Upper Limb

When: 8th December 2016

Where: London Road Community Hospital, Derby

Course Aims; To provide an overview of assessment and management of spasticity with a particular focus on the upper limb. To provide you with the tools to set up an early self-monitored practice programme that the patients can follow. We will also look at the types of feedback that are available and discuss attentional focus and how that is particularly important for the upper limb.

Fee: £140

Full Details www.ncore.org.uk

Bobath Modules 1, 2 & 3

When: Various

Where: Derby

Bobath modules 1, 2 & 3 taking place at various times throughout the year. Visit our website for future dates.

Fee: £210 per module

Full Details www.ncore.org.uk

STROKE PROFESSIONAL MASTERCLASS - MANAGING STROKE AS A LONG TERM COMPLEX CONDITION

When: 20 Sept. 2016 – 20 Sept. 2016

Where: London

When: 15 Feb. 2017 – 15 Feb. 2017

Where: Cardiff

When: 1 March 2017 – 1 March 2017

Where: Stirling

When: 29 March 2017 – 29 March 2017

Where: Cheshire

We have invited leading stroke experts to host enlightening seminars, to share their knowledge, skills and experience to aid your professional development. This event provides CPD points and is an excellent way to raise your awareness of up to date research and how you can apply this to your clinical practice. We have a limited number of 'buy 2 get 3rd free' places for this event. Prices start as low as £56.60 when combined with our earlybird rate (Lunch included). Book now at www.stroke.org.uk/professional-masterclass

Contact:

Nikki Owen
stroketraining@stroke.org.uk
01527903911

Multidisciplinary Management of Parkinson's disease

When: 16th November 2016

Where: Royal Derby Hospital, Derby

The day looks at a multi-disciplinary approach to the management of patients. Each session will be led by a clinical specialist in the field of Parkinson's Disease.

Fee: £130

Full Details www.ncore.org.uk

Padovan method Neurofunctional Reorganisation Module I Sensorimotor Development

Brighton

11th to 14th October 2016

This Module is based on the theoretical foundations that demonstrate the link between the Motor, Language and Cognitive processes.

For further details contact

Lorena Salerno
info.uk.nfrpadovan@gmail.com

Oncology

HOT TOPICS: CANCER AND EXERCISE

When: 12 Dec. 2016 – 12 Dec. 2016

Where: The Royal Marsden Education and Conference Centre

Contact:

The Royal Marsden Conference Team
conferenceteam@rmh.nhs.uk
02078082921

Oncology

METASTATIC SPINAL CORD COMPRESSION STUDY DAY

When: 2 Nov. 2016 – 2 Nov. 2016

Where: The Christie Hospital - Manchester
The 4th Christie Metastatic Spinal Cord Compression Study Day is an opportunity for attendees to better understand how to manage patients with suspected or confirmed metastatic spinal cord compression throughout the pathway. Topics to be covered: • Red flags and recognising early signs & symptoms • The MSCC Coordinator service and pathway • Management including investigations and treatment • Rehabilitation including spinal stability, collars/bracing and mobility status This study day is suitable for health professionals in all settings where patients with MSCC may present. Fees: £80 (if registering before 3rd October 2016) £100 For further information, please visit www.4th-christie-mscc.eventbrite.co.uk

Contact:

Education Events Department
education.events@christie.nhs.uk
0161 918 7409

Pain management

THE TMJ AND SINUS PAIN COURSE

When: 10 Dec. 2016 – 11 Dec. 2016

Where: Hertfordshire Community NHS Trust
Manual therapy techniques for TMJ and sinus pain.

Contact:

craig smith
craig@club-physio.net
07748333372

Explain Pain

When:

10th – 11th January 2017

Where:

Royal Derby Hospital, Derby
Don't miss this unique opportunity. NOI Explain Pain courses are fun, intellectually stimulating, based on evidence, always challenging, and you will come away with the most impressive therapeutic tool set ever – your words.

The NOI Explain Pain course is based on David Butler and Lorimer Moseley's book Explain Pain Second Edition.

Fee: £295

Full Details www.ncore.org.uk

Sports medicine

The Psychology of Injury: Psychosocial Considerations of Injury Rehabilitation

When: Online 24/7

Where: CMJ Academy of Applied Psychology Website

Cost: £45

Contact:

admin@cmjacademy.org

MOVABILITY - MOVE BEYOND MOBILITY WITH ROCKTAPEUK

When: 23 Oct. 2016

Where: London

When: 6 Nov. 2016

Where: Birmingham

When: 13 Nov. 2016

Where: Edinburgh

When: 3 Dec. 2016

Where: Bristol

When: 11 Dec. 2016

Where: Manchester

An introduction to self mobilisation and SMR techniques. Includes: RockNRoller & RockBalls plus course notes and cpd certificate.

Contact:

RockTape UK
seminars@rocktape.net
01206615464

Women's health

Menopause: An Integrative Approach for Physiotherapists with Michelle Lyons

Venue: Royal United Hospital, Bath, BA1 3NG

Dates: 25 & 26 March 2017

Delegate Costs: £250; early bird offer applies

Closing Date: 10 March 2017

Course information:

Participants will develop their clinical reasoning, manual therapy strategies and exercise prescription on this two day course. Topics covered will include:

- Understanding changing hormones at menopause, and the implications for pelvic health;
- Bone health at peri-menopause;
- The implications of Hysterectomy;
- Nutrition at midlife;
- Pelvic health at menopause: Bladder & bowel function, pelvic organ prolapse, sexual health - the questions to ask and answers to the questions you will get asked!

For further information and an application form, contact Vanessa Rubery, course administrator.

Tel: (01225) 824292

Email: vanessarubery@nhs.net



Advertise in Frontline

Get in touch with Media Shed cspads@media-shed.co.uk



Band 5 Physiotherapist developmental post/Band 6 Senior Physiotherapist in Community Rehabilitation Clacton/Harwich

2 full time posts (part time/job share considered)

Are you an experienced Band 5, almost ready to progress to a Band 6 position but not quite there yet? If so, this could be the opportunity for you. We are able to provide an initial 6 month development/probation period with training and assistance in completing competencies in order to develop you into a Band 6 Physiotherapist to fulfil our current vacancies. We would also welcome applications if you are already a Band 6 Physiotherapist looking for a change.

Anglian Community Enterprise provides Community Rehabilitation Services (including Falls Prevention) which are delivered by specialist clinicians working within Integrated Care Teams across North East Essex. We are looking for two experienced, motivated clinicians, to join us. You will be a registered physiotherapist with expertise in goal focused rehabilitation, supporting patients to become experts in their own care and to remain in their own homes. As a Senior Physiotherapist you will have opportunity to undertake a leadership role in planning, co-coordinating, delivering and evaluating the rehabilitation provided and be responsible for the supervision of junior staff.

We offer a well-established supervision and appraisal structure and we have a firm commitment to CPD, evidence based practice, undergraduate and postgraduate education.

For further information contact Jo Flaherty on 07766901527 or email Johanna.flaherty@acecic.nhs.uk.

If you would like any further information or to apply please go to www.jobs.nhs.uk inputting reference number 836-ACE1341 in the quick search box

Closing date: 24th September 2016



**Vacancy for Senior I Physiotherapist (Dementia)
Vacancies for Senior II Physiotherapists
Rotational Senior II Post
Maternity Cover-Paediatrics and Special Needs Rotation**

The Gibraltar Health Authority invites applications from Chartered Physiotherapists, who by virtue of their citizenship, are entitled to take up employment and who are, or on employment will be, resident in Gibraltar.

Applicants must be registered with the Health and Care Professions Council UK and Medical Registration Board (AHPs).

Senior I Physiotherapist (Dementia)

The Gibraltar Health Authority requires an enthusiastic individual to join our multi-disciplinary team in the new Dementia Day Care facility. The post-holder will be providing Physiotherapy Services to Adults with Acute or Long-term diagnosis of Dementia and Mental Health who are in need of acute or domiciliary applied approach to care given their age or disability.

Senior II Physiotherapist (Rotational and Maternity cover)

The rotations cover In-patients; ICU Medical/ Neuro and Orthopaedics, Musculo-skeletal Out- patients, Adult Community Rehab and Paeds and Special Needs. Rotations selected will depend on the applicants' knowledge and skills and will be in line with organisational needs. Participation in Acute Respiratory On-call Roster will be required.

Recruitment to Paediatric Maternity post is Start date up to 1st May 2017
Recruitment to Rotational Maternity post is Start date up to 4th September 2017

Salary and further details of the post are obtainable from:
Ms Caroline Abrines, Physiotherapy Services Manager, on Tel: 20007184
or e-mail caroline.abrines@gha.gi

Application Packs are obtainable from the HR Department on
Tel: 00-350- 200-72266 ext 2082 or Fax 00-350-43864
or email: kevin.galliford@gha.gi

CLOSING DATE THURSDAY 22ND SEPTEMBER 2016



Hoping to place an advertisement online?

Our dedicated physiotherapy recruitment website, Job Escalator, has over 13,000 registered CSP members in search of work.

A standard advertisement is priced at £366 + VAT and will provide you with a 28 day listing.

Want to enhance your online listing?
Highlight your listing - Appear as 'Job of the Week'
All priced at an additional £99 + VAT each

A favourable discount is available when booking an online advertisement in conjunction with a print booking for Frontline.



**PHYSIOTHERAPISTS,
IT'S TIME TO MAKE A DIFFERENCE.**

£ Competitive + benefits

Come and join the largest independent healthcare provider in the UK. We are looking for Physiotherapists and Assistants with all levels of experience across the UK.

At BMI Healthcare we pride ourselves on providing high quality care and having the time to go the extra mile for all our patients. Employing over 750 Physiotherapists at over 59 sites across the UK, being a part of the BMI Healthcare team offers you plenty of opportunities for career development in a supportive working environment.

We believe that each employee can actively make a difference and we encourage everyone to take pride in their work. We are passionate about clinical excellence and provide free professional training/development as part of our commitment for all of our staff.

In doing so, our teams live our brand every single day – that BMI is serious about health, passionate about care.

For information on how to apply, please contact Jo Payne, Talent Acquisition Specialist on 07342 068 709, e-mail jo.payne@bmihealthcare.co.uk or go to www.bmihealthcarejobs.co.uk



Serious about health.
Passionate about care.

0006 REC ADV / CL06.2106

South Bucks Hospice (SBH) is a registered charity within South Buckinghamshire, which is committed to providing expert palliative and specialist Lymphoedema care to those with life limiting illnesses, their families and carers.

Physiotherapist

Salary: £27,000 - £32,000 per annum (FTE) depending on experience • Hours: 9.30am – 3.00pm, Full or part-time hours will be considered (pro rata pay) no weekend or out of hours required Location: High Wycombe

Are you passionate about the delivery of holistic palliative care?

