• Members of the Irish Society of Chartered Physiotherapists joined physiotherapists around the world to celebrate World Physiotherapy Day on the 8th September 2014.

• The theme of World Physiotherapy Day for 2014 was ‘Fit to take part’ which highlighted the role which physiotherapists play in helping people with long-term illnesses or disabilities to become independent and fulfil their potential.

• We modified the posters from the WCPT to focus on COPD, MS, Parkinson’s Disease and The Pelvic Floor. Katie O’Brien was interviewed on National Radio. She told her story of her life so far with Spina Bifida and her current goal to Row at the Olympics in Rio. Details can be found on www.moveforhealth.ie

• Localising materials provided by WCPT including posters, a flyer and logo.

• