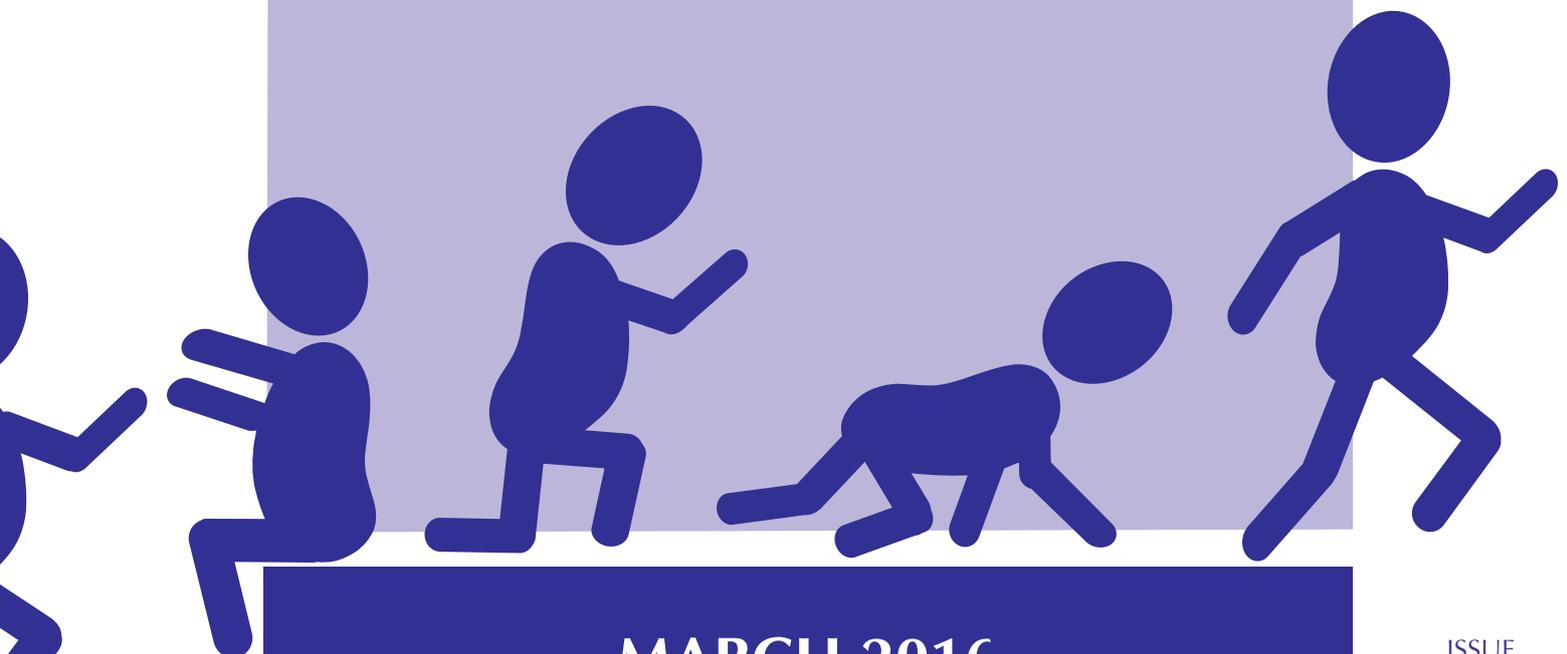


**ASSOCIATION OF
PAEDIATRIC
CHARTERED
PHYSIOTHERAPISTS**

NEWSLETTER



MARCH 2016

ISSUE
NO. 18

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Welcome to my first newsletter.

Firstly, I would like to thank Kerry McGarrity for her assistance with the newsletter and helping me put my first issue together. Secondly, I would like to show appreciation to all of the APCP members who have sent in articles to share, it is great to hear about all the work happening across the UK to develop and maintain our profession.

The NHS continues to be an ever changing environment and in a time where physiotherapists are being encouraged to be 'change agents' leading the way on innovative services it becomes ever-more important to maintain our professional networks and identity to do this. Taking inspiration from Karen Middleton (CSP CEO), when she spoke at PhysioUK14, she advised that in order to maintain and develop the physiotherapy profession we need to invest time in developing ourselves so that we can take it forward, and she continued to promote this at PhysioUK15 banning the phrase "I am just a physio". Paediatric physiotherapy outside of the NHS is also further evolving, with the increased demand for physiotherapy services, a new sub-group of the APCP is being developed to support Non-NHS Independent Physiotherapy Practitioners and the service they offer to children, young people and their families. I'm sure it will be useful to have this forum to further assist with the sharing of good practice.

The changes in the way physiotherapists are working is also reflected in the themes of the conferences happening this year. Themes include discussion on influencing policy, research, practice in a digital age and public health and well-being.

We are already using technology to aid communication across our profession, it is great to see social media being used to increase networking, with interesting articles being shared via Facebook and Twitter. Creating more professional links helps us all stand together for our profession and it also helps with links to other allied health, medical and nursing colleagues.

Physiotherapists have always promoted health and well-being through participation in activity and looking to make physical activity accessible to people of all abilities and we need to continue to do this. This is particularly relevant this year as it is a Paralympic year. The children and young people we work with are the next generation of super-humans and we as their physiotherapists are perfectly placed to assist them with developing these skills.

So 2016 is not without its challenges but it is important that we continue to maintain and develop our professional network to work through these together.

Sarah Dewhurst
Newsletter Editor

The Editorial Board does not necessarily agree with opinions expressed in articles and correspondence, and does not necessarily endorse courses or equipment advertised

APCP Conference Committee Feedback



Well, what an eventful year 2015 has been for us up here in the north. The biggest event on the APCP calendar in 2015 happened in Gateshead / Newcastle. Yes -the APCP conference 'Tyne to Change' came up to the north, and what an event it was!

We would like to thank all the speakers, sponsors, trade exhibitors and delegates who joined us for the two days. I hope you all agree it was a well-attended and informative weekend.

We ran two programmes this year designed to give information on a wide variety of topics. The respiratory interest group also ran a fascinating programme on the Friday.

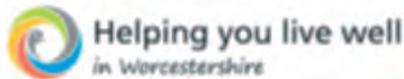
On Friday evening the conference dinner was attended by 150 people and was opened by an interactive demonstration by Go Kids Go! which allowed everyone to show off their wheelchair skills! This was followed by a night of great food and entertainment. I am sure you will all agree the entertainment was first class and certainly got everyone up and dancing and letting their hair down!

The North East committee would like to take this opportunity to thank Fiona Moore (APCP VA) who supported the committee in the year long organisation of the conference, without Fiona the conference would not have been the success that it was. Thank you Fiona!!





APCP Conference 2015 Feedback



An APCP Annual conference review from The Worcestershire Therapy Team ...

Six paediatric physiotherapists from the Children, Young People and Families SDU attended the annual Association of Paediatric Chartered Physiotherapists conference in Newcastle on 13th and 14th November. Caroline Watkins, Advanced Paediatric Physiotherapy Lead for Musculoskeletal and Orthopaedic Management of Long Term Conditions presented a paper on the use of the 'Upsee' as a community mobility device which she wrote as part of her recently completed Masters. The conference ran two parallel programmes each day focusing on neurodisability, neuromuscular and respiratory management, and conditions affecting paediatric mental health. Speakers at conference included Dr Karen Horridge, Consultant in Paediatric Disability and the Chair of the British Academy of Childhood Disability and Jennifer McAnuff clinical doctoral research fellow whose research focuses on supporting participation outcomes in children with mobility limitations.

The thoughts of those who attended conference are below.....

Anna Evans Team lead for Paediatric Physiotherapy in North Worcestershire- "Listening to the consultant research physiotherapist in neuromuscular disorders gave parameters for assessments that standardise measures for this growing group of children which is so crucial for prompt and accurate liaison with tertiary centres and the practical workshop on cough adjuncts practised the use of cough assist machines now used more widely with our children".

Claire Wilson Advanced Paediatric Physiotherapist for Emerging Diagnosis - "With the resources we have our physiotherapy service is doing a great job of empowering parents and doing parent led approaches to get good results compared to European countries that can offer a lot more input".

Juliet Goodban Clinical Service Lead for Paediatric Physiotherapy and Occupational Therapy- "The profession is making great moves in evidencing the impact of physiotherapy in children and young people. An exciting time at with the BACD survey of the impact of austerity in children with disability and the "Count Me In" project and recognising the importance of using participation as outcome measure."

Ivanna Giles Advanced Paediatric Physiotherapist for Pain Management and Deteriorating Conditions- "The conference empowered me and highlighted what we know already and what we're not far off with in our current practise. Prior to conference I tended to pedestal others but know realise how forward thinking our team is at the cutting edge of paediatric physiotherapy practice."

Chris Ruell Advanced Paediatric Physiotherapist For Emerging Diagnosis - "Inspirational conference brilliant for inspiring changing practice in a rapidly changing health climate due to austerity. Setting goals to reflect a child's increased participation as a result of physiotherapy intervention. Gaining knowledge on pathways for referring children with non-accidental spinal cord injury e.g. spina bifida through tertiary Spinal Cord Injury units."

Reflection on Conference

Shirley Hallett attended Conference 2015 with a bursary from the London branch. This was my third time attending conference and each experience has been very different. I have previously attended as a student and also as one of the organisers for the London Conference in 2012.

I feel this conference was my best yet as I was able to bring more personal experience and understanding to the lectures and also I could relax and enjoy the social elements, networking and trade fair as I wasn't helping to run things!

I feel that conference is an excellent opportunity to network with peers and catch up on the latest developments in the paediatric physiotherapy world. The London Branch bursary made this an affordable and exciting opportunity for me. The organisation in Newcastle was excellent and the flexibility meant that I could attend lectures from both streams based on my own learning needs and interests. I found the content to be relevant and well applied to practice. The speakers had a wealth of knowledge and spoke passionately about the topics. I found it particularly interesting to learn about different services in the UK and beyond, and to learn about ongoing and upcoming research projects and developments, specifically in the area of paediatric brain injury.

