



Introduction

Welcome to the winter 2021 edition of our national Allied Health Professions (AHP) Programme newsletter.

The AHP Programme Team have successfully appointed to the national clinical leadership role for person-centred rehabilitation and are in the process of finalising recruitment to the national clinical leadership role for public health and prevention. These roles are described in the AHP framework as being pivotal to supporting our clinical communities to transform practice. We look forward to them joining the team and introducing them in the new year.

The AHP Programme Team has also been joined by HEIW Intern Joseph, and Learning Technologist Lauren, who are supporting us with all things digital. Check out their introductions in this edition!

The [webpages](#) for the AHP Programme continue to be updated with information for professionals and students, including resources from Health and Care Professionals Council (HCPC) and for the health and work report. Alongside this, an easy-read guide of the AHP framework is currently in production to ensure wider accessibility.



Meet the team



HEIW Intern

Hi! My name is Joseph Droogan and I recently started a year-long internship with HEIW in October 2021. I have been warmly welcomed into the AHP Programme Team for my first posting and look forward to helping them with their communication and engagement plan. It's an exciting opportunity to be a part of such a pivotal piece of work that helps bring the AHP framework for Wales into fruition.

My background is in Logistic and in 2019 I started my Masters at Cardiff 2019 I started my Masters at Cardiff University in Logistics and Operations Management. During my studies my Father was diagnosed with a brain tumour, putting my time at university on hold so that I could take care of him. It was through this experience, and the continuous engagement with the Velindre Cancer Centre and Aneurin Bevan University Health Board (ABUHB) that I began to re-evaluate my career direction. Returning to complete my studies, I had a part-time domestic job at my local hospital. I loved every minute of it, and it solidified my decision to pursue a career within the NHS.

It is my goal to join the NHS Graduate Scheme and this internship is my first step in that direction. HEIW has provided fantastic opportunities for me. The culture and talent that surrounds me is truly inspiring, with the AHP Team being exemplary examples of the profession as a whole.

When not in work I have a keen interest in fitness. I recently completed the Manchester Marathon and raised over £6,700 for The Brain Tumour Charity.

Learning Technologist

My name is Lauren Howells (Loz) and I joined HEIW in January 2021, initially within the Planning and Performance Team. I joined the Digital Learning Team in September of 2021 and began my relationship with AHP and Health Care Science (HCS). I studied Graphic Communication in University of South Wales, graduating in 2017 which has led me to my current position within the digital learning world.



Since being in post, I've had the opportunity to support AHP through webinars, marketing content, illustration and many more upcoming exciting projects. I'm excited to be working alongside my colleagues in AHP and I can't thank them enough for the warm welcome they have given me into the team.

Compassionate leadership

Compassionate leadership in practice module launch

The Masters level module, developed by HEIW and Wrexham Glyndwr University, explores the behaviours of compassionate, collective, and inclusive leadership practice. The Wales Clinical Leadership Training Fellows (WCLTF), including two AHP Fellows, have piloted this stand-alone seven-week module.

'All-Wales' conference: A Healthier Wales: Moving forward together

Helen Thomas, Assistant Director of Leadership and Succession within HEIW, [presented](#) on the importance of leadership within healthcare at the Advancing Healthcare Awards (AHA) conference in November. Helen highlighted an extensive range of leadership development opportunities across the career pathway which are available for AHPs. Keep a look-out for more information about these on the [Gwella website](#).



Autumn webinar

The Autumn 2021 national AHP Programme webinar took place on 18 November 2021. It was fantastic to have over 80 people register for the event, which saw a number of different professions take part and engage with the session.

The session was chaired and introduced by Versha Sood, AHP Programme Manager.

Presentations were delivered by:

- Dr Wendy Wilkinson DProf MHSc (OccThy) BHSc (OccThy) MRCOT HCPC. Head of AHP Transformation, HEIW - **Programme Introduction and Updates**
- Lisa Llewelyn MSc (Health Sciences), BSc Hons (Nursing), RN, RM, RSCPHN. Director of Nurse and Health Professional Education, HEIW - **Strategic Overview**
- Versha Sood M.A., M.Sc. (Dementia), DCM, B.A. (Sociology, Public Admin), TAQA-3, ILM-5, Ed&T-3, POVA-4. AHP Programme Manager, HEIW - **You Said We Did - Summer Webinar Mentimeter**
- Lee Ballantyne, Digital Skills Programme Manager, HEIW and Sian Richards, Director of Digital, HEIW - **Digital Framework Introduction**
- Laura Braithwaite, Speech and Language Therapist/AHP Clinical Leadership Fellow, Ross Nowell BSc (Hons) MCSP, Physiotherapist/AHP Clinical Leadership Fellow - **Welsh Clinical Leadership Training Fellows, HEIW**
- Angela Jones, Podiatry, Cardiff and Vale University Health Board - **AHP Job Profile**
- Lucy Morris, Occupational Therapist, SBUHB/Begw Jones, Occupational Therapist, CAVUHB - Innovative Practice: Cardiff University Student Peer Support Resource

Don't worry if you weren't able to join our previous webinars, you can still catch up! Just head over to the HEIW website to check out the [recording](#).

Save the date

Make sure you mark the date in your diaries for our winter 2022 webinar. The next webinar will take place on **12 January 2022 at 12:00 – 12:45**. [Register for the event](#) and find out more information.

To make sure you don't miss any future events or newsletters, [sign up to our mailing list](#).

Meet the allied health professional



In each edition of our newsletter, we will be shining a spotlight on one of our amazing AHPs.

In this edition, we meet Rhiannon Griffiths, a Clinical Specialist Physiotherapist in Pelvic Health. Rhiannon is based at the Physiotherapy Department within the Royal Gwent Hospital and (ABUHB).

My job role as an AHP is:

My role is to help patients who suffer with pelvic floor dysfunction improve their symptoms. Pelvic floor muscle dysfunction can lead to a number of different symptoms, from urinary incontinence, pelvic organ prolapse, bladder and bowel control issues, faecal incontinence, pain with intercourse

and pelvic pain. I also treat women in the postnatal period if they have had difficult labours or any injuries that may predispose them to any of the conditions above. This means I work with a number of different colleagues including those in urology, colorectal, pain and gynaecology consultants and clinical nurse specialists in clinics. I also work alongside my Musculoskeletal (MSK) physiotherapy colleagues.

What I enjoy about my job:

I enjoy helping people regain their continence and feel confident about returning to their hobbies or work. I help them to do this without fear of any embarrassing situations and without needing to go for any surgery. I also help women get back into a position where they can have pain free intercourse. Another area of my work which I enjoy is educating colleagues and patients regarding my role and its importance in female and male pelvic health.

My career ambitions:

I would like to work more closely with my consultant colleagues and to have patient pathways that allow for physiotherapy to be highlighted as a suitable and successful treatment option at an earlier time frame.

How did I get here:

I completed a BSc in Physiotherapy, followed by three years as a rotational band five Physiotherapist. Here I had the opportunity to shadow a pelvic health physiotherapist and enjoyed the work and the patients. I then became a band six Physiotherapist in MSK and pelvic health for four years before gaining the Clinical Specialist role in ABUHB. I have completed a few external training courses in the speciality of pelvic

health physiotherapy and have recently completed an MSc.

Who would my job suit?

My job would suit someone who enjoys working with people and is passionate about working with patients that have symptoms which are largely stigmatised by society. The role requires someone who is caring, empathetic and eager to learn and develop their skills. They also have to be passionate about improving care and making sure that surgery is the last resort for managing these conditions.

If you would like to share your role and experience within the NHS, you can still complete the [AHP Job Profiles Survey](#). You can also check out some of the fantastic job profiles that we have already received from colleagues across all AHP disciplines on our [webpages](#).

2021 Cymru advancing healthcare awards

The work of AHPs and healthcare scientists was celebrated in Wales on 26 November with the Advancing Healthcare Awards (AHA) Wales ceremony, organised by Chamberlain Dunn. [Check out the full list of winners and their work](#). The awards followed on from the Welsh Allied Health Professions Committee (WAHPC) and Welsh Scientific Advisory Committee (WSAC) one-day virtual conference on Thursday 25 November: 'All Wales' Conference: A Healthier Wales: Moving forward together. Presentations were given by a number of speakers showcasing their ongoing innovative work and visions for the future. [Catch up on all the presentations](#).

The 2022 UK Advancing Healthcare Award will be taking place on 8 April in London. Entries to the awards are still open until 11 January 2022. These are open to AHPs and healthcare scientists, along with those who work alongside them in support roles. For more information on how entering [visit their website](#).



What's going on

Flu campaign

Public Health Wales have started their annual campaign encouraging all eligible individuals to get vaccinated. Find out more information on [this year's campaign](#).

New Year resolutions

As January comes around, we get ready for longer nights and colder days. It's never been more important to look after yourself, and January offers a number of opportunities for this. Whether you're planning on taking part in Veganuary or [Dry January](#), or perhaps you've got a New Year's Resolution which involves spending more time moving or out in the fresh air. [Let us know](#) how you'll be looking after yourself and others as we start the new year.

Mental health

This February we'll be taking time out to make sure we're all considering our mental health. [Time to Talk Day](#), run by Time to Change Wales, will take place on 3 February. Taking place on 7 to 12 February, the theme of [Children's Mental Health Week 2022](#) will be growing together, encouraging children and adults to consider emotional growth. [Let us know](#) if you'll be taking part in activities in your community to mark these days.

The AHP Programme is developing a calendar of events, if you have any information you would like us to add or simply to be kept informed please [contact us](#).

Student's corner

Check out the new area for students on our webpages: [students' corner](#). Here you'll find the latest information from and for AHP students, including a student peer resource for practice placement and resources from HCPC on supervision and the use of social media.

Wales Health Student Forum membership

The Wales Health Student Forum (WHSF) held their first virtual meeting of the 2021/2022 academic year on Wednesday 10 November. Talks were held on the education contract for 2022 and the bursary and graduate recruitment process with opportunity for students to ask questions and discuss these areas, and student representatives were elected and will attend the student forum steering group with HEIW colleagues. Discussions were held around future meetings and how they will look, and a student forum conference will be taking place in early 2022 focussing on mental health and wellbeing. You can sign up for the student forum here: [Wales Health Student Forum Registration](#) or by scanning this QR code.



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