

6/01/14	Journal reading: Sandkuhler, J and Lee, J. (2013) How to erase memory traces of pain and fear. <i>Trends in Neurosciences</i> . 36 (6), 343-352
08/01/14	SWOT analysis - interview band 6 preparation
27/01/14	Journal reading: Schomaxher, J and Falla, D (2013) Function and structure of deep cervical extensor muscles in patients with neck pain. <i>Manual therapy</i> . 360-366.
06/02/14	Peer feedback
10/02/14	Reflection on empathy
7/02/14	Reflection - on working with others
20/02/14	Reflection on 2014 OA NICE guidelines
06/02/14	Reflection: developing self-awareness
15/03/14	Core EoERN meeting
18/03/14	EoERN forum and AGM 'Can outcomes help us secure the ongoing care our patients need'
20/04/14	Journal reading: Benjamin, D.R. <i>et al.</i> (2014) Effects of exercise on Diastasis of the rectus Abdominis muscle in the antenatal and postnatal periods: A systematic review. 100 , 1-8 .
13/05/2014	Emailed Manager regarding - Maternity patients
16/06/14	Core EoERN meeting
30/07/14	Reflection on Frontline article: Physiotherapy works: get involved. 02/07/14. Vol 20 number 12
20/09/14	CSP EoERN meeting
26/09/14 (2 1/2 day course)	Physiotherapy Assessment and Management of Pregnancy-related MSK conditions course
28/09/2014	Produced prompt sheet from what I had learnt at pregnancy related MSK course
30/09/14	Journal reading: Parr, . and May, . (2013) Do MSK physiotherapist believe the NICE guidelines for management of non-specific lower back pain are relevant to practice?
20/09/14	EoERN forum 'communication in a business context and making a business case'
23/10/14	iCSP discussion on Dyslexia
26/11/14	Practice educators course
26/11/14	Reflection: on complex patient
8/12/14	CSP EoERN meeting - workforce planning and safe effective staffing levels

07/01/15	Lead I service training - CPD help
22/01/15	Core EoERN meeting
26/02/15 and 05/03/15	Health coaching course (2 days)
12/02/15	iCSP discussion learning champion stand- social media
13/02/15	Lead Inservice training on CPD Harwich hospital
13/02/15	Appraisal
06/03/15	Shadowed and reflected on Anti-natal yogilates class
9/03/15 (2 days)	Annual Representatives conference
12/03/2015	Reflection on ARC
14/03/15	EoERN Physioworks conference
14/03/15	Hosted Learning Champion stand at Physioworks conference
16/03/15	Core EoERN meeting
17/03/15	iCSP discussion - issues in MSK referrals
30/03/15	ICSP discussion - journal club social media
19/03/15	iCSP discussion - steward double booking of patients
20/04/15	Core EoERN meeting
16/05/15 (6 day course)	Acupuncture Association of Chartered Physiotherapists Foundation course
10/06/15	Lead Inservice training discussion : Evaluation of clinical care and services: quality Assurance tool
13/06/15	EoERN forum 'fracture neck of femur pathway and fall prevention conference
23-26/06/15 (4 days)	CSP Steward training - induction course
19/06/15	Basic life support
27/06/15	Reflection on Steward course
02/07/15 (1 day)	CSP Steward training day- contracts of employment and contractual change
6-8/07/15 (3 days)	British Association of Hand Therapists - level one hand course
09/07/15	Core EoERN meeting
10/07/2015	Reflection on BAHT level one course and common conditions
15/07/15	Produced patient handout: 5 key points of Pilates

28/07/2015	Produced patient handout: Sprain and Strains	
05/08/15	Three minutes with Ellen Louise Hellard (interview Frontline vol 21 issue 14)	
27-28/08/15 (2 days)	Hosted stand at Clacton-On-Sea Airshow	
16/09/15	Observation of hand specialist with patient.	
15/10/15	Core EoERN meeting	
27/10/15	Shadowing women's health at Norfolk and Norwich University Hospital	
27/10/15	Reflection on Shadowing at NNUH	
30/10/15	Pregnancy and pelvic girdle pain handout	
01/11/2015	Abdominal Separation handout	
20/11/15	CSP Steward training day: pregnancy and maternity rights	
07/11/15	EoERN forum 'research, funding and university'	
04/12/15	Conservative management of base of thumb OA.	