The trade exhibition was extensive at this year's conference, with a wide range of companies and relevant equipment to view. As I am currently working in the community I made many valuable connections with equipment reps and charitable organisations and have already utilised some of these in my workplace, especially those related to accessible exercise groups and activities for young people. I think this is a great way of keeping up to date with the ever-changing equipment market.

Overall, conference in Newcastle was a great experience; I met some very interesting people and broadened my awareness of developments in paediatric physiotherapy in the UK and world setting. Newcastle did an excellent job of organising and I would recommend conference as a valuable experience for anyone.

Shirley Hallett

ASSOCIATION OF PAEDIATRIC CHARTERED PHYSIOTHERAPISTS
MINUTES OF
THE 42nd ANNUAL GENERAL MEETING
FRIDAY 13th NOVEMBER 2015
GATESHEAD

The Meeting opened at 09.50

1. Introductions:

APCP Secretary formally opened the 42nd APCP Annual General Meeting. APCP Secretary introduced the Executive Committee.

2. Apologies for absence:

Heather Angilley
Adare Brady
Di Coggins
Sophie Levitt
Ian McKinlay
Penny Robinson
David Scrutton
Peta Smith
Laura Wiggins

3. Minutes of the last meeting:

The minutes of the 41st Annual General Meeting held in Edinburgh had been placed on the APCP website for perusal.

The minutes were approved and electronically signed accordingly.

Proposer: Elizabeth Gray

Seconded: Gabriela Todd

4. Matters arising:

There were no matters arising.

5. Chairman's report – Elizabeth Gray

Welcome to the 42nd APCP AGM and I hope that you will enjoy the rest of the APCP Conference 2015 here in Newcastle.

This is APCP flagship clinical and professional conference for sharing knowledge and experience whilst offering a fantastic opportunity to network and be inspired.

APCP, one of the largest professional networks of the CSP, saw its membership grow to 2216 over the past 12 months, making this our highest total membership on record and APCP continues to be represented on the Client Group Alliance and professional network forum of the CSP.

A particular focus of the last year has been the development of 5 year plans for each of the working groups within the National Committee- Education and Research, Media and Publications, Specialist Groups and Regional Representatives Group. These plans underpin the over arching APCP corporate 5 year plan with objectives and strategies focusing on the domains familiar to

CPD, physiotherapy as key to health, well being and quality of life, APCP influence and profile, increased member engagement and sustained financial viability. These interlinked 5 year plans, give the APCP a sound foundation and framework to our overall direction of travel for the future.

Social media in the form of both Facebook and Twitter has been very successful with us having a truly global connection and I would really encourage you all tweet using the hash tag #APCPConference2015 and see if we can give our conference partners from last year CYPF a jolly good run for their money with more tweets than their conference in Southampton!

APCP attended ARC2015 and had two motions on the primary agenda. The first motion 'on working longer' was carried unanimously with the CSP going into the TUC congress with a similar motion shortly after. Our second motion unfortunately did not get carried, to our great disappointment.

Representing the CSP at the Learning Disability Senate Children's Group, APCP, in collaboration with the LD professional network, strives to influence the physiotherapy and wider agenda in learning disabilities to reduce inequalities in health care.

We are registered as stake holders on numerous NICE guidelines and most recently responded to the consultation on NICE guidelines on Transition.

The ambition to develop a UK wide patient management system for children with CP based on the successful Scottish CIPIS model took its first steps with the Neurodisability group organising a day at Sheffield Hallam University for paediatricians, orthopaedic surgeons and physiotherapists. An extremely well attended event with outstanding feedback and engagement- we will continue to work to develop this....Watch this space.

The economic situation has quite rightly seen us review our spending and finances. APCP has looked closely at all avenues to reduce unnecessary spending particularly on committee expenses and continues to be vigilant that funds are spent appropriately.

The work of APCP could not be achieved without the dedicated work of all on committee and those engaged on specific projects, so I wish to record a huge vote of thanks to all who give up their free time to develop the network and paediatric physiotherapy as a whole and not just at national committee but in particular the regional and specialist interest committee groups. The regions continue to deliver quality local training to members across the wider spectrum of paediatric physiotherapy and I would like to pay particular thanks to their ongoing commitment and drive within APCP.

A number of National Committee members are standing down at this AGM having served full terms of office so would like to acknowledge them for their service: Julie Burslem- former Secretary; Siobhan Goldstraw- former Treasurer and Lesley Katchburian – former Research Officer.

And finally- please join me in congratulating our Education Officer, Sarah Westwater-Wood on being awarded a Senior Fellow of the Higher Education Academy- Well done.

Chair Report 2015

Proposer: Gabriella Todd

Seconded: Nicola Burnett

6. Treasurer's report – Nicola Burnett

The accounts for 2014 have been examined by the accountants; Nicklins Business Advisers.

There was surplus of £144 for the national accounts.

As can be seen from the accounts our biggest income is from member's subscriptions, the other sources of income are the courses that we run and the CSP capitation fee. The national accounts also include the specialist group accounts including PPIMS, Respiratory, MSK, Neonatal, Neuromuscular and the new Neurodisability group which we have funded to start up this year. The NE region funds are also held centrally.

As you may have read in the email that came with the Agenda for the AGM I would like to propose that we raise the annual subscription, it has not been raised since 2007 when there was a large increase from £25 a year to £40 a year. At this time the large increase was to fund the role of a paid administrator which has proved a very successful arrangement and has enabled us to move forward as an organization to offer services such as a website, online course bookings, Paypal, and support for members. This role has grown and we have now taken on an additional administrator to cover the media aspects of the work.

It is with these additional expenses in mind, not to mention the average cost of committee meeting travel and expenses, supporting the specialist groups, funding bursaries, printing and postage of the journal and newsletter that we feel the time has come to raise the subscription.

As a committee we have looked at our expenses carefully and committee members are encouraged to book travel early to get the best deals and also to share rooms at events such as the working weekend and conference when they need to have accommodation. We have also decided to no longer fund the honorariums for the executive officers.

Even with these savings I feel that we ought to raise the membership from £40 to £45 a year. This still represents excellent value and brings us in line with similar CSP professional network groups in the CSP.

I propose the increase in membership subscriptions from £40 to £45 starting in January 2016

Motion Carried.

Treasurers Report 2015

Proposer: Julie Burslem

Seconded: Lesley Katchburian

7. Adoption of the Auditors

Nicklin Partnership of the West Midlands to remain the adopted auditor.

Proposer: Nicola Burnett

Seconded: Fiona Moore

8. Media and Information report- Kathie Drinan PRO

Over the last 12 months we have reviewed all our information leaflets on the website, updated the existing information leaflet on flat feet, plus we have added three new leaflets, Osgood Schlatters

Disease, Promoting Normal Development, and a Career in Paediatrics.

As the 'promoting normal development' leaflet went down so well we are looking at the possibility of creating a crawl to stand and stand to walk leaflets, plus one to cover fitting an AFO, an introduction to sleep systems and ideas for exercises in water. However if there are any you would like to see please contact us through the APCP website or Facebook page.

In June the APCP were represented at the Neurologica Expo at Excel and Physiotherapy UK in October. Many useful new contacts were made. At the request of the CSP press office we have written several articles, primarily for educational magazines, promoting good positioning to enable students to learn in a comfortable environment and which maximises their independence. We have continued to work with English federation of disability sport, Wheelpower and CP sport to promote participation in sport for children with physical difficulties. As part of this work we have joined the frame football development group which is being led by CP sport. Our plan is to work with them to ensure that the coaches understand the conditions that the young people have and that the player training regimes they deliver complement our physio aims and treatment plans. In March this year we launched into the world of social media via a Facebook and twitter account. Our Facebook page has 1194 likes and regularly gets a post reach of over 10,000. We have 276 twitter followers, our # is @TheAPCP but our # for this conference is #APCPConference2015. We feel that this increased profile has led to an increase in the number of enquiries through the website and the beginnings of useful international collaboration.

Please like our Facebook page and tweet us.....

9. Research and Education Report – Sarah Westwater-Wood, Educations Officer

The last 12 months have been very successful with another Introduction to Paediatrics course being held in Wales. This group worked very hard to introduce a pre-course web presence and continued to support the direction towards 21st century teaching and learning approaches to the content. This success was evident from the delegate feedback which described exemplary speakers and excellent quality of venue and content. This is the first opportunity to acknowledge the Welsh committee for their hard work.

The baton now goes forward to West Midlands for June 2016 and I know there is a busy time ahead for them which the Research and Education Committee will be supporting along with Fiona Moore the Business Administrator.

In line with the 5 year plans, we are looking at a project to introduce two types of recognised APCP awards. These would be firstly the highest accolade, the Honorary President which we have already heard about. The second would be the Fellowship, which we have agreed to take forward as a nominated person with nominees submitting an evidence report on their CPD paediatric expertise: this would be criterion based with a piece of work we have to undertake. We estimate that we would have maybe 3-4 submissions a year for this to acknowledge APCP members, individual expertise of reach and impact across the field of paediatric physiotherapy. Currently we envisage there would be a fee for this application and that it may be launched and implemented in 2016.

We are undertaking a scoping project which Anna Boon is working on to explore and share best practise internationally and to look at the opportunity to take the ITPP course internationally as part of collaboration. This is very current with APCP view of rejoining international paediatric physiotherapy groups.