We are well underway in achieving our ambitious and visionary goal of creating a new holistic Community Day Hospice for South Bucks and the Chilterns and we will open our new building in early 2017.

An exciting opportunity has arisen for an organised and experienced Physiotherapist (either as PAYE or Self Employed). You will have knowledge of a broad range of clinical conditions particularly working with older people and multi-pathologies and the ability to work flexible hours to meet the service requirements.

To apply and for further information please send your CV and a covering letter via email to vacancy@sbhospice.org.uk

Closing date:
Wednesday 28th September 2016



Registered Charity No. 1128881

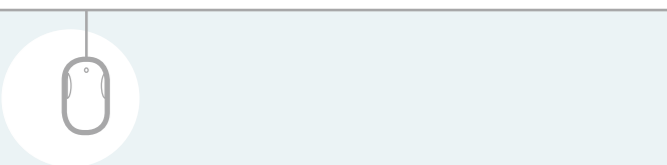


Looking for a physiotherapy job?
Register with Job Escalator today - for jobs that find you.

Free service for CSP members.

Search vacancies by keyword, employer or location.

Receive email updates from vacancies that match your search criteria.



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

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cspads@media-shed.co.uk



Paediatric Physiotherapist (Ref: IRC9131)
 Band 7 – Salary Range £31,696 - £41,787 per annum
 Full time – 37.5 hours per week
 Relocation Assistance of up to £8000 available

We are looking for an experienced paediatric physiotherapist to join our small team. The post is based at the Gilbert Bain Hospital, but regularly includes work in schools and patients' own homes. As a specialist-generalist your caseload will cover the full range of conditions: You will have experience of community and acute care, including complex needs and long-term respiratory problems. We're happy to consider applications from experienced Band 6 physiotherapists who have completed paediatric rotations and are looking to step-up to a well supported Band 7 role.

Rise to the challenge and enjoy the opportunity - Shetland is a great place to live and work. Shetland offers low pollution, low crime, excellent schools, great leisure facilities, unique wildlife and amazing scenery, whilst still only a short flight away from the Scottish mainland. To find out more about living and working in Shetland go to www.shetland.org – don't take our word for it – come and see for yourself!

Informal enquiries are welcome - contact Fiona Smith on 01595 743323, or Gemma Passmore (current post-holder) on 01595 743602, or email shet-hb.physiotherapy@nhs.net.

Interviews will be held in Shetland in October 2016.

We offer relocation assistance of up to £8,000 and all posts qualify for a Distant Island Allowance of £1,721 per annum (pro rata for part-time and fixed term positions).

Please apply via the following e:ESS website link:
<https://www.jobs.nhsscotland.com>

In promoting equal opportunities, we welcome applications from all sections of the community.

Closing date: Wednesday 28th September 2016

Sandwell and West Birmingham Hospitals NHS Trust

Sandwell & West Birmingham Hospitals NHS Trust is one of the largest teaching Trusts in the UK. With a reputation for excellence we provide high quality care from 3 hospitals, and are working towards Foundation Trust Status.

Specialist Physiotherapist – Acute Medicine

Ref: 381-CT-0182

Are you passionate about improving the lives of older people? If so, we have an exciting opportunity for you to become an important part of our integrated medicine therapy service. This post provides the opportunity to work in the integrated acute medicine therapy team (made up of both physiotherapists and occupational therapists), which currently provides therapy services to a predominantly frail elderly population of patients across both the Sandwell and City Hospital sites.

On the wards, you will be part of a multi-professional team working collaboratively with geriatricians, nurses, social workers, and many others to deliver person-centred coordinated care from the point of admission onto the medical wards across the two main sites, to hospital discharge from the ward.

A typical day in this role might include:

- Co-ordination of the site medicine therapy team to ensure the caseload across the wards is delegated and completed appropriately
- Undertaking a multifactorial falls assessment of a new patient on a medical ward
- Providing follow-up therapy sessions on the ward for a patients already on your caseload
- The challenge of improving the physical and functional task abilities of someone suffering with a long term condition such as Parkinson's or COPD
- Educating other professionals on supporting the prevention and resolution of delirium through early restoration of physical activity
- Assessing for rehabilitation complexity and need in order to facilitate appropriate transfer into community services for ongoing rehabilitation and re-ablement
- Clinical supervision sessions with a junior member of staff whom you supervise

Successful candidates will be highly motivated, intuitive, and capable of delivering high quality and safe physiotherapy from a well-developed knowledge and skill base. Excellent communication skills, willingness to be part of an effective team, and a desire to continuously improve services are essential attributes.

To understand the full extent of this exciting role, you are advised to arrange a visit, or gain further information by contacting Suzanne Miles via email or phone: suzanne.miles@nhs.net or on 07816 533 966. Alternatively you may contact Sarah Oley, Team Lead on 07815 500 103.

Closing date: 21st September 2016.

INVITATION FOR INTERVIEW WILL BE VIA E-MAIL.

Please note that we are unable to contact all applicants after the shortlisting stage due to cost implications. Therefore, if you have not heard from us within three weeks of the closing date, please assume that you have not been successful on this occasion.

The Trust is committed to equality of opportunity and is a no smoking organisation.

www.jobs.nhs.uk



sjb medical

TRAIN AS A FUNCTIONAL ASSESSOR, ROLES NATIONWIDE PHYSIOTHERAPISTS

Up to £38,000 + Benefits
 Part/full-time positions available
 Opportunities for experienced and practicing Physiotherapists nationwide.

sjb medical recruit for health assessment and advisory services to the Department for Work and Pensions. Our clients offer varied roles across multiple benefit types.

