

Your time to shine

We are delighted to announce the winners of the 2013 FHT Excellence Awards...

The FHT Excellence in Practice Awards were launched in 2011 to shine a spotlight on those members whose everyday work, innovative projects or research not only makes a huge difference to the health and well-being of the clients they support, but also helps to inspire others, and show the world at large the many benefits complementary, holistic beauty and sports therapy have to offer.

In 2012, the portfolio was expanded to include the FHT Excellence in Education Awards, aimed at lecturers and students also setting the bar in therapy training.

This year, we are proud to announce we have four very worthy FHT Excellence in Practice Award winners and one exemplary Tutor of the Year. Each will be presented with an FHT award, certificate and a £500 personal cheque. Below you will find a brief summary about the work of each winner, soon to be followed by more in-depth articles in future issues of International Therapist and online.

We would like to thank all those members who sent in an application for our 2013 Awards (please do not be deterred from entering again next year) and our panel of awards judges who had the unenviable task of selecting our winners from very strong shortlists.

2013 FHT Excellence in Practice Award Winners

Donna Davis, MFHT

Donna received an Excellence in Practice award for her research into the benefits of the Massage in Schools Programme (MISP). Donna told the FHT: 'Having been an MISP

instructor for six years, I was wholly aware of the importance of peer massage in schools but knew that more formal results were necessary to overcome scepticism and encourage a greater number of schools to embrace peer massage as an important therapy'.

Donna continues to build a large body of evidence to substantiate the successful outcomes of the programme and hopes this will help MISP to achieve its full potential in the UK, allowing a greater number of children and schools to enjoy its many benefits.

Geraldine Flynn, MFHT

Geraldine applied for an FHT Excellence Award to highlight the remedial benefits of micropigmentation (permanent make-up), and the positive results this can have, both physically and mentally, for clients suffering from hair loss as a result of conditions such as alopecia or following cancer treatment.

'I work closely with my local Macmillan Cancer Care Unit and NHS-appointed hair boutique to advise and care for clients who have lost their eyebrows and eyelashes,' Geraldine told the FHT. 'It's a very personal treatment and can be nerve-racking and emotional for clients, so it's vital to gain their trust and confidence [...] Treating my alopecia clients has been so very rewarding and I look forward to continuing to highlight the benefits of treatment.'

Angela Green, MFHT

Angela is the complementary therapist lead at Velindre Cancer Centre, and wins an award for an education programme she developed for qualified therapists, to help them further their knowledge, enhance their skills and develop their practice in oncology.

'On completion of most complementary therapy courses, qualified practitioners do not have knowledge and skills within the oncology clinical setting,' explains Angela. 'As a result people with cancer are often denied treatments [...] This training aims to provide therapists a greater understanding and knowledge of the needs of the cancer patient, so that they are able to deliver safe and effective treatments in their local community'.

Claire Owens, MFHT

Claire received one of our first Excellence in Practice Awards in 2011, in recognition of a relaxation and well-being programme she introduced into 15 schools in the Wirral.

Becoming aware that vulnerable families in her area needed additional support services, Claire went on to create an early intervention programme that would provide students and their parents the knowledge and skills needed to support themselves during times of stress.

'This new programme has helped to break down barriers of communication,' explains Claire, 'allowing me to develop positive relationships and prevent families from escalating to the point of crisis.'

2013 FHT Tutor of the Year

Amanda Brooks, MFHT

Amanda has been teaching kinesiology for 18 years in both the UK and Canada, and is highly regarded in the kinesiology community as a dedicated individual, who is passionate about both kinesiology and teaching.

Amanda's nomination was submitted by one her students, Leeza Johnson. 'Amanda has all the expected qualities of a tutor deserving of a nomination; she is kind, dedicated, available, supportive and an excellent communicator,' explains Leeza. 'But what sets Amanda apart from other outstanding tutors is she strives to adapt her teaching style for each individual student to make sure everyone in the class gets the best possible outcome for the time they invest in their studies.' These sentiments are echoed in all of the 15 testimonials that supported Leeza's nomination, from other students, kinesiology tutors, colleagues, and Ann Parker, Head of Health Kinesiology, New Zealand.