10. Election of committee members

There were five potential vacancies for National Committee Posts and they had been advertised on the website and via the VA bulletin sent out to members. Five nominations were received and

therefore the all nominees go through unopposed. We are pleased to announce the following are elected:

Barry Johnstone- who will be the Deputy Journal Editor

Sarah Dewhurst- who will be Newsletter Editor

Stephanie Cawker- National Committee Member

Michelle Bayliss- National Committee Member

Jennifer McCarhill - National Committee Member

11. Honorary Members

Karen Middleton, CEO of the CSP has been awarded an Honorary Membership of the APCP

12. Honorary President

Elizabeth Gray, Chair of the APCP, invited Eva Bower to come forward after reading the touching tribute written by Mark Bower, her son, previously published in APCP newsletter when they were joined by Catherine Chair of Council CSP who invested Eva Bower the title of APCP Honorary President with the presentation of APCP Presidential Chain of Office and Presidential Quiaich.

Eva Bower spoke a few words of thanks and specifically honouring those who first set up APCP.

13. Any Other Business

No other Business.

14. The next AGM will be on the 11th November 2016 at the Conference in Brighton at approximately 1230hrs.

Meeting closed at 10.30

Harri Creighton-Griffiths

Secretary to the National Committee

APCP Conference 2016 will be held in Brighton, jointly hosted by the South East Region and the Neurodisability Group. The programme this year is called Neurodisability- From Birth to Transition and we have tried to make it as chronological as we can bearing in mind availability of speakers! Please see the draft programme below and keep an eye on the website and bulletins for more details.

Draft Programme: Neurodisability- From Birth to Transition

Main Programme- Friday 11 November 2016	
09.00 – 09.10	Welcome, Introduction and Housekeeping
09.10 – 09.45	Keynote Address – ‘Why we do what we do!’ Margaret Mayston
09.45 – 10.20	Early Medical Intervention for Hypoxic Ischaemic Encephalopathy – Dr. Philip Amess, Royal Alexandra Children’s Hospital, Brighton
10.35 – 11.05	AGM and Armistice Day Silence
11.05 – 11.35	Coffee
11.35 – 12.10	Early Therapy Intervention- speaker TBC
12.10 – 12.45	Management of Growth and Development– Dr. Viv Campbell, Chailey Heritage, Sussex
12.45 – 13.45	Lunch
13.45 – 14.15	Free Papers
14.15 – 14.45	Spinal Management in Neurodisability – Mr. Jonathan Lucas, Guys and St Thomas’ Hospital
14.45 – 15.30	Hip Dysplasia in Cerebral Palsy – Mr. Martin Gough, Evelina London Children’s Hospital
15.30 – 16.00	Tea Break
16.00 – 17.15	Dystonia – Karen Edwards/Belinda Crowe, Great Ormond Street Hospital
	Finish

Main Programme- Saturday 12 November 2016	
9.00 - 9.10	Welcome, Introduction and Housekeeping
09.10 – 09.55	Consent – Fiona Springham, Clinical Psychologist, Chailey Heritage, Sussex
09.55 – 10.30	Adolescent Perception of Disability- Dr. Nicky Wood, Clinical Psychologist, Kent and Canterbury Hospital
10.30 – 11.00	Coffee
11.00 – 11.30	The Young Person with Acquired Brain Injury in the Community –Sue Mobbs, The Children’s Trust, Tadworth Court, Surrey
11.30 – 12.15	Genetic Implications in Neurodisability- Dr Mansour, St Georges Hospital, London
12.15 – 12.45	Free Papers
12.45 – 13.45	Lunch
13.45 – 15.15	Overview of Strength Training in Cerebral Palsy- Sarah Westwater-Wood plus a young athlete (TBC)
15.15– 15.45	Tea Break
15.45– 16.00	Physio- A Patient Perspective- Tom Williams
16.00 – 16.45	Best Practice in Transition – Kathie Drinan
16.45 – 17.00	Close of Conference
	Finish

There will also be a selection of workshops running throughout Conference, subjects TBC. These may be repeated over the weekend to allow as many people to access them as possible. Please see website and Summer Newsletter for final details in due course.

Call for Abstracts!

APCP Conference 2016 is in Brighton on 11-12 November 2016. Please submit abstracts for Free Papers/Posters by **July 1st 2016**. Submission forms and advice are available from va@apcp.org.uk. Please read the accompanying advice when writing your abstract and include all the information requested. Full details of methodology, data and analysis are needed for the committee to assess your submission. If sufficient information is not included, your submission may be rejected. If you require advice to help you write your abstract prior to submission, please contact me.

Sue Bush

Research Officer

research@apcp.org.uk

For those of you than have never been to Brighton, it is a wonderful place for a long weekend so we hope you will come to Conference and bring your family or significant other for an extended pre-Christmas break! The hotel is right on the seafront although there are many hotels and guest houses for any budget available too. We will be giving more information nearer the time but why not 'Save the Date' now and start planning your winter weekend!



EAST ANGLIA

Happy New Year from the East Anglia region! We had a quiet end to 2015 by way of courses but have been planning lots for this year. We have a busy start to 2016 with an Outcome Measures study day and AGM planned for February and a Neuromuscular Study day planned for April.

We are very pleased to welcome a new member to our team, Holly Bacon from Norwich. We have also had lots of interest from potential new members who we hope will be joining us soon.

Part of the committee's job is to write and gather summaries from people attending courses. We would greatly appreciate any course summaries and feedback which we hope could then go into the APCP newsletter, if you would like to write one please send it to us on the emails below.

Harriet Hewitt and Bobby Wakeley

eastanglia@apcp.org.uk

LONDON

Happy New Year to you all! I am pleased to report London Committee started the year with the wonderful news of Ellie Melkuhn's new arrival. This excitement woke us up from a mince pie slumber and got us all in motions after the festive period to plan the upcoming evening lectures. We hope to have run a successful January lecture titled 'CP or not CP' by the time you read this! And hope to have an inspirational topic for February and to plan an oncology lecture in March.

Reflecting on 2015 we are really proud of our achievements, particularly the frequent evening events, which we feel strongly have been high quality and well received. Most significantly this includes a workshop on educational health care plans by Yvonne Cheung in July, which was so popular she was later invited to complete it again for APCP in the South East region. This gives an example of how sharing your experiences and practice can lead to a wider audience. This evening created a lot of debate and interaction, something we hope to develop more within our evening lectures as a result from the positive feedback we received.

On that note of sharing good practice, maybe this is your opportunity! We plan to run a follow up lecture to the SDR update, with volunteer speakers from the community or perhaps private settings, presenting their case study findings

regarding the longer-term rehabilitation of these children post operatively. Please get in touch if you are interested.

In addition I would like to furthermore encourage members to be involved and share material for this very newsletter. It is a lot less daunting than the journal and a great introduction into getting something into print. As ever there are always great things happening in London so please share with your peers, and you never know what may happen! It may open doors when you inform APCP members across the country of your findings.

Finally we welcome our 2 new members to the London branch. Sasha Lewis, a previous 2012 London conference committee member and Serena Manners. We now have a full team again and look forward to serving you as members to the best of our ability. As always, do not hesitate to get in touch with ideas for lectures, including venues.

Natalie Drane

london@apcp.org.uk

NORTH EAST

Hello to all members based in the North East! On behalf of the North East committee we hope you had a fantastic Christmas and are looking forward to a great new year!

2015 was an eventful year with our region hosting the APCP National Conference, please see the Conference Committee report.

And now for 2016.... Firstly there have been a few changes to our committee. I would like to say a fond farewell and a massive thank you to Helen Chamberlain as she steps down as North East rep and passes the baton onto myself. Also a huge thank you and goodbye to Alma Brambles and Jo Bleasdale who have officially left the committee at close of conference in November 2015. The current committee members are due to meet in January, we are very excited to have a variety of new people from all over the North East, and from different areas of work joining the team, more details about members will follow in the next newsletter.

In April we will be hosting another hydrotherapy course in Yorkshire after the success (and sell out!) of last year's course we expect a high interest again this year so keep your eyes peeled

for information coming through about how to book your place.

Our autumn course is still in the pipeline, but please get in touch with any suggestions or ideas for courses.

Amy Black

northeast@apcp.org.uk

NORTH WEST

The North West Committee continues to work to provide study events which meet the needs and requests of our members. We communicate primarily by email to cut down on travelling time and costs, meeting in Preston every 3-4 months.

We have seen some changes to committee recently and offer a warm welcome to new members Deepika Khsirsagar, Anna Brennan and Nikki Owen. We are sad, however, to say goodbye to Sheila Bryson, who retires after our next Twilight event in February and Angela Turner who stepped down from her role as committee member and treasurer in November 2015. The committee has benefited enormously from their many years of support and hard work and they will both be missed. Rosemary Turner continues as our Chair and the role of Treasurer has been taken on by Nikki Owen, volunteering at the end of her first committee meeting. Anna has taken over the role of secretary.

Twilight sessions continue to seem the most successful for members to attend with 42 people attending the recent session on "Constraint Induced Movement Therapy" held in October.

Our next Twilight session is entitled "A Series of Case Studies" to be held on Monday 29th February at Lansbury Bridge School and Sports college in St Helens. The programme includes case studies detailing work carried out on strength training inspired by speakers from a previous twilight session.

Our AGM is being planned for May 2016 with ongoing discussion about either incorporating it into a study day or twilight session. We welcome any suggestions regarding topics to be explored and also anyone who wishes to share any of their knowledge.

Julie Johnson

northwest@apcp.org.uk

NORTHERN IRELAND

In September, we had a large turn-out to hear Chris Tennyson, Clinical Psychologist from the Royal Belfast Hospital for Sick Children speaking about psychological support for children, parents and for ourselves. He described 'containment theory' as a coping strategy to support parents; 'mindfulness' to focus on the moment and 'acceptance and commitment theory' used in pain management. The evening was really interesting and a mindfulness exercise involving chocolate bars was really appreciated!

In our November meeting, we had a series of short presentations on the topic of 'Flat Feet'. Two orthopaedic consultants, Mr Ballard (paediatrics) and Mr Henderson (adults) spoke on what is 'normal' and when intervention is required. Orthotist Paul Gawley and podiatrist Caroline Spence, spoke on the use of orthotics and specialised footwear. A panel discussion brought out consensus that many children presenting with flat feet do not require any intervention. Plans for a regional pathway are hopefully underway led by Mr Ballard. (Please remind him if you see him!)

