

Dear Bob and Dawn,

I wanted to take a few minutes to express my gratitude for the work that you do and the contribution you make to practice.

I have attended a number of your events over the years and have always left enthused and armed with up to date knowledge and skills. The work you do is invaluable to busy professionals like myself who may not always have the time to review all of the updated evidence ourselves. I am always left assured that what I am doing is evidenced based and up to date.

I wanted you to know that the courses and advice you have provided over the years has greatly influenced my practice in a range of care settings including acute hospitals, day hospitals, community settings, day care and care homes. For you it must be rewarding to know that what you do has literally changed the lives of thousands of older people.

The recent Functional MOT and Otago training, as you know was greatly received by the participating staff. They have continued to feedback that they have gained so much confidence from the training and are now thinking much more about how functional deficits are related to the persons overall health and well being. They are also thinking much more about promoting physical activity with the people they support and are much more confident in how they deliver exercise. Our staff work with some of the most vulnerable people in our communities and I am delighted that they now are armed with these additional knowledge and skills. This means that older people across Lanarkshire are receiving more effective person centred interventions.

I would highly recommend your courses and I am scoping further funding opportunities to be able to use your expertise again in the future.

For me, in my service development role you help and advice has led to a number of projects including sports students in care homes, training and training resources for staff. Your enthusiasm for the topic of active aging is infectious and I am now also on a crusade to improve the health and well being of the Nation through physical activity and exercise!

Kind Regards,

Lynn

Lynn Flannigan

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