



Physiotherapy for Children Ltd

Curriculum Vitae

Helen Dowden

Career Summary

I am a specialised paediatric Physiotherapist practicing since 1981. I have developed significant in-depth knowledge of neurological physiotherapy based on evidence-based practice, which is still on going. My knowledge and experience has been gained in the NHS whilst working as a senior specialised Physiotherapist and more recently as a Children's Physiotherapy Manager in both hospital and community settings.

Currently I am practicing as an independent specialist neurological Physiotherapist working alongside NHS colleagues, schools, nurseries and leisure services to ensure identified goals and outcomes are achieved for children, young people, families and other carers.

My enthusiasm and passion for Neurological Physiotherapy has continued to grow over many years of practice thus ensuring I am continually up to date with current developments.

Education

Diploma in Physiotherapy –Leeds School of Physiotherapy 1981
Certificate in Health Service Management- Park Lane College, Leeds- 1989
Paediatric Bobath Course –8 weeks – London- 1990
Rebound therapy course.
Clinical Educators Course- York- 2002
Halliwick hydrotherapy course.
MSc in Physiotherapy – Queen Margaret University College – Edinburgh -2004

Further Education

ILM 5 – High Performance Leadership – 2011
Yorkshire and Humberside Emerging Leaders Network – 2012-13

Professional Memberships

Chartered Society of Physiotherapists
Health Care Professions Council
British association of Bobath trained therapists
Association of Paediatric Chartered Physiotherapists

Career History

April 2013 –present
Independent Specialist Neurology Physiotherapist

September 2003-April 2013 Leeds Community NHS Healthcare Trust

Position

Children's Physiotherapy and Orthotic Service Manager

Responsibilities

Management of the city-wide Community Paediatric Physiotherapy and Orthotic services in Leeds.
Strategic and clinical planning of Paediatric Physiotherapy and Orthotic services.
Promotion of research and audit within the department.

Physiotherapy for Children Limited. Registered in England and Wales, No 8153388

Director: Adele Leake. Registered office: 36-40 Doncaster road, Barnsley.

Postal address. 78 Meadow Vale, Outwood, Wakefield. WF1 3TD

Tel 07913 675893 Email info@physioforchildren.co.uk Website: www.physioforchildren.co.uk

Professional Physiotherapy Lead for Children's Physiotherapy and chair of the Trust-wide professional forum.

October 2002-September 2003 East Leeds PCT

Position

Senior 1 Community Paediatric Physiotherapist (Belmont House Child Development Centre)

Responsibilities

Provide a high level of clinical expertise in the assessment and treatment of children with complex disabilities 0-5 age group.

To work effectively within the child development team setting.

Responsible for allocation of caseload and day to day management of physiotherapy staff working within Belmont House

Liase closely with other physiotherapy, social services and education staff in the development of services to the under 5 age group

Act as clinical resource within the department.

April 1999- October2002. -Leeds Community and Mental Healthcare Trust

Position

Senior 1 Community Paediatric Physiotherapist

Responsibilities

Prioritise and provide physiotherapy services to children attending a busy mainstream resourced secondary school. Caseload includes many different neurological and orthopedic conditions.

Provide physiotherapy services to children in other mainstream schools within Leeds'

Act as 'Team Leader' to physiotherapists in the service working in the North-west of Leeds.

Co-ordinate a weekly orthotic clinic.

Work closely with other professionals within the health and educational setting.

Provide appropriate training of staff within the department as well as medical and physiotherapy students.

March 1991- April 1999 Calderdale NHS Trust

Position

Senior 1 Community Paediatric Physiotherapist (Deputy to Superintendent)

Responsibilities

To provide physiotherapy services in all areas of the service. The majority of time was spent in the Child Development Unit.

To deputise for the Superintendent physiotherapist as required and move into an 'acting -up' role when necessary.

To develop specific services within the locality e.g. local neuromuscular clinic for patients in Calderdale.

Work closely with multi-disciplinary teams particularly in the Child Development Centre.

June 1987- March 1991 Leeds Western Health Authority (Teaching)

Position

Superintendent III Physiotherapist (Paediatrics and Women's Health)

Responsibilities

Day to day management and recruitment of physiotherapy staff within Clarendon Wing (Leeds General Infirmary). Including provision of 24-hour cover for the special care baby unit and acute paediatric wards.

Provide clinical expertise in the field of paediatric neurology to staff within the department.

To plan a new service to the on-site Child Development Centre (Belmont House), and to be the primary clinician within that area of the service.

July 1986- June 1987 Calderdale Health Authority

Position

Senior 1 Community Paediatric Physiotherapist

Responsibilities

Physiotherapy for Children Limited. Registered in England and Wales, No 8153388

Director: Adele Leake. Registered office: 36-40 Doncaster road, Barnsley.

Postal address. 78 Meadow Vale, Outwood, Wakefield. WF1 3TD

Tel 07913 675893 Email info@physioforchildren.co.uk Website: www.physioforchildren.co.uk

Deputy to Superintendent III
Provide physiotherapy services within the Child Development Centre
Provide clinical support for junior staff within the service
Deliver training to physiotherapy, medical and educational staff.

August 1984- July 1986- Calderdale Health Authority

Position

Senior II Community Paediatric Physiotherapist

January 1981- August 1984 – Leeds Western Health Authority (Teaching)

Position

Basic Grade Physiotherapist