Our programme for the rest of the year will include our very short AGM and talk on Tiny Gym by Emma Cameron, physiotherapist, on the 24/02/16 at 7pm in ward 3 at the Mid Ulster Hospital. We are also holding a Neurodisability update on the 14/04/16 and an exhibition/study day on the 19/05/16 at Knockbracken Hall, Belfast. Please check the APCP website for details on times and venues.

May I take this opportunity to thank the NI committee for their work and support in running this year's programme. Please think about joining the committee and let one of us know. We are managing on one meeting per year and a few emails to keep things running.

Sheila McNeill

northernireland@apcp.org.uk

SCOTLAND

Firstly, Happy to New Year to everyone! I'm sure by the time this newsletter drops through your door, the festive season will seem like a distant memory! If doing more CPD is on your list of new year resolutions, then remember to keep a look out for upcoming APCP courses and events over

the course of the year.

A successful MSK course was recently run in October 2015. We held a 'MSK and Red Flags' study day in Edinburgh. Over 40 delegates attended the course. Overall the day appeared to be well received with good feedback from the delegates. Presentations from the study day can be found on the APCP website.

Several Scottish APCP members travelled to Newcastle in November for the annual APCP conference. For the first time, APCP Scotland funded a bursary place for conference. This is something that we aim to continue to do. The successful applicant will be expected to contribute to the newsletter following conference. Information on how to apply will be available on the Scotland region page of the APCP website, and we would encourage and invite you all to consider applying for this.

Looking ahead, plans are well under way for a spring training event addressing the topic of "Adolescents in sport/disability sport". Final details are still to be pulled together, but put Saturday 23rd April 2016 in your diary. More information will be available on the APCP website as well as through the email bulletins.

As always, we are keen to respond to the training needs of our members, but cannot do this without you. Please let us know if there are specific topics you would like to see addressed over the coming period and we will try our best to accommodate as many requests as we can. Members will be receiving an on-line survey to help us identify what training needs there are and how members would like it delivered. We do listen to your feedback and encourage as many of you as possible to complete the short survey. We are already making changes and hope that the upcoming course on a Saturday will make it easier for physios to attend, with study leave continuing to be increasingly difficult to obtain.

Other news? Well as of recently, we now have all Scottish regions covered by representation within our committee. Thank you to the 12 members who give up their time and efforts to keep our very successful Committee going strong. There have been some changes however – Kirsteen Grieve (me!!) returns to the Committee from maternity leave and is back in the role of Scottish representative on the national Committee. This position became vacant with Barry Johnston

moving to the prestigious role of sub-editor of the APCP journal. We wish him every success in this role. Gillian Taylor is stepping down as course-organiser as she heads on to maternity leave, with Kendra Cleland coming in to fill her shoes.

Kirsteen Grieve

Scotland@apcp.org

SOUTH EAST REGION

In November the SE replicated the study evening held by the London region titled 'Educational, Health and Care Plans'. Yvonne Chung - Highly Specialist Clinical Assessment and Care Planning Coordinator & Paediatric Physiotherapist at Camden Integrated Children's Service led this very informative session at Valence School. I'm sure those who attended would extend their thanks to Yvonne for an excellent session although I think it resulted in more questions than answers and highlighted the wide variation in how the different areas are implementing the educational care plans even within the South East.

The SE annual AGM was also held at this study evening. No new members were elected to committee but several members were re-elected. To see who is on the SE committee you can look on the APCP website under the South East region which will have this information and more local information.

Unfortunately the taping study day that we were hoping to hold was not run as we were unable to confirm a speaker. If anybody has any contacts within this field that would be happy to offer a study day/afternoon/ evening please do get in touch.

Moving into the New Year we are considering holding a study event in the spring but our attention is very much focused on planning conference for November in Brighton with the overarching theme of Neurodisability– From birth to transition. The SE conference planning committee and neurodisability group have been working hard to plan the program and are confirm the speakers. Keep a look out on the APCP website and in the newsletter for further information.

Finally please remember you can e-mail me with any suggestions of topics for SE study days and/or any details of (free) venues – preferably with

parking.

Becky Hindle

southeast@apcp.org.uk

Follow me on twitter: APCP South East Rep @TheAPCPSErep

SOUTH WEST

During our AGM in September, we voted on 2 new committee members, we have also had further interest from two people to join which will improve the representation from across the region. Devon and Cornwall however remain unrepresented. We meet 2-3 times each year, to reduce the time and travel costs of meetings we aim to use Skype for at least one meeting.

We held the AGM with a half day workshop, in September 2015 as an introduction to Kinesio taping.

The workshop covered the basic theory and principles of application of the tape, and was a combination of theory and practical sessions

Following the success of our evening lecture last year, we will also run an evening lecture this year, as well as our AGM and study day.

When planning our topics for the training, we do consider suggestions given on course feedback, we would also like to hear from members who do not attend the training events as we would also like to attract these members to attend. A survey will be coming out soon for the South West to gather that information, and we would value your responses.

If you are starting a new service in your area or have some interesting news relating to your practice please consider writing an article for the newsletter as we are keen to hear what is happening across the region.

Katherine Heffernan

southwest@apcp.org.uk

TRENT

This is my first time writing to you as Trent regional representative after taking over from Sarah Dewhurst. Sarah has stepped down from regional rep to take on a national committee role as the APCP newsletter editor, on behalf of the Trent regional committee I want to thank Sarah for her continued hard work and dedication and

wish her luck in her new role.

The Trent region had a busy end to 2015 with a successful evening lecture led by Sarah Westwater-Wood (MPhil, MCSP, APCP, SFHEA, Director of Assessments, School of Health Sciences, The University of Nottingham), Matthew Humphreys (CP sport athlete- race-running) and Lisa Morton-Smith (National Sports Development Manager-CP sport). The evening covered strength training and exercise prescription for people with cerebral palsy, Matthew was able to provide an athletes perspective which complemented the presentation. The evening was well attended with therapists coming from within our region and beyond, as well as the evening lecture it provided a great opportunity for networking. Feedback was mostly excellent and gave us more suggestions for future courses.

It was decided at very late notice to bring Trent in line with other regions and offer funding for one place to the annual APCP conference (excluding accommodation & travel). Applications were invited from any active regional member (defined as having attended at least 3 committee meetings in the past year) and required the applicants to have a seconder. The place for the 2015 conference was awarded to Charlotte Hookings. Trent region hope to be able to continue offering funding for this in the coming years.

We have started 2016 finalising plans for our next study event which will hopefully be a one day gait analysis course, as the previous gait evening lecture was very successful, watch out on the APCP bulletin for more details as we have them!

Finally, we continue to have regular committee meetings and as always are on the lookout for new committee members, please contact us if you would like to be involved.

Laura Clifton

trent@apcp.org.uk

WALES

Having lost several committee members over recent months for various reasons, we are now finally getting back on our feet with our new committee with Angharad Eynon as Chair, Jaqueline Brown as treasurer and Rhiannon Rogers and Sarah Twose sharing the role of secretary following election at our AGM in

September.

A successful AGM was held in Serennu Children's Centre in September with around 20 members attending. Angharad Eynon gave a well-received presentation on Neonatal Physiotherapy as part of her role as clinical lead physiotherapist in Hywel Dda health board, and Jacqueline Brown gave a very interesting insight into surviving a Masters module, with lots of discussion around how we as a region can support our members with their post graduate studies with the possibility of setting up a database of Wales members who have completed a masters who may be able to support future MSc students. Our focus over the forthcoming months is to gain an insight into what our regional members want from us in terms of training and courses and a questionnaire will be sent out in due course to gain an insight into what kind of things our members would like to see in the future.

A Pilates for Children study afternoon has been arranged by committee member Helena Webb for January, however due to ill health this has been postponed until April. As there was a lot of interest in the course which is full, we are hoping to put another similar course on later in the year with a possibility of looking at putting it on in North Wales for our members who live further afield.

We are currently looking at improving our links with members in North Wales and looking at the possibility of video conference events to close up the geographical gap between us. Whilst we don't have anybody nominated for Welsh representative at present, members have agreed to take it in turns to attend meetings and feedback as able until someone is found to take up the role permanently. We are always on the lookout for new members from across Wales and especially would be keen to recruit committee members from North Wales to our happy group of people.

Angharad Eynon-Harries

wales@apcp.org.uk

WEST MIDLANDS

We would like to congratulate Michelle Baylis on being elected to the National Committee. She will continue as our Regional Committee Chair, but I am taking over the post of regional rep.

We also welcome two new committee members, Shabnam Moledina, who currently works as part

of the FES team at the West Midlands regional rehabilitation Hospital, (previously she worked at the Heartlands Hospital as a paediatric physiotherapist) and Amy Southall who works as a community physiotherapist at the Sunflower centre in Stourbridge.

Laura Allmark has a new job on the Neurodisability team at GOSH for two days a week, in addition to continuing to work at Acorns. She feels she may have to step down in March due to work and family commitments so it is with much regret, and thanks for all her hard work, that we will wish her all the best for the future.

Our committee are currently very busy putting together an interesting and varied selection of speakers for the next "Introduction to Paediatric Physiotherapy Course" which we are hosting. This will be taking place at The Holiday Inn, Birmingham Airport, Coventry Road, Birmingham B26 3QW. The course is for three days from June 16th – 18th 2016. To book a place, contact the va@apcp.org.uk

Unfortunately we had to cancel our CPD evening and AGM in November due to ill health of one of the speakers, and the small number of applicants. We will endeavour to rearrange this, perhaps as an evening event during the ITPP Course.

Please contact us if you are interested in joining our active and friendly committee, we always welcome new faces.

Sheila Clayton

westmidlands@apcp.org.uk

NEONATAL GROUP REPORT

The neonatal group have been very busy over the last few months.

We jointly ran the 2nd AHP Neonatal Study day in London which was attended by around 75 delegates and had some very impressive speakers. Everyone came away with ideas and innovations to take back to their work. The day went very smoothly thanks to the joint committee in London and all Fiona Moore's hard work and prep behind the scenes.

We are pleased to announce that the introduction to neonates 2 day course will be running on the 25th and 26th of April in Leeds by Jade Kant. For full details please see the APCP website.

There was another very popular LAPI course run at the beginning of February 2016 hosted by my Adare Brady and Peta Smith. They are looking to hold a LAPI update day sometime this year if there is enough interest, so please get in touch with them if you would like to go to an update.

The 3rd Joint AHP neonatal day will take place on the 26th of September in London venue to be confirmed and the topic is likely to be around brain development in the neonate. Look out for more information on the program and speakers on the APCP website.

On the publications front the tummy time poster has been updated and hopefully will be available soon. Also we are eagerly awaiting the first publication of our neonatal advice leaflet which Emma Vincent has put a great deal of work into.

The committee would like to welcome Caroline Heath, Phil Hariness and Mandy Hunter who joined us in November. We are looking forward to working with you all.

Hilary Cruickshank

Neonatal Committee Chairperson

PPIMS

The first national network committee meeting took place at the Library of Birmingham on 13th October 2015. Representation from Northern Ireland, Scotland, Wales, London, Trent, South West, and West Midlands discussed the purpose of the committee, agreed terms of reference, actions for the 5 year PPIMs plan, and shared hot topics for further work and guidance for members. The launch of the Welsh "Agored" qualification of competency was shared and discussed, and agreed to be considered by PPIMs to be a way of recognising knowledge and skill for the health care assistant posts within paediatric physiotherapy. Further information regarding the Calderdale Framework for identification of tasks for particular roles within paediatric physiotherapy services will support the level of delegation to all posts, but particularly for staff bands 1-4. PPIMs plan to offer further guidance next year to support job description development and recruitment into these valued roles.

Training/Study Day Event Summary:

Safe and Effective Staffing Levels for Allied Health Professions Masterclass – JJ Consulting. This training is planned to be offered this year, dates and venues are still in negotiation, but it is likely to now be in June 2016 in the Midlands. Please watch this space for further details and ensure that this is on your PDP to equip you with the necessary skills and tools to illustrate service need in a business world.

Topics for discussion:

PPIMs are striving to make links with our paediatric occupational therapy management colleagues, as a lot of shared learning opportunities are evident at the work bases, however PPIMs acknowledge that these opportunities are not being utilised for the professions benefit in

leadership. Many members share leadership responsibilities with other AHP services, and support is sought regarding standards of practice information. The PhysiotherapyUK 2015 Conference in Liverpool pushed for all physios to consider themselves as “Change Agents”. More information will be available in the event feedback, but we would well recommend linking into the CSP website to review any presentations or YouTube clips that were made available. They were inspiring!

Jane Seller

ppimgroup@apcp.org.uk

MSK GROUP

The MSK committee responded to a concern raised with the CSP regarding non paediatric physiotherapists working with children. In conjunction with the APCP national committee, the group contributed to an article for Frontline in an effort to raise the awareness and encourage physiotherapists to ensure they had sufficient training. Following on from this, we developed an Introduction to Paediatric Musculo-skeletal Physiotherapy course and have started to work on the production of musculo-skeletal competencies.

The competency document is in its first draft. We hope to have the work completed by summer 2016. Once done, this can be used as a basis for future training courses and can be used by paediatric physiotherapists and managers for commissioning.

Training/Study Day Event Summary:

The first Introduction to Paediatric MSK study day was held in September at the CSP, London. The event was well attended with a waiting list.

The course was intended to be for physiotherapists either new to paediatrics or for those who were considering working in the sector. However, attendees included clinical specialists. After further investigation, it was found that these were neuro-disability physiotherapists who were being asked to see MSK cases in addition to their normal neuro-disability caseload.

Feedback on the course appears to be encouraging but there is obviously a need for more courses. The committee plan to hold another in the spring – possibly in the north of the country. The committee also contributed to a MSK hip study day which was also well attended. We are aware that people want more courses, so are looking at a foot and ankle study day.

Vicky Easton

mskgroup@apcp.org.uk

NEURODISABILITY GROUP

The NDG Committee last met on 19/06/2015 in Birmingham.

The NDG continues to work within 3 sub groups:

- Acquired Brain Injury / Spinal Cord Injury – currently planning a study day on intro to FES and ‘De-Mystifying FES in children’ (see more below).
- CP Hips – working on update of the evidence base for management / surveillance of CP Hips. The day went ahead on Friday 4 September 2015 in Sheffield (see more details below).
- Outcome Measures – planning to survey members. This is completed and ready for sending out

The next meeting of the NDG will take place on 22/01/2016 at Birmingham Children’s Hospital. There will be consideration of the use of WebEx for future meetings.

Training/Study Day Event Summary:

1. De-mystifying Functional Electrical Stimulation in Children

Originally planned for October 2015 but due to logistical reasons and time restraints this was postponed till next year.

2. Establishing a Patient Management System for Children with Cerebral Palsy

Developing a UK-wide programme – the first steps

The NDG hosted the day on Friday 4 September in Sheffield. The day focused on the Cerebral Palsy Integrated Pathway and its introduction. It was well attended by physiotherapists, orthopaedic consultants and paediatricians. The group had the opportunity for teaching from the CPIP Scotland team including break away sessions looking at the practical elements of hip surveillance as well as discussions within regional groups. The delegates were also provided with the CPIPS DVD and training manual.

David Young

ndgroup@apcp.org.uk

NEUROMUSCULAR GROUP

We have now expanded and broadened our NM committee and welcome several new members from across the UK! Some members were able to attend the World Muscle Society International Congress in Brighton in October 2015. Members also met to develop the work on the APCP Neuromuscular competency framework and to gather expert opinion from other colleagues. We are now collating information from questionnaires which were sent to colleagues in national and regional centres and are gathering the evidence base, it is work in progress but are making some progress!

We are holding our next Neuromuscular study day in London, in March 2016. This will be titled, Physiotherapy assessment and management in rare neuromuscular disorders –thanks to those organising and speaking, we are looking forward to hearing of your experience and learning from your expertise!

Lindsey Pallant

nmgroup@apcp.org.uk

RESPIRATORY GROUP

The respiratory group ran the parallel day at conference this year which was well received by the delegates. Thank you to all who attended. We found common issues for members through the plenary session on the day and will be using this and the conference feedback for our next step in planning courses for the next few years. We would love to hear from members about courses they wish to attend. We have finished the NP suction guidance and nearly finished the commissioning document for community respiratory physiotherapy and these hopefully will be put on the website soon.

We also still need new members for our group to help with development and so anyone interested in being a part of this work please get in contact. We are particularly looking for an acute respiratory physiotherapist and some members from the south as we are all mostly northern based. We are meeting in the end of February so please feel free to come along to this meeting to get a flavour of how we work. Please get in touch if you wish to do this.

Leanne Turner

respiratorygroup@apcp.org.uk

The International Dimension: APCP is going GLOBAL

APCP has 2200 members and currently 58 members are listed as overseas: 20 from Ireland 5-10 from EU countries, 15 from Australia, New Zealand and Canada. Social media in the form of both Facebook and Twitter has also been very successful with us having a truly global connection.

The now established annual APCP Introduction to Paediatric Physiotherapy (ITPP) course is raising interest from other countries. As a result of this, an APCP scoping exercise is currently on-going, looking at the paediatric training physiotherapists receive in different European countries compared with the UK.

One of the long term aims of APCP is to increase our membership, both nationally and internationally by encouraging members to submit abstracts and to present their work at conferences and to thereby enter into international dialogue. Below is information on some of the international work members of the APCP are currently involved with.

WCPT World Confederation of Physical Therapists (www.wcpt.org)

WCPT represents over 350.000 physical therapists through 110 membership organisations. It was started in 1951 with the vision to move physical therapy forward so the profession is recognised globally for its significant role in improving health and well being. Its mission is to unite and represent the profession internationally; to promote high standards in practice, education and research; to facilitate communication between member organisations; to collaborate nationally/ internationally and to contribute to improved global health.

In 2007 in Vancouver, the International Organisation of Physical Therapists in Paediatrics (IOPTP) was organised as a subgroup of the WCPT, representing 15.000 physical therapists from 23 member countries including Australia, Austria, Canada, Denmark, Ethiopia, Finland, Germany, Hong Kong, Ireland, Italy, Japan, Netherlands, New Zealand, Nigeria, Norway, Portugal, South Africa, Sweden, Switzerland, Taiwan, Turkey and the USA.

The cost of annual membership is 1 dollar (around 64 pence) per member.

Although the CSP is a member organisation of WCPT, APCP opted out of the paediatric subgroup over 4 years ago. Discussions have recently been taking place around APCP wishing to re-apply for full membership at the next WCPT meeting in Cape Town; South Africa 2-4th July 2017.

The next Congress of the European Region (ER-WCPT) takes place 11th-12th November 2016 in Liverpool. Unfortunately the APCP Conference 2016 clashes with this, but it is hoped that a video link can be set up.

The 2019 WCPT Congress will be in Geneva.

Gabriela Todd, Vice Chair APCP



EACD European Academy of Childhood Disability (www.eacd.org)

EACD is an academic association of professionals working with children with a disability throughout Europe. They have 500 members from 35 countries including Paediatricians, Neuro-Paediatricians, Physiotherapists, Occupational Therapists, Speech and Language Therapists, Psychologists, Nurses, Social Workers and Special Needs Teachers. Their current treasurer is Jenny Carroll, Consultant Paediatric Physiotherapist at Bobath Cymru, Cardiff.

