

Professional Profile

PERSONAL INFORMATION

Name	Catherine Mayall	
Position	Senior Physiotherapy Assistant	
Address	Sandford House, 6-7 Lower High Street, Stourbridge, DY8 1TE	
Email / Telephone	enquiries@nppneurogroup.com	0800 917 3330

PROFILE

I currently hold 28 years' experience in the health and fitness, rehabilitation, sport and education sectors. During this time I have worked with individuals of all ages and abilities from a diverse range of backgrounds.

KEY SKILLS

Creative, adaptive, forward thinking, excellent communication, interpersonal and organisational skills, excellent management skills with the ability to be flexible and work in a varied and diverse environment. I adopt a person/patient centred approach respecting the dignity, privacy and individuality of the patient at all times.

AREAS OF EXPERTISE / OTHER USEFUL INFORMATION

Over the years I have gained a great deal of experience working with patient referrals on the GP Exercise Referral Programme, especially working closely with stroke and Parkinson's patients. During my work at the QE I worked closely with high rehabilitation patients recovering from sporting injuries with a view to returning to sport and also worked with patients with MSK injuries. Awareness of patients' mental health and wellbeing has been an important focus within these referrals and rehabilitation programmes.

Falls prevention, education and mobility assessments.

Sports massage therapist.

More recently I have worked closely with patients recovering from long term Covid, developing individual rehabilitation programmes.

I specialise in gym based therapies and activities.

EDUCATION

- Certificate to Teach in the Life Long Learning Sector
- BTEC Level 3 National Diploma in Leisure and Tourism
- Health and Social Care NVQ Level 2
- Level 2 Fitness Instructor
- Level 5 GP Exercise Referral Specialist
- Level 3 Outdoor Fitness Instructor
- Level 3 Sports Massage Therapist
- Level 3 Post and Ante-Natal Exercise Specialist
- MHFA (Mental Health First Aid)
- Automated External Defibrillation First Aid Trained
- Level 2 Nordic Walking Instructor
- Cascade Walk Leader Trainer and Assessor
- Healthy Walks Instructor
- Improving Health Through Healthy Living – Level 2 – Royal Society for Public Health
- Accredited Sports Tutor - Sports Leaders U.K.
- “Change for Life” Tutor
- Core stability and Fit ball Therapy Level 2 Instructor
- Level 2 Boot Camp Instructor
- British Cycling Federation Level 2 “Bike Ability” Instructor
- IOSH Certificate in Management of Health and Safety
- Full First Aid Certificate
- Sports Injury First Aid Certificate
- Extend Chair-based Exercise Instructor
- Safeguarding and Child Protection
- Volunteer Management Training

Numerous sports coaching qualifications at levels 1 and 2 include FA Football Coach Level 1, FA Disability Awareness training, Full STA Swimming Instructors certificate Level 2, basketball, boccia, volleyball, tennis, and rugby.

EMPLOYMENT HISTORY

In my previous role I was a Senior Physiotherapist Assistant in the Outpatients Department at the QE Hospital in Birmingham undertaking specific support work to aid the rehabilitation of patients. I held this position for seven years setting treatment protocols and individual treatment programmes, managing full caseloads and running rehabilitation classes (balance classes, falls prevention, lower and upper limb conditioning, spinal rehabilitation, osteoarthritis etc). At the outbreak of the COVID pandemic I was re-positioned to assist in the Intensive Care Unit for nine weeks and then afterwards for the next three to four months to assist on the COVID rehabilitation wards.

Prior to this I worked at MyTime Active (Sandwell) as a Healthy Lifestyle Specialist setting up schemes designed to promote a healthy lifestyle mainly implementing, monitoring and evaluating projects to promote health improvement. I also delivered training courses regarding mental health, falls prevention, cancer, heart diseases and long-term illnesses.

At this time, I was also sub-contracted to Dudley NHS to tackle the health issues surrounding pregnancy in the borough. This targeted both ante-natal and post-natal health matters. Consequently I ran and delivered several exercise sessions and classes to new mothers and mothers-to-be. I also delivered training to the midwives at Russells Hall Hospital Dudley on the benefits of ante and post-natal exercise. Furthermore, I delivered presentations to the National Childbirth Trust (NCT). I am qualified to take on referrals from GP's and other health professionals, prescribing exercise and health improvement programmes.

Earlier employment roles include working within Dudley MBC parks physical activity team as a senior parks physical activity officer, line-managing a small and dedicated team, delivering, planning and co-ordinating a division of the National “Change 4 Life” programme: “Healthy Towns”. Healthy Towns is an obesity prevention, physical activity and healthy lifestyle initiative, aiming to pilot new ways of reducing obesity levels of children and families within the borough. Within this role I developed and produced physical activity programmes in order to engage all members of the community, with a particular focus on encouraging people of all ages to adopt a healthier lifestyle. I worked closely and alongside weight-management programmes “Stop Smoking”, mental health awareness and Age Concern to name but a few. My role in this post required me to work with various internal and external partnership organisations and to liaise with key partners including the police, community groups, schools and colleges highlighting the importance of excellent communication and interpersonal skills.

Some of the most successful incentive-based health improvement schemes that I have devised and then delivered include buggy walks with young parents, “Buggy Boot Camp” for post-natal mums, “Walk Fit”, Nordic Walking programmes and activities with the Dudley Stroke Association. These schemes proved to be a great success across the Dudley Borough and gave me the opportunity to study the theories of behaviour change, which I further studied in great depth on my GP exercise referral specialist course.

I have also worked as a lecturer and health and fitness co-ordinator at Kidderminster and Halesowen Colleges of further education and for the North Warwickshire PCT.

REFERENCES

References available upon request