All roles commence with an excellent training course and induction with starting salaries supplemented by additional earning opportunities, excellent benefit packages and career progression.

Role overview:

- Initial training for 4 weeks
- Medical assessment and detailed report writing
- 37.5 hours per week, Monday to Friday

Minimum requirements:

- 2 years' experience within a broad range of physio settings
- Full unconditional registration with the HCPC as a Physiotherapist
- Excellent clinical, communication and IT skills
- Flexibility to travel for initial training

To apply, please email your CV to jobs@sjbmedical.com or for further information, please call 020 7832 1980.

Reference: FRONTLINE



Are you a MSK Physiotherapist with experience in Clinical Reformer Pilates?

We're evolving our business in exciting new ways and need experienced, passionate people to be part of the journey. Got the goods?

Ideally, you'll have:

- BSc or equivalent in Physiotherapy
- UK HCPC and CSP membership
- Considerable experience in treating musculoskeletal patients
- Excellent CPD record focusing on the musculoskeletal area of Physiotherapy
- Experience in Clinical Reformer Pilates

We are Virgin Active, the world's leading health club. We make exercise irresistible with industry leading expertise, superb innovation and the best clubs. But that's not it – we're committed to restoring, liberating and transforming the body, improving movement in order to enrich lives.

If you think you've got what it takes to be part of our talented new team, apply online at fitforvirginactive.co.uk



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The Integrated Care Clinics
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 Tomorrow's Healthcare Today

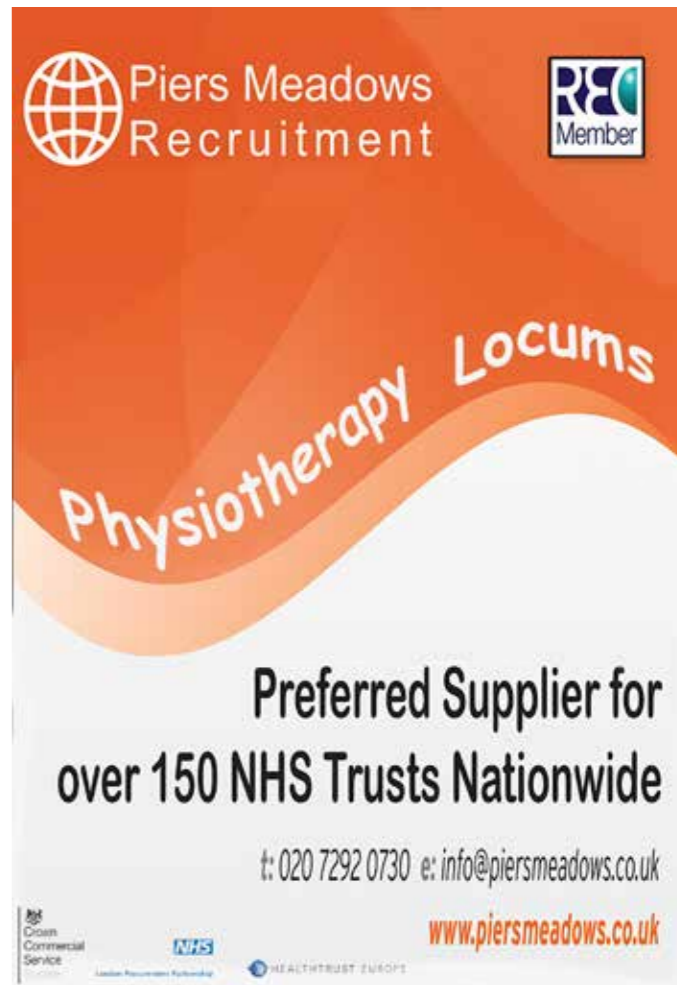
Job Title: Clinical Design Manager
 Job Ref: CDM-001
 Salary: Competitive (Mid - High Band 8 level as a guide)


The Integrated Care Clinics (TICCS) are a national community healthcare provider delivering over 50,000 physiotherapy appointments per month across various public and private sectors. TICCS now provide community physiotherapy services to 40 CCGs across the UK.

We are looking for a new Clinical Design Manager to join our expanding healthcare management team. Working at an extended clinical level, the successful candidate will liaise closely with Clinical Commissioning Groups (CCGs) and Occupational Health Leads to design innovative clinical models.

How to apply: Please email a CV and cover letter to rallen@ticcs.co.uk Ryan Allen, Chief Operating Officer.

www.ticcs.co.uk 0800 032 5543





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COMMUNITY PHYSIOTHERAPY OPEN DAY – BRISTOL – 1 OCTOBER Do you have an interest in community working? Do you want to make a real difference to the lives of people who may be housebound and have difficulty leaving their homes? Bristol Community Health is the leading provider of NHS-funded community healthcare services in Bristol. We are currently looking for experienced physiotherapists to fill vacancies throughout our multidisciplinary teams across Bristol. We have community physiotherapy vacancies in areas including musculoskeletal, cardiorespiratory and neurology. Our physiotherapists work in forward thinking multi-professional teams which include nurses, occupational therapists, support workers and advanced nurse practitioners working together to support patients. Why not come and meet us and find out what working as a community physiotherapist is all about? For more information and to register please visit: <http://bit.ly/PhysioOpenDay>