The 5th International Cerebral Palsy Conference will be hosted jointly by the European Academy of Childhood Disability, (EACD; 28th annual meeting), and the newly established International Alliance of Academies of Childhood Disability (IAACD) as its first biennial meeting. The conference will be held in Stockholm on the 1st-4th June 2016

The title of the conference is “Challenge the Boundaries” with the following main themes:

- Childhood Disability in a Global Perspective
- Participation in society
- Transition from childhood to adulthood
- Management of services, dilemmas
- Family based rehabilitation
- Epidemiology and genetics
- Prevention of perinatal brain damage
- Early detection and early intervention
- New intervention technologies
- Translational research including neuro-plasticity and stem cell research
- Nutrition, Sleep disorders and Pain
- Visual, Cognitive and Language Disorders



APCP members have had abstracts accepted for presentations and posters at the International Conference on cerebral palsy and other childhood-onset disabilities.

Parents are invited to attend at a very reduced fee and early bird conference fees are available until March.

For more information please go to www.eacd2016.org

Gabriela (APCP Vice Chair) advises that there is a fabulous youth hostel/“vandrarhem” Af Chapman in central Stockholm on the water with views of the palace.

[Early Intervention: The Power of Parenting and Practice - Early Intervention in the light of the International Classification of Functioning, Disability and Health, the Children and Youth version \(ICF-CY\)](#)

The University of Groningen, Netherlands 7th-9th April 2016

Dawn Pickering from Cardiff University and APCP member has been invited to speak at the above conference. Her presentation will be on Early Intervention: Modification of the environment and its effects on the child's activities and participation and family function. She will discuss her work on "Adapted cycling in young children with cerebral palsy: practice and evidence of effect" .

We look forward to hearing how the talk is received and what information was shared at the event. Details can be found at <http://www.developmentalneurology.com/2016/programme.html>

If you are aware of interesting international events for APCP members or have attended/presented recently, why not send us a short summary and share your contributions or inspirations?

[PhysiotherapyUK 2015](#)

As a professional network of the CSP the APCP felt that it was acutely relevant for members of its national committee to attend this event offering a full programme of world class sessions for physiotherapy professionals. It also facilitated attendance at the CSP AGM on 17th Oct. Elizabeth Gray, Katherine Heffernan, Juliet Goodban, Kerry McGarrity and Sarah Westwater-Wood all attended to provide an APCP presence which included being available to run a stand providing information on the role of the APCP, as well as attending lectures in order to feedback up to date information on the current CSP issues to the wider national committee and APCP members.



The background of the conference is that it is the Annual National Conference of the CSP. The themes of the program were Leading Change, Public Health, Prevention & Well-being, Workforce Development and Research into Practice. It is an opportunity for the CSP to showcase its self to its membership and beyond

The group felt the highlights and key messages from the conference were:

- Dr Phil Hammond – "Share the Love" hilarious and informed keynote speech
- Founders Lecture – Prof The Baroness Finlay of Landaff, President CSP
- Transforming lives, maximising independence, empowering populations.
- Great quote - "knowledge is acquired, skills are transferable"
- The phrase "I am just a physio" is banned by CEO CSP, Karen Middleton

Overall the group felt that the conference gave Interesting, inspiring presentations for members and was well organised. They felt having an APCP stand was great publicity for APCP and that the trade exhibition was useful and informative, including an outstanding number and variety of posters. They felt it gave them excellent networking opportunities with a range of people and that the programme was full and varied with quality speakers and excellent questions and answers.

The group also felt that as PhysioUK16 is held jointly with WPCT(Europe) next year on the same date as APCP national conference, an opportunity to video link the two conferences should be explored.

CP Sport Frame football Development Group

As part of my role as a national committee member I am representing the APCP on the Frame Football Development Group. When the opportunity arose to be part of this group I was very keen. With an on-going interest in making sport accessible to all, I was excited to work with organisations such as CP Sport, the Football Association, and specialist equipment representatives in order to make football more accessible. I hope with the help of my colleagues on national and local APCP committees we can help influence its development starting at grass roots level, to ensure that it is both fun, safe and a good adjunct to the physiotherapy that this group of children and young people need to do on a daily basis. We also need to remember that everyone needs to be active to help maintain our health and well-being and creating exciting and interesting opportunities for people of all abilities to do this is extremely important.

Organisations such as CP Sport are leading the way in doing this. So far I have attended one group meeting continuing the work of Kathie Drinan, one of my national committee colleagues. The group has now developed a basic learning resource to aid in the setting up of frame football groups. It is hoped that the development group will continue to meet to help support the development of the game, by producing further information to support coaches and young people participating in the sport. I am looking forward to the next meeting at the end of February to continue this exciting work.

Sarah Dewhurst

Corrections

The Association of Chartered Physiotherapists in Therapeutic Riding (ACPTR) would like to respond to the way Hippotherapy has been described in the article entitled 'Introducing Thomas' on page 52, Issue 17 of the 2015 Newsletter.

We would like to explain to the readership that jumping is not a Hippotherapy activity. Hippotherapy is a physiotherapy treatment led by a trained physiotherapist with extensive horse knowledge and who has undertaken ACPTR training. In a Hippotherapy session the movement of the horse at walk is used therapeutically to help a child or adult gain or regain skills.

ACPTR is intending to submit an article on Hippotherapy for the next Newsletter to explain this in more detail.

Lynne Munro MSc MCSP

ACPTR Executive Committee



Cerebral Palsy Sport
England & Wales

Lace up your boots...

CP Frame Football

Cerebral Palsy Sport have designed, developed and trialled frame football to create a truly player centred football opportunity.

Working in partnership with new and existing hubs of CP football activity to offer Frame Football opportunities and events which bring clubs together to take part in small-sided games.

For further information, contact:

o Sam Turner at
sam.turner@cpsport.org
or 0115 925 7027



Research Report

We currently have two bursaries running. The recipients are Stuart Clark: The impact of collaborating with local sports and leisure services to develop a gym-based exercise programme for children with cerebral palsy and Phil Harniess : Parents' Experiences of Therapy - Early Intervention for Infants with Emerging Signs of Complex Neuro-developmental Difficulties - both projects in are in the early stages.

There is money available for the coming year - information and application form available on the APCP website (<http://apcp.csp.org.uk/research>)

Sue Bush

Research Officer

research@apcp.org.uk

Journal Report

The next journal is due to be published in June and will include the full papers from conference. The December journal will be a neuromuscular special edition. We welcome any papers to be submitted to the editor for future journals.

An assistant editor was appointed at the last committee meeting who will work alongside the editor.

Cate Naylor

Journal Editor

journal@apcp.org.uk

Education Report

The **Introduction to Paediatric Physiotherapy 2016** is being held Birmingham with the West Midlands APCP region hosting. Details can be found at <http://apcp.csp.org.uk/introduction-paediatric-physiotherapy-course>. An exciting development last year was the new introduction to paediatric MSK course which was very well attended. We hope to run this again in a different region this year.

The Education Officer has been working on a project to recognise APCP member expertise through a potential fellowship level of membership. This project is ongoing for 2016 but is in line with other professional bodies who acknowledge post graduate experience alongside formal continuing professional development and commitment to the development of the profession and its services to children and young people.

Sarah Westwater-Wood

Education Officer

education@apcp.org.uk

Guidance for Applicants for APCP Research Bursaries

- Maximum £2,000.00 bursary per project per year
- Applications for clinical research only will be considered
- Bursaries **are** available to fund research equipment e.g. laptop, software package, assessment kit, etc.
- Bursaries **are not** available to fund course fees, transport for researchers or research participants, or participant expenses (unless part of an otherwise un-funded project and essential to the success of that project)
- Receipt of an APCP Research Bursary is conditional upon publishing in the APCP Journal or Newsletter and presenting at the APCP Annual Conference
- If the award is over £500.00, 10% will be withheld until after submission of a Conference abstract and Journal article.

APCP Research Bursary Application Form

Applicant Details	
APCP number	
CSP number (if applicable)	
First name:	
Last name:	
Title:	
Current post:	
Organisation:	
Work Address:	
Email:	
Phone number	
Home address:	
Email:	
Mobile no:	
Qualifications Dates & institutions	
Previous research	
Published papers	

Previous awards: Awarding body	
Amount & over what period	
Brief description of project: and outcome (100 words max)	

Project title (20 words Max):
Names of co-researchers:
Duration (in months): justification and timeline (50 word max)
Project type (clinical/research/service development/literature/other) 50 words max
Total funding requested with breakdown of expenditure (in £): 100 words max
Study rationale: (130 words max):
Study aims & objectives (100 words max):
Abstract (300 words max):
References:

Terms and Conditions

- Applicant will submit an annual report to the Education and Research Committee on the progress of the research
- Research to be published in the APCP journal and presented at APCP Conference
- If published elsewhere an article will be submitted on some aspect of the research or research process

I have read and agree to the terms and conditions.

Signature:

Date of submission:

Submit your application to the Research Officer:

Email: research@apcp.org.uk

Post: APCP, PO Box 610, Huntingdon, PE29 9FJ

For office use only.

Date received:

Peer review outcome:

Application approved:

Defer:

Reject:

Feedback given by:

Courses

Since the last newsletter in September 2015, the APCP have run 16 courses around the country. These range from full day courses, half days and evening lectures on a variety of topics. The majority of courses are heavily discounted for APCP members. Please look out for the APCP e-mails and check the website for details of up-coming courses.

Course Feedback

Course Title: APCP East Anglia - Paediatric hip study day

Date: Friday 10th July 2015

Venue: UEA

I attended the APCP East Anglia region paediatric hip study day at the UEA in July. The day was very informative and covered topics such as embryology and developmental anatomy of the hip, intrinsic and extrinsic factors affecting the growing child and common orthopaedic hip problems.

The afternoon adopted a more practical approach to case studies and assessments which enabled professionals to share their experience and knowledge. I particularly found being able to seek practical guidance from the ESP's on my handling invaluable.

