



Physiotherapy students Sophie and Mahli.

A MESSAGE FROM THE DEAN

Welcome to our latest Newsletter! I'm delighted to share some of the fantastic recent achievements of our colleagues and students from our School community, during this challenging (and ongoing) academic year. This will be the final Newsletter for the School of Clinical and Applied Sciences in its current form, as we will be merging with the School of Health and Community Studies to create the new School of Health from 1 September 2021.

We will be continuing to share good news, opportunities, updates and achievements from our larger community through Newsletters in the new academic year – and also engaging further on social media, so please keep your eyes peeled for updates!

For now, I wish you a healthy and happy summer and hope everyone finds some time for rest and relaxation.

Take care,
Duncan

Dean of School, Clinical & Applied Sciences

SUCCESSFUL RESEARCH GRANTS

Over the winter period we managed to secure a number of prestigious funding awards. One being a £1.5 million NIHR grant led by [Professor Louisa Ellis](#) to evaluate the new low calorie diet programme. [You can read more about this here.](#)

Two further grants were secured from Public Health England. One led by Leeds University to develop pathway and e-learning modules for Health Weight Coaches and one led by Liverpool University to undertake a review of marketing research.

We also successfully secured NIHR CRN funding to create a pan Yorkshire Obesity Research Alliance. [You can read more about this here.](#)

COMING ONTO CAMPUS DURING THE PANDEMIC

First year BSc (Hons) Physiotherapy students **Mahli Macwana** and **Sophie Keeble** give their insights into studying during the pandemic and coming onto campus through a year of uncertainty.

Mahli Macwana: "Coming back to university this term has been a breath of fresh air (although through a mask), it's really great to feel like we are starting to return to normality. However, safety for all students is paramount and the university has provided a breadth of safety measures, including one-way systems and compulsory mask-wearing around campus. These measures definitely have made the university feel like a safe place to return to."

After a tiresome year for most, including myself, I also wanted to be part of the solution for getting out of this pandemic. When I saw the advertisement for the vaccinator role, I jumped straight on it and managed to get the job. As a physiotherapy student, I found my knowledge of health and anatomy helped during my training, and now I'm looking forward to starting to help people in this really important way."

Sophie Keeble: "This term, the prospect of having practical sessions and physically coming into university was both exciting and a refreshing change from online. However, with the pandemic ongoing there was a little bit of apprehension there as well, with regards to keeping safe whilst still enjoying and learning tactile skills. When going in for that first practical though, it was clear how much the university has done to ensure the safety of both staff and students. With strategically placed hand sanitiser, compulsory face masks and one-way systems in constant effect (as well as many other measures which are perhaps more subtle but no less important) I now no longer feel any apprehension at all when going in - just excited to learn with friends in a safe space."

[Click here](#) to find the latest updates on the COVID-19 situation for applicants, students and colleagues.



LONG COVID SUPPORT

Dietitian [Ursula Philpot](#) is part of a new multi-disciplinary team supporting people experiencing long COVID in the community of Bradford. This time-limited service running to the end of the year is specifically aimed at supporting community patients under GP care experiencing long-COVID.

There is support from a team of experienced health professionals which includes: Clinical Psychology, Occupational Therapy, Physiotherapy, Dietetics, Speech and Language Therapy, Personal Support Navigator to help link to existing community services and Counselling.

Treatment starts with a 7-session course that is delivered virtually. This includes a section on diet. Post course participants are then able to access one-to-one support from any of the disciplines for individual ongoing difficulties – for example, poor mobility, appetite issues or low mood.

REOPENING OF THE SPORTS AND EXERCISE THERAPY CLINIC AT HEADINGLEY CAMPUS



On 10 May 2021, we saw the reopening of the Sports and Exercise Therapy Injury Clinic at our new location in the Carnegie School of Sport building at Headingley campus. This has been a long-awaited return to on campus clinics for the Sports and Exercise Therapy students as all placements were suspended due to the COVID-19 pandemic just as we were about to move into our purpose-built clinic space. Our students are very excited to be finally back on campus as the clinics provide a very important opportunity to consolidate 3-years of learning into physical practice and gain skills important for employment beyond graduation.

The injury clinic is open to staff and students at Leeds Beckett and provides services for the treatment of injuries, massage and rehabilitation.



Occupational Therapy Students Emma and Kelly.

SEASHELL TRUST STUDENT PLACEMENTS

[Emma Moore](#) and [Kelly Mtonga](#), both MSc Occupational Therapy students, successfully secured placements during the pandemic at the Seashell Trust, a national charity that supports children and young people aged 2 - 25 with complex learning disabilities and additional communication needs across the UK.

During these challenging times as students they had to learn new ways of working in alignment with governmental guidelines that involved minimising face-to-face contact to adhere to social distancing. Considering this, the Seashell Trust provided the students with the opportunity to co-author an occupation focused project that aimed to explore the impact of using tele-practice to deliver training to children and families who have sensory processing disorders to inform future Occupational Therapy practice. The project has recently been accepted for the European Academy of Childhood Disability (EACD) Europe 2021, International Conference. Both [Emma](#) and [Kelly](#) feel very lucky to have had the opportunity to apply and develop their clinical skills both on a one-to-one level and in innovative service development.

“A great example of OT students on placement making a project achievable” (R. Johnson- Lead Occupational Therapist and Advanced Sensory Integration Practitioner)

[Emma](#) and [Kelly](#) would like to take this opportunity to thank all the module leaders of the MSc pre-reg Occupational Therapy course in particular [Miranda Thew](#) for all the hard work that they have put in during the challenging times to enable us to grow and flourish as individuals and professionals.

WHY ISOBEL CHOSE LEEDS BECKETT

BSc (Hons) Occupational Therapy student [Isobel](#) filmed a video to discuss all things Leeds Beckett,

including why she chose Leeds Beckett and how her experience has been so far. You can watch [Isobel's video here.](#)

THE MUSCULOSKELETAL HEALTH RESEARCH GROUP SHOWCASE

On Tuesday 13 April, members of the School's MSK Health Research Group arranged a research showcase to present their current research projects and study findings. The event was attended by over 40 students across BSc and MSc programmes within the School of Clinical and Applied Sciences and members of staff from Rehabilitation Sciences. This was the first showcase that had been held virtually and was a huge success. The quality of the research presented by the group was extremely impressive and the afternoon also provided an opportunity for useful collaborative discussions between presenters and members of the audience.

Head of Subject for the group [Dr James Milligan](#) said, "The MSK Showcase was a great session for staff to disseminate work to each other and to students. It gave the audience a real understanding of the wide variety of research that takes place within the musculoskeletal group research including pedagogical research". The MSK Health Research Group meet every month.

BSC NUTRITION AND MSC NUTRITION IN PRACTICE PROFESSIONAL DEVELOPMENT PLACEMENTS

The **Nutrition and Dietetics team** are delighted with the number of summer placement opportunities secured by our level 5 and level 7 students. There are a range of placements from public health nutrition and wellbeing in local authority and with Keighley Healthy Living Centre, GUTS UK Charity, sports nutrition with Webber Nutrition and Target PH in the North West and working locally with Heart Research UK, MoreLife, Back2 Basics programme, Bradford Primary Care Wellbeing team and Disordered Eating and Alcohol users. With COVID-19 restrictions the flexibility from placement providers has been refreshing and innovative, exploring possibilities with online virtual options when required.

We hope next year to encourage and support students to consider the sandwich placement option as part of the course. Placements provide a wonderful array of valuable benefits for our students including:

- Opportunity to put theory and academic learning into practice
- To develop practical skills
- To support professional development and contribute to students e-portfolio
- To find out what opportunities there are for Nutritionists
- To open doors for future employment

We would like to congratulate all those students who have been successful and thank the placement providers for working with us and offering these invaluable opportunities for our students. We are looking forward to continuing to work with our partner organisations over the coming years, and we are hopeful to be able to expand our portfolio of placements for the future.

STUDENTS BACK ON CAMPUS

On 20 May, the **Nutrition and Dietetics** team welcomed the Level 4 students onto campus for their practical anthropometric sessions. It was a great feeling having students back, not only for the Nutrition and Dietetics team, but for all courses that have been able to return.

You can see the students in action below



BDA AWARD NOMINATION

[Claire Gardiner](#) received a nomination for the Roll of Honour – COVID-19 Community Heroes at the BDA awards this year. The award was given in recognition of the work undertaken as part of the BDA Renal Nutrition Group in response to the pandemic. This included supporting the membership through education, advice and guidance. The committee created COVID-19 guidance for departments, creating a national strategy for dietetic care in renal patients, working with external stakeholders, such as British Renal Society and BDA critical care group, to create patient and dietetic resources around the care of COVID-19 patients.

ALUMNI FEATURED ON DISPATCHES

In March 2021, Channel 4's programme 'Dispatches' focused on the impact of long COVID. It was great to see [Aaron Boysen](#), BSc (Hons) Dietetics graduate, promoting the role of the dietician and the importance of Nutrition in the rehabilitation of long COVID patients.

