

19th of June 2019
MRC, Llandrindod Wells

End of an Era in Pip's last Welsh Board meeting...

So many of you reading this Newsletter will have heard the name Phillipa Ford. If you haven't...where have you been? Phillipa has been the anchor for the CSP in Wales and today was her last Welsh Board Meeting as our Policy Officer and there was no other option but to give her a big Welsh Farewell.

Phillipa Ford (MBE) has had a successful career as a Physiotherapist in Cardiff where she was a Superintendent IV manager in West Wing, part of the Cardiff Royal Infirmary.

She started her involvement with the CSP as the Welsh Regional Steward for 10 years.

After the Devolution referendum in 1997 the Welsh Stewards put a motion in to ARC to demand that the devolved countries needed CSP staff in order to function with their new responsibilities.

This motion was passed and she got the job!

She has been our Policy officer here in Wales for 20 years now and she had not stopped. We were privileged to listen to the highlights of her time as our policy officer and it became obvious how essential her work has been for us Welsh Physiotherapists who practice today.

Pip told us:

"My happiest moments and memories have been working side by side with the Welsh membership. That's what I'll miss the most"

Non our Welsh Board Chair says:

"There is no question that Pip has worked hard and tirelessly to promote Physiotherapy, the CSP and Wales on behalf of all the CSP members for the last 20 years. She is a legend in Wales and will be missed. Diolch Pip."

We have a feeling that this is not the last we'll see of Pip at Welsh Board, however, for now, diolch yn fawr iawn Pip for all that you have done on behalf of the Welsh membership. We wish you a very happy and healthy retirement. Ymddeholiad Hapus.



Update from Wales Therapies Advisory Committee (WTAC)

Your rep: Ruth Emanuel

- Hip Fracture document – all the HB's have collaborated together to provide a briefing paper for the Therapies Advisor (Ruth Crowder) on the best recommendations for mobilization and rehab after #NOF. Check out the CSP website for up to date standards for Hip fracture rehab.
- AHP Public Health Framework (UK wide) - This new framework champions the role of AHPs in public health and health promotion. WTAC will be setting up an implementation sub-group to advise on how we will take this work forward. We have some excellent physio reps who contributed to the original work plan, who will join this group.
- A Brand new AHP Dementia Consultant role OUT NOW (Band8d)
- Health Education Improvement Wales (HEIW); university commissioning contracts are being reviewed for undergraduate education. A new Physio Course is starting at Glyndwr University, Wrexham, later this year. A new post- graduate course is also due to start at Bangor University. All new courses have to be approved by the HCPC, and CSP.
- WTAC is going to set up an AHP Consultant forum currently there are only 4 physio consultants in Wales (1xResp, 2 x MSK, 1 in Powys), with very small numbers other profession apart from Psychology. This will link in with the Welsh Nursing, Midwife forum.



Blow your trumpet; the importance of influencing and engagement...

Indeg Jameson (South West Wales Rep) presented back to Welsh Board her reflection and tops following a CSP HQ training on Influencing, Engagement and Communication. Physios are great at talking to each other about our work however, we are notoriously poor at sharing and showcasing this with others. We influence on a daily basis – patients/relatives/members of the MDT but we don't publicise and advocate to decision makers and stake holders enough.

Why influence? Enable **change**, **create** opportunities, **raise** profile & awareness, **generate** understanding, **extend** our network & audience, **build** a community/network and amplify what we do. Investment, acknowledgement and progression opportunities.

Who to influence? Indeg recommended we start with **our colleagues** – how do we expect to influence and engage with a wider audience about

what we do if we're not even excited and passionate amongst ourselves? Then we can create opportunities with MP's, AM's, Local Government, Patient Groups, Professional Bodies, Regional Partnership Boards and Charities. **Minor interactions started the global conversations.**

How to influence? Face to face, presentations, local events, social media. Find out what objectives does the person/organisation that you're engaging with have – do we fit into those objectives? Have an **elevator pitch** ready with a **Winning 'Ask'** – what exactly is it that you're asking of your audience. Ask this within the first 30 seconds and finish with it too – no room for misunderstanding. E.g. Can you come to our **#loveactivity** event on the 31st?

Group Work: We had 10 minutes to create an elevator pitch. VIP guests acted as the decision makers. To some, quite a daunting task. Feedback from the board was positive and hopefully inspired and gave Welsh Board members the confidence to go influence themselves and share with you, the wider membership the same enthusiasm. Mindset: It's not **"Good things come to those who wait"** it's **"Good things come to those who create"**

For more information e-mail: indeg.jameson@wales.nhs.uk or Tweet: @indeg_jameson

Do you work in Front of House services?

We want to hear from you...

- Physio in FOH services – any examples to send to Diane Samuels Diane.Samuels@wales.nhs.uk



Update from Shan Aguilar Stone and Pip Ford...

Physiotherapy UK 2019: Focus symposium and discussions are encouraged in the new structure of the Conference. There are 4 themes;

- Innovation in rehabilitation
- Fit to work
- Managing Complexity
- The Next generation



Tickets are sold out but follow this link to be put on a waiting list: [Click Here](#)

Support worker update:

1. 'Career Development Resource' There was a P&D review of this in June. The resource is based on the Physiotherapy framework and will enable individuals to map capability; will clarify scope at a number of levels of support worker practice and will give practical examples of how this is applied in practice. It will also provide signposting to career development options. [Click Here](#)
Sheryl Barnett your Welsh Board Associate Rep will feedback in the next meeting.
2. Changes to the CSP website for Associate members. It's now to include sections on: 'Membership benefits', 'Having your say & getting involved', 'Your roles and responsibilities in practice', 'Growing your knowledge', 'Your roles in action'.

Other news:

- Hip fracture briefing for Chief Therapies (AHP) Advisor was submitted on the 30th of April and the new 'Hip Sprint' audit tools are live. [Click Me](#).
- Return to Practice in Wales: [More Info Here](#). there's now funding for NHS courses.
- Please tag **@CSPWales** on Twitter during your 'Love activity, Hate Exercise' campaigns. Good luck everyone. Bilingual resources online: [Here](#)



Welcome to Hayley Downey – Welsh Board welcomed our Campaigns & Regional Engagement Officer covering the North West, Northern Ireland and Wales. Hayley is keen to link and meet with any CSP member that's enthusiastic about raising the profile of our profession as she has the skills and resources needed to make it a reality. Tweet her - **@CspHayley**

Natalie “Do our 4 pillars of Practice reflect our profession today?”

The CSP has been tasked to look at the 4 pillars of practice titles and descriptors as the membership feels that they no longer reflect our modern profession.

The existing pillars are now 100years old – Natalie asked Welsh Board to discuss in groups are these titles out of date and if so, what should they be? She's traveling up and down the country for consultation from as many members as possible. What do you think? Does the skills you have fit into these boxes? If not, what should the pillars be called in your opinion?

1. Exercise and movement
2. Manual techniques
3. Electrotherapy
4. Kindred

General feedback was that we were happy with the 1st pillar, there was discussion “Manual Therapy” and “Technology” as alternatives to the 2nd and 3rd. Consensus on the 4th pillar was that it has been used tremendously over the past years to really develop and evolve the profession. It's limitless and Board liked this.

What do you think? Contact:

