

## July 2021 NEWSLETTER



We have had several weeks of sunshine now and most colleagues will have had at least one vaccine, so hopefully we can begin to see opportunities to get out and about. It has been interesting spending more time in the office and exploring the new BGB building. The outside patio area is a great place to have meetings. Admissions have been buoyant this year and we have seen a large increase in the number of students in particular applying for the Sport and Exercise Science program. With the increased student numbers to both SES and Sports Therapy we have been able to recruit three more members of staff and as I write this we hope to have some fixed term posts as well.

There has been lots to celebrate on the research front with publications, successful bids, and lots of bidding activity. The Nutrition team are running an external online conference in July, The Physiotherapy and Occupational Therapy program teams have developed an online conference for their students.

Once again, we cannot thank everyone enough for their creativity, proactive responses, hard work, enthusiasm and dedication in keeping all activities on track, as a truly fused department. I hope the Awayday will provide opportunities to meet with colleagues across programs, provide time to reflect and make plans for the future.

Please remember to book some time off over the summer and to share this with colleagues. I wish you all a happy summer break.

Best wishes,  
Carol

Professor Carol Clark,  
Head of Department Rehabilitation and Sport Sciences

# Meet the Team

## Welcome to the team...

**Dr Samuel Hills** - Lecturer In Sports Science

## Left the team...

**Kate (nee Kate Crabb) Colley** - Lecturer in Physiotherapy

## Heads and Deputy Heads

**Prof Carol Clark** - Head of Department for Rehabilitation & Sport Sciences

**Dr Susan Dewhurst** - Deputy Head of Department for Rehabilitation & Sport Sciences

**Dr Jonathan Williams** - Deputy Head of Department for Rehabilitation & Sport Sciences

## Team Members

**Adam Sewell** - Lecturer in Performance Analysis

**Alexandria (Alex) Dunford** - Lecturer in Physiotherapy

**Dr Amanda Wilding** - Senior Lecturer in Sport Psychology and Coaching Sciences

**Andrea Hasselbusch** - Senior Practice Fellow in Occupational Therapy

**Dr Andrew Callaway** - Senior Lecturer in Biomechanics and Performance Analysis

**Dr Bernadette Waters** - Principal Academic in Occupational Therapy

**Dr Caroline Ellis-Hill** - Senior Lecturer in Qualitative Research

**Debbi Gale** - Demonstrator in Health Sciences

**Eirini-Iro (Iro) Arvanitidou** - Lecturer in Nutrition

**Dr Fotini Tsofliou** - Principal Academic in Nutrition

**Gillian (Gill) Glasgow** - Lecturer in Health Psychology

**Helen Ribchester** - Lecturer in Occupational Therapy

**Prof Jane Murphy** - Professor of Nutrition

**Dr Joanna Thurston** - Senior Lecturer in Sports Therapy

**Dr Joanne Holmes** - Senior Lecturer in Nutrition

**Julie Liddell** - Technical Officer

**Dr Juliette Truman** - Senior Lecturer in Occupational Therapy and Health Psychology

**Dr Kathryn Collins** - Lecturer in Physiotherapy

**Kelly Goodwin** - Senior Lecturer in Sports Management

**Dr Louise Fazakarley** - Senior Lecturer in Physiotherapy

**Dr Malika Felton** - Lecturer In Health And Exercise Physiology

**Dr Marta Glowacka** - Lecturer in Occupational Therapy and Health Psychology

**Dr Michelle Heward** - Post Doctoral Research Fellow Dementia

**Paul Fairbairn** - Lecturer in Sport and Exercise Science

**Rachael Bewes** - Lecturer in Physiotherapy

**Dr Rebecca Rendell** - Senior Lecturer in Exercise Physiology

**Dr Reena Vijayakumaran** - Lecturer in Behavioural Psychology and Nutrition

**Dr Saffron Scott** - Senior Lecturer in Occupational Therapy

**Sara Sayer** - Lecturer in Sports Therapy

**Dr Shelley Ellis** - Lecturer in Performance Analysis

**Dr Sophia Amenyah** - Postdoctoral Research Fellow

**Dr Swrajit Sarkar** - Senior Lecturer in Nutrition

**Prof Tim Rees** - Professor in Sport

**Dr Tongai Chichaya** - Lecturer in Occupational Therapy and Health Psychology

**Dr Vikram Mohan** - Senior Lecturer in Physiotherapy

## Lecturer Practitioners

**Catherine Cruse-Drew** - Lecturer Practitioner

**Peter (Pete) Bloomer** - Lecturer Practitioner Sports Therapy

**Phil Morgan** - Lecturer in Occupational Therapy

# Good News Stories

The “**Nutritional Advisory Team**” including Claire King (MSc Nutrition & Behaviour) Lucy Joy & Magdalena Slavikova (both MSc Nutrition & Behaviour alumni).

Were announced winners of the National Ingenuity Challenge Programme and runners up in two other categories receiving £8000 prize seed funding.



A digital health education tool for primary school-aged children, underpinned by the philosophy that every child matters. Our service delivers engaging and informative cultural and weight-positive digital health education to pupils, created by evidence-based healthcare professionals and teachers. It strengthens communities, contributing to closing the health inequality gap.

To contact this business, email [ingenuity@nottingham.ac.uk](mailto:ingenuity@nottingham.ac.uk) and put Nutrition Advisory Team as the subject.

Both **Dr Sophia Amenuah** (Postdoctoral Research Fellow) and **Iro Arvanitidou** (Lecturer in Nutrition) have successfully transferred from Associate Registered Nutritionist to Registered Nutritionist (Nutrition Science) with the Association for Nutrition UK Voluntary Register of Nutritionists.