The study day was thoroughly enjoyable and I would like to thank all involved in the organisation and running of the course.

Thank you

Hannah Baldry

Senior Paediatric Physiotherapist.

James Paget University Hospital NHS Foundation Trust.

Course Title: APCP Scotland - MSK and Red Flags Study Day

Date: Friday 2 October 2015

Venue: Post Graduate Centre Edinburgh Royal Infirmary

This very successful study day was held at the Post Graduate Centre at the Royal Infirmary of Edinburgh, and was well attended by 52 paediatric physiotherapists from across Scotland and some even ventured up from south of the border!

The day proved to be excellent value for money with a series of highly interesting lectures delivered by a group of fantastic speakers. The aim of the day was to act as a refresher on common MSK conditions and treatment modalities, and was found to be especially useful for paediatric physiotherapists working in the community.

Jenny Haggart, Highly Specialist Physiotherapist from NHS Lothian spoke about common rheumatology conditions and signs and symptoms to be aware of when doing an objective screening as well as the subjective 'do's and don'ts'. She highlighted differential diagnoses and reminded us that treatment is easy compared to diagnosis!

Mr Rod Duncan, Consultant Orthopaedic Surgeon from RHSC, Edinburgh delivered an amusing and thought provoking lecture on normal variants in the paediatric population, including a lot of penguin slides and celebrity in-toers!

Sarah Paterson, Extended Scope Practitioner from RHSC, Edinburgh discussed the main differences to be aware of in an paediatric MSK assessment along with common MSK conditions and management, as well as highlighting red flags and differential diagnoses.

Lauren Daniel, Highly Specialist Physiotherapist from RHSC, Edinburgh, talked us through the key elements of a basic MSK assessment for babies and toddlers entitled “Head to Toe on the Go.” This included common MSK conditions affecting this age group and key observations and management strategies.

Claire McNally, Specialist Physiotherapist from NHS Tayside, gave a fantastic interactive presentation of an overview of Kinesiotaping giving us plenty of ideas for the use of Kinesiotape in common MSK conditions.

The feedback from the day was very positive and a huge thank you must go to the APCP Scotland Committee for organising such a successful day.

Fiona Maclean

APCP Member

Course Title: Transition: developmentally appropriate care for young people with long term conditions

Venue: Royal College of Physicians

Date: 12/10/2015

Below is a summary of most of the presentations. For more information please contact kathie@apcp.org.uk

Janet McDonagh ‘Defining Developmentally Appropriate Health Care for Young People’

Janet talked about how adolescents are very different to children and very different from adults and have specific needs. She feels this is why they fall into a healthcare gap between children’s and adult services. Their health needs are not always their priority as their lives are changing in many ways

- Physically
- Cognitively
- Psychologically
- Socially and
- Vocationally

In her 1918 book ‘A doctor of their own’ Amelia Gates wrote “When we started this work we had certain medical aims in view, but we found that in this particular clinic



we could hardly confine ourselves to medical work alone. The clinic soon had to busy itself with the social and educational aspect of problems and in proportion as we successfully dealt with these, did our work become more effective”

Hence it has long been recognised that this cohort needs to be treated differently.

The NHS website defines young people as being between 10 and 25. During this time they undergo a myriad of transitions. It is important to recognise that developmental and institutional transitions may not occur at the same time.

Janet then went on to discuss the guidance already out there but there are still gaps. A recent study by Moore Hepburn C et al 2015 Health system strategies supporting transition to adult care identified there is still need for guidance around

- Flexibility
- Funding
- Cross-sectoral collaboration (including communication and coordination)

It is hoped that the NICE guidelines due to be published in 2016 will fill some of these gaps.

She then discussed further research that highlighted that young people with long term conditions have: ‘Lower rates of mastering social and vocational developmental milestones Pinquart M 2014 (meta-analysis) Maslow GR 2011, ‘Compared to controls: they had similar social success but lower vocational success.

Dr Peter Hindley ‘Parity of Esteem: is optimising mental health to support physical health achievable?’

Peter talked about the importance of working with the adult team. He felt that paediatricians believe that transition starts at birth whilst adult practitioners feel that transition begins at 17 and $\frac{3}{4}$.

Having a long term condition increases the risk of mental health problems. They have 2-5 times increased risk especially if they have central nervous system disorders

There is a strong association between mental health problems and poor outcome of treatments, but during transition this link is more marked and the risk is increased for poor transitional outcomes, reduced attendance to follow up and poor adherence to treatment.

He talked about the changes in legislation which support transition:

- Children and Family Act 2014 and new SEND code of practice Education, health and social care plans
- Local offer
- Integrated education, health and social care commissioning with support up to 25
- Care Act 2014
- NHS-England Transition Service Specification
- Transition CQUIN
- NICE Transition guidance in consultation
- Future in Mind DOH 17.03.15

He hoped these changes would result in more flexible/responsive packages of care

He felt that the barriers to change were cultural, professional, and organisational.

Cultural: child health and adult health do not see each other as having responsibility across the age span

Professional: lack of understanding of each other’s respective roles and each other’s services, effective transition depends on good collaborative relationships, these depend on time and stability.

Organisational: difficulties in sharing responsibility within and between organisations the impact of

“when developmentally appropriate” will be challenging for many services.

However he felt that the solutions could be found with

- Enhanced communication, joint best practice guidance, shared educational events.
- Change in perspective to understand the roots of health problems and their trajectories into later life.
- A change in commissioning and culture He felt that the role of primary care was key and
- Increased provision of psychological/psychiatric services in paediatrics

What do young people think of their health professionals?



5 short 10 minute presentations

1. **Lois Marshall: Youth engagement tool kit for health professionals**
Designed to use for children with diabetes to support them to manage their own condition
2. **Dr Alice Cai: Improving care and outcomes in adolescent arthritis through patient input, tele-monitoring, and personalised feedback.**
In consultation with young people with JIA, the team have devised an app which the young people can use to monitor their symptoms, their mood and any exercise etc. they can set alarms for medication, gives them educational support and motivates them by having a gaming format that gives them rewards along the way. It is still currently in a development phase but Alice will contact us if they plan to roll it out to a wider audience.
3. **Lynda Brook: 10 Steps**
The 10 steps that Alderhay Children's hospital use to ensure successful transition
4. **Jenni Hislop: Designing a discrete choice experiment (DCE) to quantify the transition care preferences of young people with long term conditions**
Jenni discussed how to design a discrete choice experiment and how these can be used to assess preference of one model of care over another.



5. Jen Cheshire: The development of an online holistic needs assessment and resource portal with teenagers and young adults with cancer.

The portal enables young people with cancer to enter their feelings and symptoms into the various fields which then automatically turn green, amber or red identifying the level of need. This then opens the portal for support and advice dependent on their needs

Dr Elizabeth Stoppard and Karen Horridge: Optimising the transition for young people with complex needs.

Introduced 5 questions you should be asking your team to ensure you are meeting young people's transitional needs

- How paediatric services do and could prepare for transition
- How good is your team at advocacy?
- How can you improve team work and communication across discipline boundaries?
- How can your team be more person centred?
- How data could be collected and what data should be collected

They then went on to discuss how using the NHS Health Wellbeing and Function summary which can be found at <http://www.bacdis.org.uk/policy/documents/HFWSummary.pdf> can easily identify areas of need that need addressing at a consultation. They also talked about changing the format of reports to ensure they are more needs based using the following headings and meet the 'Assess once and Share' criteria.

- Active concerns
- Health conditions
- Outcomes agreed with family
- SMART actions to achieve the outcomes, including treatments, interventions, referrals, aspects of advocacy, follow up plan
- Brief summary of consultation

Dr Stephanie Lamb: Exploring the role of primary care in transition

The young person's GP may be the only health professionals who are constant throughout their life. They are local, community based, familiar, family orientated (may be aware of other family factors impacting on the young person's ability to engage with their health services), holistic, and accessible.

The GP should be a key contact during the transitional phase. Consider using the GP surgery for transition planning meetings and ensure the GP is invited.

Dr Jacqueline Cornish NHS England: National Landscape, how to make it work this time. Transition to Adulthood Programmes in NHS England

We know what young people want....

- To be listened to and understood
- To be taken seriously
- A well planned service where the transition and discharge arrangements happen smoothly - "It shouldn't be left to us or our families to manage it"
- Flexible services focused on developmental age rather than

**"It is easier to build strong
children (and young people)
than repair broken men"**

**Frederick Douglass
1818-1895**



chronological age and on individual needs

- Choice, information and advice to help YP make informed choices about care & to help them move on
- Honesty about what can and can't be kept confidential
- Continuity of care – it take time to build relationships
- “We shouldn't have to fight for our rights”

Dr Cornish discussed how it is all of our responsibility to make sure that transition works and that we should work together to follow the principles we all agree should be in place to ensure the journey is smooth and successful

Kathie Drinan

Public Relations Officer

Course Title: APCP Trent -Strength Training and Exercise Prescription for People with Cerebral Palsy

Venue: Oakfield Special School. Nottingham

Date: Wednesday 25th November 2015

This interesting and informative evening seminar was organised following feedback from previous events calling for the most up-to-date guidelines and recommendations about exercise programs for children and young adults with CP. The evening, which was held at Oakfield Special School in Nottingham, was attended by 21 qualified paediatric physiotherapists and also some students from the University of Nottingham.

The course objectives were to review the evidence for strength training for individuals with CP and also to examine the recommended exercise prescription for athletes with disabilities.

At the beginning of the seminar Lisa Morton-Smith, from CP Sport England, gave a brief overview of the organisation and the various groups that they run and support around the country. Information was provided to all the delegates to take away and cascade to colleagues and to distribute to their service users, which will be a valuable resource. Sarah Westwater-Wood (APCP Education Officer, MPhil, MCSP, SFHEA, Director of Assessments, School of Health Sciences, The University of Nottingham) was the main speaker.

Sarah discussed the neurophysiology and current evidence surrounding how best to advise and support children and young people who are looking to actively compete in a variety of sports. This was an excellent refresher of anatomy and also provided us with evidence based examples which can easily be transferred into our clinical practice.

The seminar ended with a talk from a CP sport athlete, Matthew Humphreys. Matthew spoke confidently and his enthusiasm was evident throughout his informative presentation about his chosen sport, race running. Matthew informed us that being involved in sport has helped with his own fitness levels and has given him the opportunity to travel and meet a host of new people.

The feedback received following the lecture was very positive. Delegates had been impressed with the addition of a genuine athlete and watching videos of him competing had been very informative and inspiring.

The opportunity to network with other paediatric physiotherapists before and after the session was appreciated by the delegates especially the students. Following this, and previous feedback, the region is now planning the next event which will be a more in-depth look at gait analysis and how to actually apply this in a clinical setting.

Rebekah Tinney

APCP Trent Region Committee Member

Course: APCP South West, Kinesio taping workshop**Date: 26th September 2015****Venue: Gloucester**

The APCP South West Region hosted a Kinesio taping workshop in Gloucester on Sat 26 September 2015. The morning session was dedicated to taping techniques within the paediatric setting.

26 Members signed up for a morning session on paediatric taping led by Gudrun Collins. The morning consisted of classroom based learning sessions followed by organised and guided practical sessions. The practical sessions proved to be a great opportunity to apply the taping techniques that we had been introduced to and covered paediatric MSK specific pathologies such as apophysitis and torticollis. It was an extremely informative workshop where there was ample opportunity to learn, apply and practice the taping techniques that were taught. The application of tape for inhibition (lengthening) and facilitation (shortening) and its potential for improving circulation were particularly useful. There were some healthy discussions over the choice of taping techniques for conditions such as lymph oedema, osteochondritis and hypermobile joints.

The importance of considering the difference between the taping of a mature skeleton and the taping of the growing paediatric skeleton were emphasised and contraindications and consent were also covered.

The teaching and practical sessions were accompanied by an extremely informative book and references to support evidence based application of the techniques used in this unique population.

2 pictures taken on the KT Paediatric workshop showing a suggested taping technique for knee effusion and severs.

Heather Foster



Book Reviews

If you have read an interesting book, please send us details and a short review. With so much information out there, sharing interesting and relevant information helps keep us all up to date.

Book title: Kinesio TAPING® in Pediatrics; fundamentals and whole body taping 2nd Edition

By: Kenzo Kase

ISBN 978-1-4243-3308-0-55995

This book is a technical manual of taping techniques with precise detail supported with excellent pictures. It includes a pictorial glossary of the different tape shapes used which will be very useful to the novice taping practitioner and those refreshing the breadth of their practice.

The early sections provide for an overview of approaches to general taping which includes the full breadth of corrective techniques for example mechanical and facial. The text then moves on to the paediatric specific main sections. Visuals again are excellent with most being child models. They support any practitioners understanding of practical taping in paediatrics. Unfortunately the paediatric specific guidelines chapters' reference list links were not active, thus key evidence referenced (p64) could not be critically appraised for relevance.

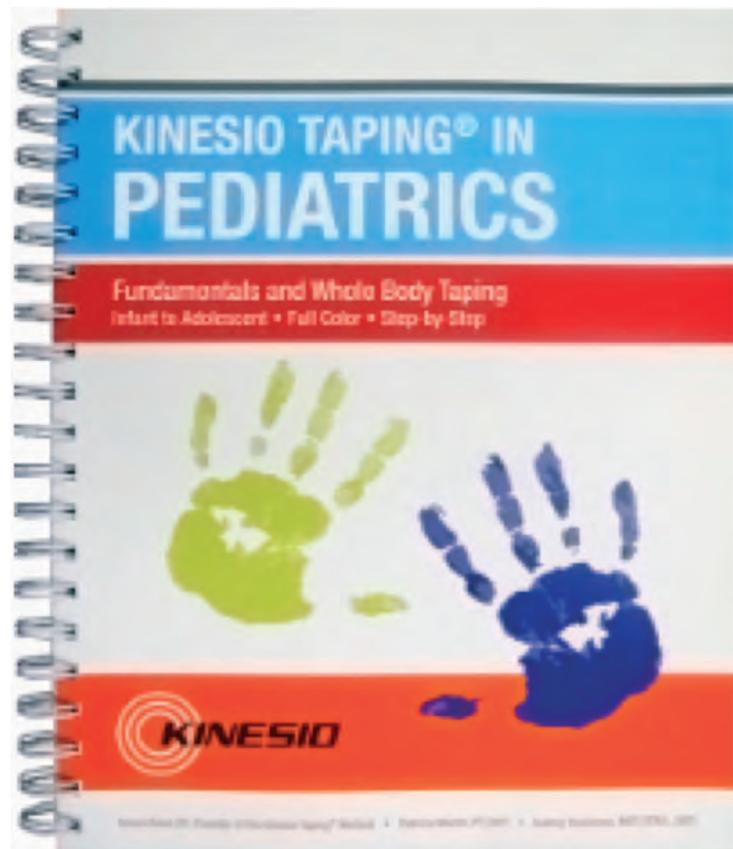
Indeed there are two key aspects of the text which would be beneficial to any future editions. Firstly that the contemporary evidence base be presented; secondly that the text be enhanced with learning outcomes for each chapter and self-directed end chapter tests to reiterate and consolidate key foundational elements. Nevertheless the text does provide accepted taping techniques applied to a paediatric population. The practitioner must use their own assessment and clinical reasoning as to the relevance and selection of any for individual children's needs.

Sarah Westwater-Wood

APCP Education Officer

MPhil, MCSP, APCP, SFHEA

Director of Assessments, School of Health Sciences, The University of Nottingham

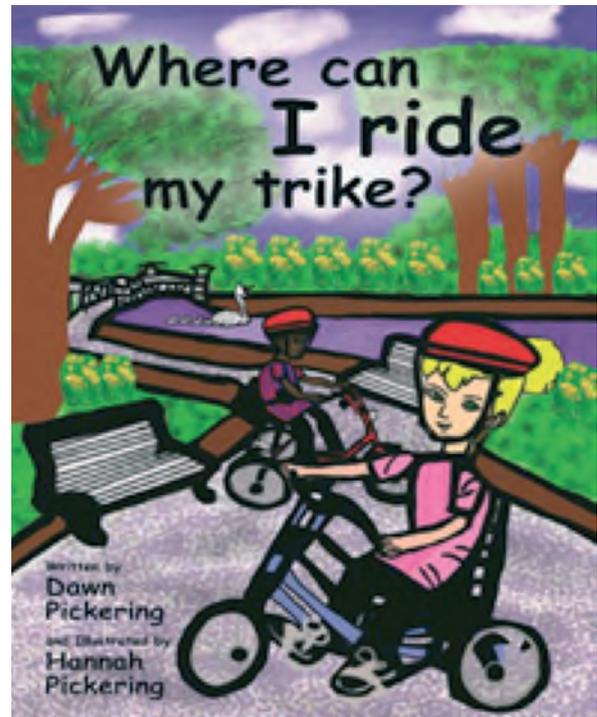


Book Title: Where can I ride my trike?**Author: Dawn Pickering, Paediatric Physiotherapist and Senior Lecturer at Cardiff University School of Healthcare Sciences.****Illustrator: Hannah Pickering, graduate in Creative Writing.****ISBN-10: 0993181406**

The book is aimed at children with Cerebral Palsy (CP) of varying ages, and will be enjoyed by children with a cognitive age ranging from around 2 to 8 years.

The purpose of the book is to encourage all children with CP to open up their thoughts about what they would be able to do. The story is inspired by children and young people who took part in a research project based at Pedal Power in Cardiff.

Summary: The story is written from the perspective of Natalie, a little girl with CP. She goes cycling on a trike with her aunt and one of her friends Timothy, who also has CP. He always cycles with his older brother. It explains where the bikes are hired and then takes them on their cycling journey. The story gives the young reader a lovely picture of where Natalie and her friend cycle and the things, people and animals they come across. They have clearly enjoyed their ride and at the end of their journey all four of them dream of where they would really like to cycle, showing that no dream is too big! It ends by asking the reader where they would like to ride a bike.



The book promotes cycling as an activity for children with CP, and showing that it can be carried out by young and old and disabled alongside able bodied people. It is a great example of participation in society and creates a positive experience of carrying out a physical activity in an outdoors setting. It encourages the reader to think about taking up an activity such as cycling.

The book is easy to read with a variety of font colours and types to highlight key words. The illustrations are very colourful and simple, which should attract the interest of children. Some of the pictures are unclear and dark which makes it more difficult to see the detail, especially for children who have difficulties with figure-ground discrimination.

The book is slightly pricey compared to other children's books, considering it is printed in leaflet style, but this may be due to it being self-published. The fact that it has an advertisement from Quest 88's race running equipment seems slightly out of context, however this may have helped with some funding of the book. The author has added a useful link to the charity Sustrans, however as the book is to get children to imagine what they can do, a few other links included at the end of the book would have made it easier for the reader/reader's family to discover what is available.

Overall I think it's a lovely little book, specifically aimed at this group of children, but also interesting for typically developing children, as it will give them a bit more understanding of how children and young people with disabilities can participate in daily activities. I would be happy to recommend it to the families I work with, as there are not many children's books specifically aimed at children with disability. My 6 year old co-reviewer really enjoyed reading it and has also given it the thumbs up!

Renee Daelmans**APCP Member**

Kidz to Adultz Wales

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10/03/2016

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•Kidz to Adultz South
09/06/2016 - Rivermead Leisure
Complex, Reading.

•Kidz to Adultz Scotland
15/09/16 - Royal Highland
Exhibition Centre, Edinburgh.

•Kidz to Adultz up North
17/11/2016

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