JOIN OUR BUSY, MULTIDISCIPLINARY PRIVATE PRACTICE that prides itself on providing excellence in patient care and a friendly, supportive work environment. Albert Street Sports and Spinal Injury Centre is seeking a dynamic, motivated senior physiotherapist to join our team in sunny Australia, only one hour from Melbourne. This position is offered as full time from January 2017 and would suit a physiotherapist with excellent communication, interpersonal and manual handling skills. Generous remuneration/commission pay structure approx £57,000. Annual PD allowance. Musculoskeletal/sports injury case load. Newly renovated practice, with modern, fully-equipped clinical Pilates facilities. For further information or to apply for this position, please contact Helen Lockwood, principal physiotherapist, at Albert Street Sports and Spinal Injury Centre, 32 Albert Street, Warragul Victoria 3820, Australia. Tel: 03 56221111 or email: admin@albertstreetsports.physio

BAGSHOT, SURREY Part-time (self-employed) musculoskeletal physio with three to five years experience. We are a small and friendly practice, well-regarded locally, with a large primary care contract. Please email CV and preference for work days/hours to: clinic@bridgeviewphysio.co.uk

GREAT OPPORTUNITY Full-time (would consider part-time) musculoskeletal permanent employed or self-employed physio post available in north London N14. Suit local person with excellent clinical and interpersonal skills. The post is within a friendly multidisciplinary clinic which continues to grow. In house CPD. Please email with CV and details of availability to: info@oakwoodphysio.co.uk

LISBURN PHYSIOTHERAPY, NORTHERN IRELAND Part-time/full-time self-employed musculoskeletal physiotherapist required to join busy private practice. Ideally at least three years postgraduate experience with Acupuncture and Sarah Key preferable. Send CV to: info@lisburnphysio.com

EXPERIENCED SPINAL CORD PHYSIOTHERAPISTS – NATIONWIDE

Do you value high standards? Do you want to develop and maximise your potential whilst maintaining your day-to-day clinical role? Do you work with spinal cord injured patients, either on the ward or in the community? Do you have at least one day/10 hours every week available? Jacqueline Webb & Co are expanding our highly regarded spinal cord injury expert team. Bring your clinical skills and knowledge and we will train you to become an expert witness. For more information, or to make an initial enquiry, please visit our website: www.jwebb.co.uk/recruitment or contact our head of recruitment, Simon Dickinson, on tel: 01722342512 or email: recruitment@jwebb.co.uk

EPSOM, SURREY Part-time, self-employed, musculoskeletal physio with four to five years experience. We are a small, busy practice with three primary care contracts. 15 hour per week, negotiable, with opportunity to increase. An interest in spinal rehab classes would be an advantage. Please email CV and preference for working days/hours to: info@allen-schokker.co.uk

MUSCULOSKELETAL PHYSIOTHERAPIST, NORTHERN IRELAND, BELFAST Arches Physiotherapy Clinic has an exciting opportunity for a dynamic and motivated physiotherapist to join us in our busy but friendly private clinic. Excellent working environment and equipment including gym facilities. Working hours and times are negotiable. Please send CV to: info@archesphysio.com

EXCITING JOB OPPORTUNITIES IN AUSTRALIA HealthStrong specialises in delivering allied health services in residential aged care homes all around Australia. At present we are seeking qualified physiotherapists who are considering relocating and who are seeking a full-time role in physiotherapy. The positions are in Sydney and surrounding areas as well as Tasmania. Work alongside a friendly multidisciplinary team and make a difference to the elderly residents. To apply you will need: Degree in physiotherapy; full registration with AHPRA or the ability to attain this; current police check; English language test. We offer: Competitive remuneration; employer sponsorship; assistance with the visa process; internal training. To apply for a physiotherapy role please send your CV via email to: delissa@healthstrong.com.au

MORLEY, LEEDS, CASTLEFORD, DONCASTER Full and part-time musculoskeletal physiotherapists. Opportunities for musculoskeletal physiotherapists with the right personality and at least two years experience to join our fantastic team. Approx 23-28k pro rata depending on skills and experience. Further information and instructions on our website: <http://griffithsandhartley.co.uk/blog/physiotherapist-opportunities-in-our-growing-business>

LEEDS NEUROPHYSIOTHERAPY Opportunities for experienced, enthusiastic adult and paediatric Bobath trained physiotherapists to join our established friendly practice. Very good professional development opportunities, clinical and clerical support are provided. Patients are treated in the practice located on the Leeds Bradford border, and in the community. Excellent remuneration. For further details, please contact Jill Fisher at: practice@leedsneuropsychiotherapy.co.uk

MOTHERWELL, LANARKSHIRE ACE Physiotherapy are looking for a Self-motivated musculoskeletal physiotherapist to join our team. Part-time hours, Evening and weekends are available. Must have excellent manual therapy skill set. For more details, please contact Shona Kennedy on tel: 01698 264 450, or email your CV to: office@acephysiotherapy.co.uk

PURE SPORTS MEDICINE, LONDON We wish to appoint a high calibre physiotherapist as the head of rehabilitation. The successful candidate will be responsible for the clinical standards within the organisation. The role will involve peer review and mentoring, audit of clinical notes and recruitment. This is a full-time position three days of clinical practice and two days of governance. There is a need for flexibility in the role, including travel to all clinics and occasional evening and weekend work. This role commands a starting salary of £52K with an additional salary component dependent on caseload, paid holiday, CPD leave and private health insurance. To apply, please send your CV and a letter outlining why you are the ideal candidate and what you would bring to the organisation to Claire Small, clinical director, at: lindsay.burrows@puresportsmed.com, by 5pm on Monday 26 September. Full job description can be obtained from Lindsay.