**Malika Felton** (Lecturer In Health And Exercise Physiology) has successfully passed her PhD entitled: *‘The influence of pregnancy upon acute cardiovascular responses to slow and deep breathing’.*

**Sara Sayer** (Lecturer in Sports Therapy) and **Dr Fotini Tsofliou** (Principal Academic in Nutrition) has achieved her Fellowship of Higher Education Award.

MUSE feedback up (100% completion).

**Dr Juliette Truman** (Senior Lecturer in Occupational Therapy and Health Psychology) is to take on the role as Global Engagement Lead (GEL) for the department.

**Dr Sophia Amenyah** (Postdoctoral Research Fellow) has been appointed as a committee member (2021-2024) on the American Society for Nutrition’s Minority and Diversity Affairs Committee.

**Dr Katie Collins** (Lecturer in Physiotherapy) will be taking on the Elon University partnership lead.

**Prof Tim Rees** has published an article in The Conversation on England’s chances should they face a penalty shootout in the Euro 2020 football tournament

<https://theconversation.com/england-players-suffer-from-stereotype-they-cant-win-penalty-shootouts-research-suggests-163504>

Students **Sam Cox** (level 4 BSc Nutrition) and **Anuradha Kale** (MSc Nutrition and Behaviour) have been appointed to the shadow board of local food company Mr Lees noodles.

The board will hold 2-hour monthly meetings which will involve tasting current and new products, reviewing communications and providing ideas and opinions on different aspects of the company.

**Tim Lees** (Peer Assisted Learning tutor):- Creativity Award Winner 2020/21. For a Leader who has used creative and innovative methods to ensure their sessions are engaging.



# Research Publications

**Amenyah, S.D., Murphy, J. & Fenge, L-A.** Could health-related interventions reduce overweight and obesity and increase employment? The link to the blog: <http://blogs.biomedcentral.com/on-health/2021/05/05/health-interventions-overweight-obesity-employment-isrctn/>

**Amenyah, S.D., Murphy, J. & Fenge, L-A.** (2021) Evaluation of a health-related intervention to reduce overweight, obesity and increase employment in France and the United Kingdom: a mixed-methods realist evaluation protocol. BMC Public Health. 21 (582), 1–11. Available at: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-021-10523-3>

Killingback C, Chipperfield S, **Clark C & Williams JM.** Physiotherapists' view on their role in self-management approaches: a qualitative metasynthesis. Physiotherapy Theory and Practice. In Press.

Killingback C, **Clark C** & Green A.(2021) Being more than “just a bog-standard knee”: The role of person-centredness in physiotherapy: A narrative inquiry. Disability and Rehabilitation (Accepted)

Killingback, C., **Tsofliou, F. & Clark, C.** (2021), 'Everyone's so kind and jolly it boosts my spirits, if you know what I mean': A humanising perspective on exercise programme participation. Scand J Caring Sci. <https://doi.org/10.1111/scs.12973>

Senington B, Lee R & **Williams JM.** Validity and reliability of innovative field measurements of tibial accelerations and spinal kinematics during cricket fast bowling. Medical and Biological Engineering and Computing. In press.

Stevens, M., Cruwys, T & **Rees, T.** (2021). Social identity leadership in sport and exercise: Current status and future directions. Psychology of Sport and Exercise (55), 101931. IF=4.785. <https://doi.org/10.1016/j.psychsport.2021.101931>



# Online Conferences

Clarkson PD, Stephenson A, Grimmett, C., Cook K. **Clark C**, Muckelt P O'Gorman P, Saynor Z., Adams J., Stokes, M, McDonough S. 2021 Maintaining physical activity through the use of digital tools for people with a long-term condition the ISBNPA XChange Initiative 2021, 8-10 June 2021.

Hager C, Swaminathan N, **Clark C**, Ibrahim Kassen H, McDonnagh S. Technology enhanced physiotherapy education – global perspectives WCPT Dubai, 9-11 April 2021.

Sherriff, B, **Clark C**, Killingback C Newell, D 2021. Influence of contextual factors on outcomes following conservative low back pain treatment: systematic review British Pain society annual scientific meeting, 24 April 2021.



# Grant applications and funding

## **Dr Jonathan Williams**

Pending - Prince Faisal Bin Fahad Award for Sports Research

## **The “Nutritional Advisory Team” Claire King, Lucy Joy and Magdalena Slavikova**

The overall National final winner and were runner up in two other categories.

## **Prof Jane Murphy**

As PI gaining NIHR ARC Wessex funding for the following project:

‘Implementation of a digital health coaching intervention for older people with frailty in Wessex (DONOR: Digital cOachiNg fOr fRailyty)’.

## **Dr Louise Fazakarley**

As Co PI gaining NIHR ARC funding for the Initiation award:

‘Exploring Community Therapists’ Views on Patients Leaving Acute Hospitals After Experiencing a Pubic Rami Fracture.’

## **Prof Carol Clark**

Successful - NIHR Research Initiation Award with Dorset County Hospital: Digital Technologies for Hand Rehabilitation.

## **Dr Shanti Shankar and Prof Carol Clark**

Successful - NIHR Research Initiation Award with University Hospitals Dorset: The role of attentional focus on learning for physical recovery.

## **Dr Rebecca Rendell**

Successful - Saudi Arabian Prince Faisal bin Fahad Sports Award.

## **Dr Susan Dewhurst**

Successful - UKRI/ Zinc catalyst award.



***Thank you to all  
of our staff and  
students***



***Have a lovely  
summer!***