

CSP WELSH BOARD

NEWSLETTER

**Catherine Chin, Vice Chair
CSP Welsh Board**

**Report from Think Physio,
Act Local Development
Day**

Data Protection:

CSP are making an online module regarding data protection. Some key pointers:

- Any data breaches must be reported within 72 hours.
- If anyone is joining a group/network, their permission must be gained to share data with the rest of the group.

Current CSP Work on Transformation and Improving activity:

The CSP are creating webpages for transformation and improvement.

The team will provide virtual learning resources; individual advice and consultancy remotely; face to face education and network engagement; deploy consultancy support.

Sarah Withers is starting in post at the CSP as the 'First Contact Practitioner Transformation Lead'.

Hip Sprint was highlighted as an example for transformation see more at this link or email

<https://www.fffap.org.uk/FFFAP/landing.nsf/PHFSA201802w1.pdf> Email: transformation@csp.org.uk

Croeso/Welcme Chief Therapy Advisor - Ruth Crowder to Welsh Board...

Ruth by trade is an Occupational Therapist and a true advocate for therapies. She now oversees 13 different professions as Chief Therapy Advisor. With great enthusiasm Ruth presented the importance of good working relationships between therapists, specifically highlighting the value of Physiotherapy.

"We must work better together for us as AHP's to have the strongest voice possible. All this to enable and maximize patient's independence and quality of life. A 'Healthier Wales' can't happen without us as therapists but we need to position ourselves well to advocate this".

The Welsh Therapies Advisory Committee (WTAC) - Ruth is going to be working closely with this committee to ensure that the professions are channeling best evidence and advice to the National Assembly for Wales and the Welsh Government.

What do we as a professional network want to send, to the Cabinet Secretary, in terms of advice and in what format. She advises us to be explicit and factual about what we present to him.

She challenged us also to get to know our Health Boards Directors not just the Directors of Therapies and Health Scientists (DoTHS) corporate leads.



Print on demand resources

CSP digital promotional material – posters, cards, promos and public information. You can edit customisable details to make personalised to your service. Digital copies are free, or first 25 prints are free. This will be available soon. Follow this link:
<https://www.feburman.co.uk/CSP/>



Ruth asked us how we as a profession shared best practice across Wales - specifically for patients following a hip fracture.

Orthopaedic Physiotherapists - how do you share best practice? Can you link with your CSP Welsh Board Representative for them to collate some of the great work that we know is going on in Wales.

She wished Welsh Board well and looks forward to visiting us again soon.

Ruth Emanuel - Newly elected to CSP Professional Committee

Since the governance review there are now three committees and Board congratulated Ruth Emanuel on being elected onto the professional committee for the next 2 years.

The committee will be looking at:

- Scope of practice
- Education
- Standards
- Research into Practice

Ruth is looking forward to feeding back in the next meeting on how the role of the committee develops.



If you would like to get to know your council and committee members better then follow this link:

<https://www.csp.org.uk/about-csp/how-we-work/governance/council>

Shan Aguilar-Stone - Professional Advisor in Wales

First Contact Practitioners...

There is a First Contact Practitioner Network now with over 200 members. For more details email FCP@csp.org.uk.

NHS Job planning...

If you have any examples of work that you have been involved in then please get in-touch with Claire Fordham at the CSP Fordhamc@csp.co.uk

Physiotherapy UK...

Physiotherapy UK is the premier event for physiotherapy professionals in the UK and will take place on 19-20 October at the Birmingham ICC. It's a great opportunity to network and take your CPD to the next level. You can see the latest in research and clinical practice or learn about new innovations in physiotherapy products and services. A Wales poster walk is planned.

An update on PUK will be in the next newsletter.

Leadership Development Programme...

The leadership development programme is a 10 month modular programme delivered using a variety of stimulating, engaging and interactive learning methods to help develop your leadership skills. Register interest LDP@csp.org.uk. This is now recognised by Universities as 20 credits at masters level. Keep an eye on updates that will be coming up on iCSP/Frontline for more details. There is no charge for taking part in the programme.

The cost per participant is approximately £6000, funded by the CSP Charitable Trust. You and/or your organisation will be liable for this amount if you choose to withdraw from the programme after enrolment, unless you have evidence of exceptional circumstances.



'Reach Your Peak' - Exercise therapy for patients living with Parkinson's Disease

We had a very interesting presentation from Sally Tawhai and Maria Lewis who are both private physiotherapists in North Wales.

Reach Your Peak is an exercise programme specifically for people with early stage Parkinson's Disease. It's currently run as a self-referral and self-funded service. They run virtual classes from North Wales and innovative on-line classes are proving to be very effective. The programme includes an interval circuit template focused on power, intensity and accuracy to work on common symptoms of Parkinson's Disease such as bradykinesia.

They are finding extremely positive quantitative and qualitative results following these classes from a physical, psychological and cognitive respect. They shared some of their results and some patient stories.

Maria quoted Sir Muir Gray at Physiotherapy UK in 2017 "I see physiotherapists having an even-bigger contribution to make if they think of working in a different way" and despite some significant challenges in developing the business idea this gave them the motivation to continue with their journey.

It's not been easy - as the business idea developed they came across a fair few hurdles. For example; music copyright laws for the background of their videos and in parts of Wales - poor internet speed has proved difficult to download the programmes.

Current pricing is £497 for the 10-week programme and £47 per month for maintenance programmes. Here is a link to their website.

<https://reachyourpeakonline.com/homepage>

The photos on the left show Maria and Sally and then Sally, Maria and Non Griffiths, Chair of CSP Welsh Board.



WTAC Report - Ruth Emanuel

Ruth started by reiterating the Board's thoughts on how positive it was to meet Ruth Crowder and that she is looking forward to continuing to work closely with her.

Ruth led a workshop to gather examples of innovative services happening in Wales in the following areas

- Primary Care
- Patient Flow
- Rehabilitation Recovery and Reablement
- Mental Health

She will be using these in a WTAC event.

Pip Ford - Public Affairs and Policy Manager for Wales

Pip highlighted the following items:

Political update

Paul Davies AM for Preseli, Pembrokeshire is the new leader of the Welsh Conservatives.

Welsh Labour are meeting to decide on the approach to be taken for their leadership contest. Grass roots party members are pushing for 'one member, one vote' (OMOV).

Plaid Cymru have elected Adam Price AM for Carmarthen East and Dinefwr as their new leader.

Consultations

Feedback was provided on the Welsh NHS Bursary Consultation. CSP officers are continuing to pursue this with the Workforce Education Development Service (WEDS)/Health Education Improvement Wales (HEIW) and NHS Shared Services.

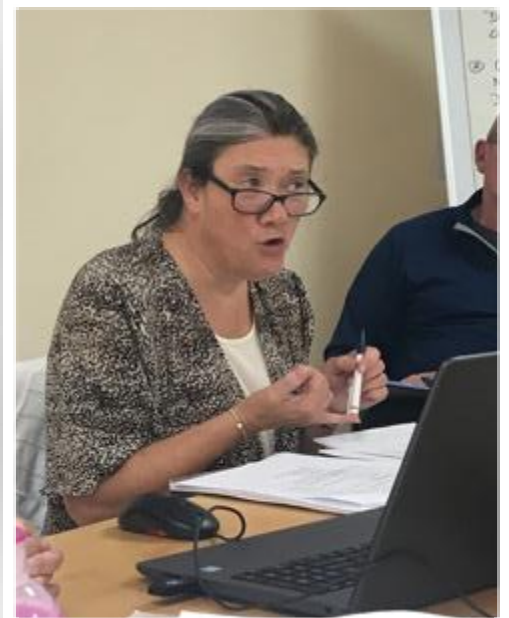
Also, a draft response to the Health, Social Services and Sport Committee on the Draft Autism (Wales) Bill was highlighted.

Workforce

Work has been completed on the Freedom of Information (FOI) request concerning the physiotherapy workforce in Wales for 2017/18.

HEIW launched on the 1st October:

<https://heiw.nhs.wales/>



ARC is on its way...

Welsh Board sends 3 representatives to CSP Annual Representatives Conference (ARC). Welsh Board are encouraging Welsh members to suggest ideas for motions. Please get in touch francisj@csp.org.uk

If you would like to know more about ARC and previous motions then here's the link to the website:

<https://www.csp.org.uk/professional-clinical/courses-and-events/annual-representative-conference>

The 2019 CSP Annual Representative Conference will be held on 3 & 4 June in Manchester.

Rob Yeldham, CSP Director of Strategy, Policy & Engagement - Update from the CSP Member Jury

On 1 July 2018 CSP ran its first ever physio jury. This was a deliberative event to consider health and social care funding. The purpose was to provide advice to Council on the areas where we have gaps in our policy. The jury were also free to comment more widely on funding.

Rob Yeldham said it was a generally positive experience from the CSP perspective. Two Welsh members, Aled Falvey and Nancy Maisey attended.

Key Group Reports	
Independent Hospitals	Short report from Sian Powell on improvements in the Spire Hospital about Breast Care.
Regional Steward	Welcome to Julie Owen who will be sharing the Welsh Board Regional Steward role with Louise Wright.
LaMPS	LaMPS had a training session back in April on social media. They completed a successful Tweet Chat in July with members contributing in a conversation about Healthier Wales and leadership. Ruth Emanuel found it a great learning experience. Keep an eye out for #LaMPSCymru future events.
WPhLAG	<p>Claire reported back from AGM.</p> <p>Chair and Vice Chair this year come from Hywel Dda Health Board and the secretariat will be from Powys Teaching Health Board.</p> <p>They discussed their work programme which will include; work force planning value based healthcare demand and capacity frameworks clinical and non-clinical roles.</p> <p>They will be inviting Stephen Griffiths, Corporate Lead for Nursing and AHP's on HEIW to their January meeting.</p>
Physiotherapy Education	Graeme Paul-Taylor is taking over as Professional Lead in Cardiff University - Congratulations. He is looking forward to joining the Board in December.

This is the first edition of the CSP Welsh Board's Newsletter - do get in touch to let us know your views on it - francisj@csp.org.uk.