SOLIHULL PHYSIOTHERAPY AND PILATES PRACTICE Due to continued expansion, we require motivated, self-employed Pilates trained physiotherapists to join our friendly team. Reformer training highly desirable. Classes and Individual sessions, hours negotiable. Please email CV to: physio2pilates@gmail.com

ST IVES, CAMBRIDGESHIRE Experienced physiotherapist needed. Permanent position in busy, friendly practice two to three days per week. Email: info@montaguclinic.com

PHYSIO ACTION WITHIN DAVID LLOYD, LEEDS is looking for a motivated physiotherapist with at least five years postgraduate experience and an interest in sports medicine. Pilates and acupuncture would be an advantage. Exciting opportunity to work as part of a very well-established clinical team based in one of the leading leisure facilities in Yorkshire. Initial hours will be Tuesday and Thursday evenings with the possibility of extending into day time hours. For any further information please contact the clinic on tel: 0113 2687578 and/or forward a CV and covering letter to: info@physioaction.com

PHYSIOTHERAPIST REQUIRED IN HATFIELD, HERTFORDSHIRE Experienced musculoskeletal physiotherapist required for busy well-established friendly practice based

in Herts. Permanent part-time position available for a motivated and dedicated physio within a dynamic, friendly team with full admin support. Email CV to Ian at: info@thehatfieldpractice.com

EDINBURGH Self-employed part-time musculoskeletal physiotherapist required to join our busy and friendly multidisciplinary clinic. Good manual and communication skills essential. Please send CV/enquiries to: info@active-h.co.uk

WE ARE A HOLISTIC PRIVATE PHYSIOTHERAPY AND PILATES PRACTICE working with musculoskeletal patients under a biopsychosocial model of care. We are looking for chartered physiotherapists with a passion for practice, bags of personality, excellent communication skills and a great sense of humour, embracing both the science and art of physiotherapy. We have clinics based within a GP practice as well as at the prestigious Edgbaston Priory Club where we have full access to the gym facilities. For the right candidate, part or full-time hours are available, salary negotiable (employed or self-employed considered). Interested? See: www.physioart.co.uk and email your CV to: admin@physioart.co.uk

MANCHESTER – PAEDIATRIC PHYSIO Physio.co.uk are seeking additional passionate paediatric neuro physios to join our successful, rapidly expanding team providing intensive evidence based therapy. To apply please visit: physio.co.uk/careers or call tel: 03300887800 for more information.

NEUROPHYSIOTHERAPIST REQUIRED for busy Fareham, Hampshire private practice. We are looking to recruit a part-time neurophysiotherapist as part of our expanding practice. All enquiries to LBhealthcare on tel: 01489 569888 or email: helen.pound@LBhealthcare.co.uk with a copy of your CV.

THURROCK, ESSEX Part-time self employed musculoskeletal physiotherapist to join our busy, friendly clinic. Must be able to work a minimum of two evenings and possible weekends. Must have at least three years post graduate experience and be a highly motivated independent individual willing to build and grow their caseload. Please send CV and covering letter to: emma@bodyworks-physio.co.uk

NUNEATON, WARWICKSHIRE Part-time physiotherapist required to join the friendly team at our thriving clinic for 15-20 hours per week. Please send enquiries and/or CV to: info@abbey-physiotherapy.co.uk

EXTENDED SCOPE MUSCULOSKELETAL PHYSIOTHERAPIST Full details on: www.jobescalator.com

WILTSHIRE/NEAR BATH Full or part-time employed physiotherapist required. We are a busy private practice based in the grounds of a country estate. We are looking for enthusiastic, hard-working and experienced physiotherapists who can work as part of a team to help deliver excellent customer service and outcomes to our patients. You will be employed with holiday pay and pension (from 2017) and can earn between £25,000-£50,000 per annum. Please email: recruitment@stonehouseclinic.co.uk for more details or to apply.

BEDFORDSHIRE CLINIC requires a self-employed, full-time or part-time musculoskeletal physiotherapist to work in its well-established and highly recommended practice. We are looking for someone with a minimum of three years experience and a positive and enthusiastic approach to join our friendly team. Hours are negotiable but Fridays are essential. Please email your CV to: amphillphysio@btconnect.com

CHELMSFORD, ESSEX Part-time self-employed physiotherapists required to join our friendly and expanding clinics in Chelmsford and South Woodham Ferrers. We require enthusiastic and dynamic physiotherapists for: Evening sessions; daytime sessions; weekend sessions. Applicant needs to have at least three years specialising in musculoskeletal work, strong manual therapy skills, and the ability to work in a team and individually. Acupuncture and sports experience preferable but not essential. Please send CVs to: bwsfarrell@gmail.com or call tel: 07980 898212 for further information.

ESTABLISHED PHYSIOTHERAPY PRACTICE IN OTLEY, WEST YORKSHIRE seeks motivated, skilled physiotherapist to join our practice and provide first contact physiotherapy service to local GP practices. Potential for long term business opportunities. Ability to work independently, HCPC and CSP registered essential. Various flexible hours including evenings. For further details contact: info@chevinphysio.co.uk >

CAMBRIDGESHIRE Private practice offering physiotherapy, sports massage, Pilates and yoga. We are looking for a full/part-time musculoskeletal physiotherapist with at least one year's postgraduate experience to join a growing friendly practice. Pilates and acupuncture desirable the successful candidate will be supported to achieve these skills if necessary. Please email CV with covering letter to: contact@ultimateperformancelifestyle.com or call tel: 07714 773529 for further information.

