

Allied Health Professions (AHPs) Day

AHPs in the right place,
at the right time,
with the right skills

14 October 2026





A message from Dr Susanne Arnold PhD, Deputy Chair of the BGS NAHPs Council

Allied Health Professions (AHPs) Day on 14 October is a fantastic opportunity to celebrate the vital contribution that we all make to health and care services for older people, and the people and communities that we serve.

This year's BGS theme, 'AHPs in the right place, at the right time, with the right skills,' is inspired by the NHSE AHPs Deliver strategy and highlights the breadth, expertise and adaptability of the AHP workforce. From prevention and early intervention through to rehabilitation, long-term condition management and end of life care, AHPs play a crucial role at every stage of an older person's health and care journey.

AHPs bring a diverse range of knowledge and skills to the multidisciplinary team. Whether working as physiotherapists, occupational therapists, dietitians, speech and language therapists, radiographers, podiatrists, paramedics, operational department practitioners, prosthetists and orthotists, orthoptists, osteopaths, art therapists, drama therapists or music therapists, they provide specialist expertise that can help older people remain independent, recover from illness or injury, manage long-term conditions and live well.

Being in the right place, at the right time, with the right skills is about more than simply having the right number of staff. It is about recognising and valuing the unique contribution AHPs can make and enabling them to use their skills where they can have the greatest impact. It means embracing new ways of working, working across traditional boundaries and ensuring that older people can access the right professional and the right support when they need it.

Allied Health Professions Day gives us the chance to recognise and celebrate the difference AHPs make every day. It is also an opportunity to look ahead: to continue developing our professions, supporting innovation and ensuring that AHP expertise remains central to delivering high-quality, person-centred care for older people.

Today, we celebrate AHPs - the skills, knowledge, compassion and commitment they bring to health and care, and the contribution they make to improving the lives of individuals, families and communities.



Developing an integrated Ageing Well Clinic through my Darzi Fellowship demonstrated the real impact of having AHPs in the right place, at the right time, with the right skills. Working collaboratively across medical, nursing and AHP teams enabled us to look beyond diagnoses and care settings, focusing instead on what matters most to people, their function, independence, goals and overall quality of life. For patients, this meant more coordinated care closer to home, less duplication, and shared care plans that felt joined up rather than fragmented. This reinforced for me the value of optimising the AHP skill mix and integrating our expertise across services. When we work together around the person, rather than in silo, we can make a meaningful difference to outcomes and experiences for older people. As models of care evolve in the shift from hospital to community, and from treatment to prevention, AHPs are well placed to advance this agenda, bringing a holistic perspective that supports prevention, early intervention and person-centred care closer to home.

Amanda Riley

Therapeutic Radiographer

**Advanced Practitioner - Frailty, East Kent Urgent Care Service
Kent Community Health NHS Foundation Trust**

Throughout my career as an Occupational Therapist and AHP leader, I have seen the difference AHPs make when we are in the right place, at the right time, with the right skills. For an older person, that can mean the difference between dependence and independence, hospital and home, or simply being able to do the things that give life meaning. What inspires me about AHPs is our ability to see beyond a diagnosis and understand the person, their strengths, relationships and aspirations. AHPs Deliver celebrates not only what we do, but the extraordinary difference we can make when our expertise and leadership are truly embedded wherever decisions about older people's care are made.



Vimal Sriram

**Director of Allied Health Professionals
City and Weston Hospital Operating Unit
Bristol NHS Foundation Trust
Occupational therapist by background**



As a Multi-Professional Consultant Practitioner (Occupational Therapist) and Clinical Lead within a Urgent Community Response/ Hospital at Home Service, I am proud to work alongside a highly skilled multidisciplinary team, including AHPs (paramedics, physiotherapists, occupational therapists, and soon a dietitian). Together, we deliver rapid assessment, acute treatment, rehabilitation, and ongoing support directly in people's homes, providing a safe alternative to hospital admission whenever possible. Through collaborative, person-centred care, we help people recover in familiar surroundings, maintain independence, support recovery and achieve outcomes that matter most to them, demonstrating the transformative impact of AHPs in community healthcare.

Eleanor Corbett

Multi-Professional Consultant Practitioner (Occupational Therapist)

Southampton and South West Urgent Community Response/Hospital@Home Team

Hampshire and Isle of Wight Healthcare NHS Foundation Trust

A sustainable approach

One of the NHS goals described in AHPs Into Action, Focus 4, is the net zero target for 2040. As AHPs, we contribute in many ways. I try and be informed when working with older people. Deprescribing and medicines optimisation are key parts of reducing waste. I have a fantastic 'green' commute with boat and a cycle to get to work, which keeps me fit as well as being a sustainable option. My sustainable approach helps keep a proactive, prevention perspective with patients I see, even if they are experiencing a health crisis, I consider a preventative approach.



Esther Clift - Former BGS NAHPs Council Chair
Consultant Practitioner in Acute Frailty
Portsmouth Hospitals University NHS Trust
Isle of Wight NHS Trust
Senior Lecturer at University of Winchester
Physiotherapist by background



Debbie Mallinson
Physiotherapist
Locala Health and Wellbeing CIC
Kirklees

I'm Debbie Mallinson, a Physiotherapist working for Locala Health and Wellbeing CIC. I work predominantly with older people in the community and have a passion for falls prevention. This has been an ongoing theme throughout my 27 years of clinical practice. I am currently using my knowledge and skills to help care homes in Kirklees implement the Action Falls Programme. I have met with managers, organised training, delivered the training to all care staff (regardless of role) and analysis is underway. Engagement has been excellent and outcomes are showing a reduction in falls among residents due to the change in culture and increased awareness. More outcomes to follow.

In my role as the Advanced Specialist Physiotherapist with a special interest in Dementia and an Advanced Frailty Practitioner in care homes, I am currently facilitating digital transformation within care home settings, focusing on frailty management, falls prevention, and end-of-life care. The Merton Care Home Team delivers proactive, person-centred care through the Enhanced Health in Care Homes Framework, aiming to support residents to age well, die well, and avoid unnecessary hospital admissions. A key principle is empowering care home staff through education and collaborative working. Comprehensive Geriatric Assessment (CGA) underpins frailty management, enabling holistic assessment and personalised care planning.



Promoting healthy ageing involves falls prevention, rehabilitation, nutritional support, and meaningful physical, social, and cognitive activities. Staff are trained as Falls Champions and supported to implement mobility and nutrition initiatives that maintain independence and quality of life. Clinical outcomes are monitored using measures such as the Barthel Index and Clinical Frailty Scale. My input includes advance care planning, including discussions about treatment preferences, lasting power of attorney, and preferred place of death, ensuring residents receive compassionate, person-centred care aligned with their wishes.

Busisiwe Nwosu
Advanced Specialist Physiotherapist/Advanced Clinical Practitioner
Frailty and Dementia Specialist/Independent Prescriber
Central London Community Healthcare NHS Trust
Merton Care Home Team



Rosie Butler
Occupational Therapist
Falls Prevention Practitioner
Noble's Hospital, Isle of Man

As an Occupational Therapist, I know that our impact can extend beyond the bedside to the systems that shape care. In my role as a Falls Prevention Practitioner, I bring an OT perspective on function, independence and meaningful activity into multidisciplinary clinical practice, but also into education, audit, quality improvement and governance. Having AHPs in the right place, at the right time, with the right skills means recognising the value of those skills and perspectives at every level. We can help people maintain safety and independence today, while also helping to create more inclusive services for future patients and practitioners.

As a Specialist Dietitian working with care homes, I have seen how being in the right place, at the right time, with the right skills can transform nutritional care. Supporting over 1,100 care home residents, I led audit and quality improvement work alongside delivering face-to-face training to care home staff. This resulted in the proportion of residents at risk of malnutrition with a nutritional care plan that clearly detailed how their nutritional needs would be met using food-based approaches increasing from 37% to 65%. Seeing staff gain the confidence and knowledge to better support residents was incredibly rewarding. It demonstrated how AHPs can drive meaningful improvements that directly benefit older people and enhance standards of care.