MYOMINDS PODCAST

MyoMinds is a podcast that opens up conversations around mental health issues in fitness, exercise and sport. The founder, George Mycock, aims to demystify mental health and share the knowledge, stories, and experiences of researchers, practitioners, and people with lived experience of issues within the sport and fitness world, such as eating disorders and

compulsive exercise.

In this episode Leeds Beckett lecturer, [Dr Ieuan Cranswick](#), discusses his interest and research into muscularity and the reasons people feel the drive and compulsion towards muscle-oriented behaviours. The talk is framed around a recent research paper called, "Oh take some man-up pills": A life-history study of muscles, masculinity and the threat of injury'. [Ieuan](#) discusses some of the narratives, reasons, and behaviours associated with muscle-related body image concerns. [You can listen to the podcast here.](#)

STUDENT FEATURES: DIETETICS TODAY

Several of the UG level 6 Dietetics students have been featured in issues of Dietetics today. [Naomi Hipson](#) has been working alongside Christina Titlow from the BDA Partnership office to campaign to encourage more young people to practice in Dietetics, culminating in contribution to an article in the Dietetics today magazine published in October 2020. [Naomi](#) also featured in the March 2021 issue alongside fellow level 6 UG Dietetics students [Gemma Maddison](#), [Thomas Buttrill](#), [Kathryn Pitchers](#) and [Emma McKee](#) where they shared their experiences of undertaking Dietetic assistant roles at Leeds and York Partnership Foundation NHS Trust (LYPFT) in place of their placements being postponed.

STUDENT FEATURES: BDA YORKSHIRE BRANCH

Two of our Dietetics students were featured in the BDA Yorkshire Branch Newsletter in May 2021 with articles on their latest experiences. [Eimear Menton](#) is a qualified Mental Health Nurse and an MSc Dietetics student with us. [Eimear](#) said, "As soon as I joined Leeds Beckett I wanted to make the most of the experience. I promptly joined the BDA Yorkshire Branch to learn more about dietetics within Leeds and as a way of speaking to qualified dietitians or getting some additional learning from events and webinars. I offered to write this piece as I admire the productivity and passion that others have for dietetics and think it's so important to continue to develop various skills within the dietetic profession."

[Paola Bosini](#) also an MSc Dietetics student was featured. [Paola](#) joined the NHS workforce and became a vaccinator. [Paola](#) said, "When I read the BDA Yorkshire newsletter in March, I seized an opportunity to tell my story as a student dietitian and NHS vaccinator during the COVID-19 pandemic. Just like our colleagues in clinical practice, student dietitians have also had to adapt to the current circumstances. As a result, our lessons and exams were carried out remotely, and some of the placements became virtual. To make myself useful I decided to join the NHS workforce and work as a vaccinator across the Leeds vaccination centres in my free time."

BME AHP EXPERIENCES IN WORK AND HIGHER EDUCATION EVENT

In March 2021 the School's Equality and Diversity group collaborated on an event which focused on BME experiences in work and Higher Education. The works and experiences of colleagues from across the School were featured and the event also included partner organisations including Leeds

and Yorkshire Partnership Foundation Trust and colleagues from the University of Bradford. One of our Occupational Therapy students Alice Trull presented her work on the cultural competence within the NHS. Alice created an iCalendar to include key religious festivals for the major UK religions and other important multicultural events. This was used alongside a document she has created to develop an awareness of how religious festivals and practices may impact service users and colleagues. The resources were created in response to qualitative data about BME AHP workforce experiences regarding the religious and spiritual needs within NHS trusts across the North East and Yorkshire region. This was then combined with findings from an audit of BME patient experiences within one mental health setting in Leeds and York Partnership Foundation Trust and is part of ongoing work to promote inclusion for our students as they enter placement.

FAVOURING FOOTWEAR OR BEING BAREFOOT?

PhD student, [Hannah Blackburn](#) and [Professor Mark Johnson](#) examine whether being barefoot can influence knee pain associated with osteoarthritis and see if it can form part of a self-management care plan. [You can read all about it here.](#)

A STEP BACK IN TIME



[Claire Gardiner](#), Senior Lecturer in Dietetics was invited back to her primary school in March 2021 (virtually of course), so talk to the children during Science week about her role as a Dietitian. There were lots of fantastic questions and interest from the children. Just showing you, it is never too early to start promoting our professions.

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