OPPORTUNITY FOR DYNAMIC SELF-EMPLOYED MUSCULOSKELETAL PHYSIOTHERAPIST within established county Durham clinics. Attractive hourly rate and potential profit sharing. Initially part-time with capacity for rapid increase in hours due to high demand. CPD funding available Minimum three years experience. Contact Sarah Johnson on tel: 07818 507863.

A UNIQUE OPPORTUNITY FOR A FULL-TIME CHARTERED PHYSIOTHERAPIST has opened with one of London's most sought after and reputable physiotherapy and sports medicine providers with clinics in Marylebone and the Olympic Park, East London. Specialising in musculoskeletal, spinal, post-op. ortho and performance training. The established clinics offer fully-equipped Pilates, Gyrotonic and Personal training studios. Pilates, running, cycling, acupuncture and manip's experience is an advantage. This is a great opportunity to join a friendly team of experienced and passionate healthcare professionals. Excellent remuneration and in-service training. A mentoring programme for new grads available. Essential criteria are intuition, self-motivation, discretion, enthusiasm and professionalism. Please email CV and covering letter to: jobs@healthconsultantsinc.com

PART-TIME PHYSIOTHERAPIST, LEAMINGTON SPA An exciting opportunity to join an expanding team at LEAR Fitness in Leamington Spa. Hours negotiable but may include evenings and weekends. Clinic mainly musculoskeletal. Pilates training desirable but training can be provided as will be part of the role. For more information contact Melanie Cook on tel: 07764 277496 or email: mel.cook@learfitness.pro

PART/FULL-TIME PHYSIOTHERAPIST, HARROGATE An exciting opportunity to join an expanding team at LEAR Fitness in Harrogate. Hours negotiable but may include evenings and weekends. Clinic mainly musculoskeletal. Pilates training desirable but training can be provided as will be part of the role. For more information contact Melanie Cook on tel: 07764 277496 or email: mel.cook@learfitness.pro

APPI PILATES INSTRUCTOR, GLASGOW Qualified APPI Instructor required for west end of Glasgow to teach evening classes. Previous experience preferred but not necessary. Please contact Emma on email: physioform@hotmail.co.uk or tel: 07919 974271.

NORTH EAST ENGLAND Therapy Direct Healthcare are seeking motivated physiotherapists to join its expanding team. We currently have vacancies in Newcastle, Sunderland and Teesside and are looking for therapists with a minimum of three years musculoskeletal experience ideally including occupational health which makes up the majority of our caseload. CPD funding, private health insurance and excellent salary all included. Please send CV and covering letter to: joanne@therapydirect-uk.com

TEESSIDE AND SUNDERLAND Due to recent expansion Sano Physiotherapy Ltd is looking to recruit musculoskeletal physiotherapists to work at our private musculoskeletal clinics in Teesside and Sunderland on either a full-time or part-time basis. These are permanent posts and an excellent opportunity for a physiotherapist wishing to commence or progress their career in an musculoskeletal setting at a growing company that places a high emphasis on the development of its own staff. Full-time or part-time opportunities are available with competitive salary, external courses budget plus other benefits. The clinics have exceptional rehabilitation and gym facilities and the caseload is a mixture of private patients, occupational health referrals, sports injuries and medico-legal work. Please email your CV to: matt@sanophysiotherapy.com or for further information please call tel: 0191 570 0072.

THE WHITE ROOMS PHYSIOTHERAPY PRACTICE We are looking for a number of part-time physiotherapists and sports massage therapists, to work within our busy

Lymm Practice, due to the expansion of our business. For further information on hours of work and salary, please call Bev Deakin on tel: 01925 752333, or email your CV with covering letter to: appointments@thewhiterooms.uk.com

SENIOR PHYSIOTHERAPIST – SUDBURY, SUFFOLK An exciting opportunity to join this well established physiotherapy and chiropractic clinic. Applicants must have a minimum of three years postgraduate experience, and have a particular knowledge and skills in musculoskeletal and outpatients. Registration with CSP and HCPC as well as up to date disclosure is a requirement. The clinic deals solely with private patients and offers 'hands on' treatments following thorough examination, discussion of findings with the patient and then a plan of treatment. Referrals are received from GPs, consultants, insurance companies and self-referrals. In-service training will be provided and CPD is strongly encouraged. The position will initially be part-time, two to three days per week whilst a caseload builds. There may be an opportunity to job share with another clinic locally for additional hours. Salary negotiable, depending on experience For further information contact Julie Iveson at: theivesonclinic@talktalk.net or tel: 01787 374964

MACCLESFIELD, CHESHIRE An excellent part-time opportunity for an enthusiastic self-employed musculoskeletal physio to join our team. The varied case load also includes sports massage and Pilates. APPI qualifications preferred. Five years postgraduate experience an advantage. Evening and weekend hours initially with an opportunity to increase to daytime. Maternity leave cover required from October 2016. Please send CV and covering letter to: admin@clubphysiotherapy.co.uk

SHEFFIELD – FULL-TIME PHYSIOTHERAPIST Maximise time with your patients, use your skills to the full, achieve great outcomes. Satisfied patients, recognised practice, fulfilled clinicians. For full job description visit: www.thephysios.com Come and join us.