Vittoria Romano
Specialist Nutrition Support Dietitian (Appropriate Prescribing Lead)
Nutrition & Dietetics
Central London Community Healthcare NHS Trust

I have been an ACP in Orthogeriatrics at University Hospitals Plymouth (UHP) for nearly 10 years with a background as an MSK physiotherapist. In 2023, as part of the development of a fast-track hip fracture pathway, I led on the change in provision of fascia iliaca blocks on the hip fracture ward, previously performed in ED. This included developing the training package and roll out of education to rotational junior doctors. In 2025, UHP was recognised as having out-performed all other hospitals in the National Hip Fracture Database in its improvement across all 8 key performance indicators between 2023 and 2024.



Greg Hattan
Advanced Clinical Practitioner - Orthogeriatrics
University Hospitals Plymouth NHS Trust
Physiotherapist by background



Working with older people has shown me that nutrition is about much more than food, it can make a real difference to independence and quality of life. My journey from noticing how much patients enjoyed ice cream, to helping develop a high protein ice cream, N-ICE Cream, and now exploring nutrition and muscle loss through my PhD, has reinforced how important it is to listen to patients and learn from their experiences. I feel very lucky to be able to combine my clinical work and research to help make a difference to the care older people receive.

Kirandeep Marsh
Specialist Adult Rotational Dietitian
Nottingham University Hospitals NHS Trust

As a Speech and Language Therapist working in adult care, many of my clients are living with the impact of frailty. I have recently taken up a permanent post in Trauma and Orthopaedics which is a new service development providing timely dysphagia and communication care. My role within the MDT is to support patients to enjoy food and drink safely and communicate effectively which is central to providing patient centred care. It is so motivating to make a difference to a patient's rehabilitation and quality of life. Each patient should feel listened to and supported to make informed decisions about their oral intake.

Helen Alderdice
Speech and Language Therapist
Northern Ireland



Working as an ACP Paramedic has shown me that "right care at the right time" isn't always the same. Sometimes very active treatment and admission is exactly what an older person needs; other times, stepping back and supporting patient choice or appropriate decisions is the right option - and that's okay. Much of my work happens in people's homes, where we can trial treatments, respond quickly and empower patient choice. Admission remains important when needed, but not by default. Delivering skilled, timely community care that reflects what truly matters to a person is deeply rewarding and embodies AHPs at their best.

George Murray
Advanced Clinical Practitioner (Paramedic)
Urgent and Unplanned Care
Sussex Community NHS Foundation Trust



I am an Advanced Clinical Practitioner Occupational Therapist in a Perioperative Medicine team covering emergency surgical wards. My expertise is in frailty, undertaking comprehensive geriatric assessments and shared decision making. Being an ACP means that I use advanced clinical skills to understand patients' medical needs and help to guide care planning across the MDT. I love that my role makes a difference to patients, in the complicated world of emergency surgery, I can untangle the complex needs of frailty patients and make sure we are focussed on what matters to the patients and their loved ones. What a privilege!

Ruth Bryant

Advanced Clinical Practitioner Occupational Therapist

Perioperative Medicine Team

Royal Devon University Healthcare NHS Foundation Trust

As a Physiotherapist and ACP, I have the privilege of being able to combine physiotherapy skills with medical management, which is beneficial to older people as it minimises delays and promotes holistic management tailored to what matters most to the patient, which is often day-to-day functioning. The power of having the right skills in the right place and at the right time is transformational for patient journeys and when modernising and developing services, we should be looking to use AHPs' skillsets to the fullest potential as we add value to our amazing pre-existing teams and are valued and trusted by older patients to get what matters done.



Jade Bazykiewicz

Physiotherapist

Clinical Lead Advanced Clinical Practitioner

Princess of Wales Hospital



As a Physiotherapist and AHP lead, what inspires me most is the AHP focus on what matters to people; helping people stay active, independent and able to live the life they choose. We are proactive by nature, focusing on prevention, early intervention and building resilience to help people maintain their health and independence before a crisis occurs. We are uniquely positioned to champion healthy ageing, recognising that it is never too late to be active and that every little bit counts. Beyond delivering services, AHPs play a vital role in shaping and leading systems that support people to age well, bringing the right skills at the right time to improve lives and maximise independence.

Lynne Mann

Physiotherapist

AHP Lead - Dumfries and Galloway Community

NHS Dumfries and Galloway

As a Physiotherapist in a reconditioning role, I have helped change the culture across the MDT on older people's wards, championing #EndPJPParalysis and moving away from "killing with kindness" towards promoting independence. Through education, role modelling, and collaborative working, we increased the proportion of eligible patients sitting out from 27% to 58%. This shift towards purposeful activity and daily reconditioning contributed to a reduction in falls and hospital-acquired pressure ulcers, with more patients returning home than having to go elsewhere. Most importantly, we have empowered staff to see mobility and independence as everyone's responsibility. Seeing patients regain confidence and function has been incredibly rewarding and reaffirmed the difference AHP-led culture change can make.

Hayley White

Reconditioning Clinical Specialist

Non-invasive ventilation (NIV) Physiotherapist

University Hospitals Birmingham NHS Foundation Trust



AHPs change lives every day. Inspired by my Nan's journey with dementia, I'm proud to work as a Frailty Advanced Clinical Practitioner, combining my paramedic background with frailty care to help older people receive the compassionate, person-centred support they deserve.

Cheryl Dempsey

Advanced Clinical Practitioner - Frailty

United Lincolnshire Hospitals NHS Trust

Paramedic by background



My role as a Music Therapist involves collaborating with patients, carers and other health professionals to help develop services to address unmet needs. I often work with older people who have a complex range of health needs including dementia and memory problems. Many care partners I speak to mention the need for more specialist support to help with behavioural and psychological changes as dementia progresses. As AHPs, music therapists are well placed to respond to these concerns and trained to develop musical relationships that can support care and connection across the different stages of dementia.

Steven Lyons

HCPC registered Music Therapist

Post-Doctoral Dementia Research Fellow

NIHR Applied Research Collaboration (ARC) North East and North Cumbria



As a Frailty Speech and Language Therapist, I provide timely, person-centred care. By supporting people in their own homes, I provide personalised assessment and interventions that support effective communication, optimise eating and drinking and maintain dignity and independence. Seeing the difference that my support makes to the person and those around them, whether in preventing a hospital admission; reducing anxiety; or helping someone continue to enjoy everyday activities, is incredibly rewarding. Knowing that my skills help people live and die well, with dignity and choice, makes me proud to be part of a frailty team.

Claire Clark
Speech and Language Therapist
Aberdeen City - Frailty Team/Care Home Lead Speech and Language Therapist
Joint NHS Grampian AHP Dementia Lead

During a student placement, I realised the importance of person-centred and individualised care. I witnessed how occupational therapists looked beyond discharge and asked "What happens next?" Rather than focusing solely on ward performance, we collaborated with the individual in their own home to understand how they would manage in their own environment following discharge. It was here I realised how amazing it is to be training to become a professional who can support someone to achieve what matters most to them, to see their confidence grow and of course to see the big smile that follows! To me, this is occupational therapy.



Katelyn Wylie
Newly qualified occupational therapist
Graduate from Ulster University



As a Physiotherapist and Advanced Clinical Practitioner (ACP) in falls prevention, I provide comprehensive multifactorial falls risk assessment and management for individuals at risk of falling. Combining advanced clinical practice skills with specialist physiotherapy expertise enables me to deliver effective, person-centred care using a right place, right time, right skills approach. Through autonomous clinical decision-making, assessment, diagnosis, treatment, and leadership, I support timely interventions that reduce falls risk, promote independence, and improve quality of life. The ACP role enhances healthcare efficiency by reducing duplication, minimising unnecessary referrals, and ensuring patients receive the most appropriate care when they need it.

Antony Madukkakuzhy
Advanced Clinical Practitioner Physiotherapist
Southport & Formby Falls Prevention Team
Mersey Care NHS Foundation Trust

A team effort

**Functional Electrical Stimulation (FES) Team
Birmingham Community Healthcare NHS
Foundation Trust (BCHC)**

A team of physiotherapists based out of
West Midlands Rehabilitation Centre as
part of BCHC.

(Shared by Sam Tolliday -
Professional Lead for Physiotherapy)



Every day, our Functional Electrical Stimulation (FES) team helps people with long-term neurological conditions regain independence, dignity and quality of life. By delivering specialist, evidence-based care within community settings, we ensure patients receive the right intervention at the right time from clinicians with the expertise to meet complex needs. For many individuals living with chronic symptoms, including severe constipation, our service has been truly life-changing, reducing complications, preventing hospital admissions and enabling fuller participation in family, work and social life. Witnessing patients achieve outcomes they thought impossible is both professionally rewarding and a powerful reminder of the difference AHPs make every day.



**Falls and Fracture Prevention Team
Birmingham Community Healthcare NHS
Foundation Trust (BCHC)**

A team of physiotherapists and
occupational therapists.

(Shared by Sam Tolliday -
Professional Lead for Physiotherapy;
Patricia Chapman - Team Lead)

At Birmingham Community Healthcare NHS Trust, our AHP-led falls and frailty programme brought physiotherapy and occupational therapy services directly into community venues, including shopping centres, faith settings and retirement villages, reaching people least likely to access traditional healthcare. Over nine months, 525 people engaged, with 94 immediate mobility aid interventions reducing risk on the spot. By providing culturally sensitive, accessible advice and early preventative support, we helped improve confidence, increase understanding of falls prevention and frailty, and connect people to local services. This demonstrated how AHPs, with the right skills, in the right place, at the right time, can improve outcomes, reduce inequalities and prevent avoidable harm.



A team effort

South Birmingham's Early Intervention Community Team
Birmingham Community Healthcare
NHS Foundation Trust
(Shared by Alexandra Anderson -
ACP Professional Lead)

Across Birmingham Community Healthcare NHS Foundation Trust, AHPs in Adults and Communities bring this ambition to life every day. Through Therapy Hubs, Early Intervention Community Teams, Urgent Community Response, falls services and local pathways, our AHPs provide skilled, compassionate care closer to home. Their timely support can prevent an avoidable hospital admission, enable a safe return home, or help someone rebuild confidence and independence. By listening carefully, working collaboratively, and focusing on what matters most to each person, AHPs make a meaningful and lasting difference. Seeing people achieve their goals brings a strong sense of pride, purpose, and professional fulfilment.



The Lothian Home First and Frailty Speech and Language Therapy team provides a specialist service for people living with frailty within their own homes. Swallowing function and communication skills can change quickly in this population and our rapid response model allows us to provide timely interventions to avoid preventable hospital admissions and support wellbeing. Another important aspect of our role is supporting people with eating and drinking difficulties when approaching the end of life. SLTs provide education, strategies and reassurance to family members and, crucially, ensure the person's wishes are centred in the decision-making process, preserving comfort and dignity.

Cameron Rathie and Kirsty Noteboom
Lothian Home First and Frailty Speech and Language Therapy Team
NHS Lothian
(Shared by Ros Fraser, Team Lead)

A team effort



Our Integrated Assessment Team (IAT) is made up of Physiotherapists, Occupational Therapists and Integrated Therapy Assistants. The team was established in 2014 as a pilot initiative to support the Emergency Department with avoiding unnecessary hospital admissions.

The team works to proactively assess patients in the Emergency Department and throughout the acute pathway reducing unnecessary admissions and improving patient flow.

In November 2025 alone, the team saw more than 900 patients, diverting 60% safely back into the community or an intermediate care setting. The team were successful obtaining the Clinical Team of the Year Award 2025 at Blackpool Victoria Hospital (BVH).

Presenting the award, the Chief Medical Officer said "The nominations they received are a testament to the professionalism that they show but also the patient-centred care. We are always looking for ways to improve the patient journey and this team absolutely shows us how to do that."

The Hospital Therapy Manager said: "We are incredibly proud of IAT for being named Clinical Team of the Year. They are a team of highly experienced and dedicated AHP's, and this recognition reflects their expertise and commitment to delivering outstanding patient care every day.

"IAT works tirelessly to prevent avoidable admissions from ED and within Acute Frailty and Acute Medical Unit (AMU) they support the teams to facilitate safe discharges, signposting to rehab, community and social services. I am particularly proud of the innovation and flexibility the team demonstrate in times of pressure when they are in such high demand, including their contribution to quality improvement work with the Getting It Right First Time (GIRFT) team at BVH."

Amy Beswick – Blackpool Teaching Hospitals NHS Foundation Trust
Clinical Lead Physiotherapist - Integrated Therapy Team
Integrated Assessment Team (IAT)
Care of the Older Person Therapy Team (CoOP)



Thank you to all of our
contributors #AHPsDay

