

PACC Monthly Round-Up



Welcome to the Physical Activity Clinical Champions programme monthly round-up.

Please share this with your networks.

PACC SESSIONS

The PACCs have run over 120 sessions in the last 7 months, training over 3,200 people! They have delivered in all regions of England and you can see how many sessions have been delivered in each region below!

North East - 30

Yorkshire and The Humber - 14

East Midlands - 9

South East - 5

South of England - 13

North West - 13

West Midlands - 11

South West - 17

London - 16

National - 1

The PACCs can deliver online training so you can book a session no matter where you are based in England and they will work with your local Active Partnership to ensure that the training is relevant for your audience. If you'd like more detailed information on the sessions we have already run, would like to find out more about PACC or would like to book a session then please contact us at PACC@shu.ac.uk.

ONLINE PACC TRAINING - SIGN UP NOW

Join our FREE, online Physical Activity Clinical Champion Training, focusing on how to talk to get Mental Health patients active, run by expert PACC trainer, Paula Manning, a physiotherapist with over 25 years' experience.

Wednesday 5th June | 10:00 - 12:00

Sign up here: <https://forms.office.com/e/kA1g3HMMv6>

MEET THE PACCS

This month we are introducing you to Paula who will be delivering the PACC session on the 5th June!

Paula started her career in physiotherapy over 25 years ago and has experience of working in the private and third sectors, as well as the NHS. She is now the Clinical Lead mental health inpatient Physiotherapist in Nottingham.



Paula has lived experience of a long term condition which resulted in severe pain and weakness. To help her recover from this life changing event, Paula used physical activity, particularly strength training alongside her medication, to help regain her abilities and control her pain. She uses her real life stories throughout her training sessions to help people understand the physical activity messaging and its importance.

Paula is a Nana of 3, a dancer to Northern Soul and Motown music and has a love for the outdoors and walking.

WHY DID YOU WANT TO BECOME A PACC

When I was poorly I wasn't sure if I could be a physio anymore. As physical activity was playing a large part in my recovery I wanted other people to feel the same benefit.

The role came up and as I enjoy training others using interactive methods we were a good fit together.

HAS BEING A CLINICAL CHAMPION BEEN REWARDING?

Yes definitely I love to see people's brain get turned on by this topic. Then imagine the ripple effect of the conversations clinicians will have with their patients as a result of the training. I often wonder how many people benefit from that 2 hours of training I provide.

The role has given me a voice around mental health and physical activity both as a PACC and in my NHS job. This way I can help more people