PART-TIME SELF-EMPLOYED PHYSIOTHERAPIST – BELPER, DERBYSHIRE Enthusiastic musculoskeletal physio required at this well-established friendly clinic. Work is a mixture of NHS and private and may include some evening work.

Three or more years of experience working in the musculoskeletal field preferred. If interested please email: belperphysio@hotmail.com attaching your CV.

PAEDIATRIC PHYSIOTHERAPIST FOR A NATIONAL CHILDREN'S CHARITY BIRCHWOOD, WARRINGTON (NORTH WEST) Full details on: www.jobscalator.com

SUTTON COLDFIELD AND SURROUNDING AREAS Experienced neuro physiotherapist required for domiciliary work, ad-hoc hours initially. Some daytime availability required. CV / enquiries to: helen@neuro-therapy.co.uk or call tel: 07932 002757 for further details.

NEUROLOGICAL PHYSIOTHERAPISTS REQUIRED Due to continued expansion The Neuro Physio Service require experienced adult and paediatric physiotherapists to work with us on an associate basis in all areas of the country. If you can offer a few hours per month to see private clients please forward your CV to: info@theneurophysioservice.co.uk www.theneurophysioservice.co.uk

KIDDERMINSTER, WORCESTERSHIRE We are a growing private practice looking for an enthusiastic part-time Band 6 musculoskeletal physiotherapist for up to 20 flexible hours a week. May include evenings and/or weekends to suit. Please call tel: 01562 754380 or email your CV to: info@midlandphysio.co.uk

DEVON AND SOMERSET Part-time opportunities for independent manual therapists possessing positive and enthusiastic approaches towards patient care, to join our team. Download the full information pack from: www.amsphysio.co.uk/careers

CAPITAL PHYSIO are seeking ambitious physiotherapists across the UK to join its expanding team. We currently have vacancies in London, Manchester, Cambridge and Birmingham, with opportunities coming up in other major cities. For up an up to date list of vacancies, please visit: <http://www.capitalphysio.com/jobs/>

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TREATMENT AND CONSULTING ROOMS – WEST LONDON Flexible, cost effective rooms and space available - possible weekdays, evenings and weekends. Onsite parking; adjacent to mainline station; waiting room; consulting tables; toilets; shower; refreshment facilities; WiFi, printer, couches, desks, chairs; creative friendly space. Reception and personalised telephone service also an option. The Power House, 1 Linkfield Road, Isleworth, London TW7 6QG Tel: 020 8831 7942 Email: hello@addingvalue.com

Business opportunity

CAPITAL PHYSIO is actively looking to acquire and partner with Physiotherapy practices across the UK. If you are a physiotherapy business owner considering selling your practice or exploring joint venture opportunities, please visit: www.capitalphysio.com/buy-my-practice



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ThreeMinutes

There when you need me

Ruth Jones, the new CSP senior negotiating officer for Wales and the West Midlands, says representing members can be very rewarding

Tell us about your new role

As a senior negotiating officer for the CSP, I need to relate to the stewards and health and safety reps in my areas and take on any of the more complex cases that stewards may need to pass on. That said, local stewards are really competent and tend to represent CSP members at a local level on most issues.

I am also involved in the strategic work with the West Midlands Social Partnership Forum and the All Wales Partnership Forum. These forums involve full-time officers working alongside local reps to develop partnership working with trust and health board senior

managers to develop policies and deal with longer-term issues.

What is your background?

I qualified as a physiotherapist in 1983 and have worked in many different areas over the years although my real passion is neurology. I specialised in paediatrics and have really enjoyed the last 10 to 15 years working in this area. I ended up managing the children's and adult learning disability services at Aneurin Bevan University Health Board in south Wales. It was good to become the manager but I did miss contact with patients. During my working life I have always been involved in the trade union aspects of the job. I have been a steward, a regional steward and a member of CSP

Council and was honoured to be the Wales TUC president in 2007. I found the steward's role was a great add-on to the day job. It gave me great transferable skills such as being able to present to large groups, analysing documents and persuasively arguing a case.

These skills are also brilliant when dealing with family members. As I had trained and spent over 30 years being a hands-on physio I began to feel frustrated in my role as a manager. When this role was advertised I discussed it with family and friends and they immediately said that it was just the job I was looking for.

Tell us about a rewarding interaction with a member

It's difficult to select just one – I'm going to be greedy and pick two. The first is representing a member who had been

suspended for eight months. She was really upset by the proceedings and was having difficulties coping. I was able to reassure her and represent her at the formal hearing where our arguments were accepted and the member was exonerated and returned to work immediately. Seeing her reaction was such a great experience after all she had been through.

The second type of interaction is with a group of stewards. I really enjoy meeting groups and finding out what are the issues and what makes them 'tick'. Everyone has different reasons for getting involved in stewarding and I really enjoy getting to know people and working with them. That's one of the best parts of the role.

How many members are you supporting at present?

It's difficult to state an exact number as many members are supported by their local steward and I am just in the background for advice when necessary. Some cases are just telephone queries which can be sorted out easily.

Any foreign trips coming up this year?

I have already been to Vietnam but we are going to Sardinia this month and I'm looking forward to that. We have a static caravan in west Wales and we tend to go for a weekend whenever possible. Otherwise, I am determined to get our garden sorted out this year so that it has more plants than weeds.

Ruth Jones is the new CSP senior negotiating officer for Wales and the West Midlands

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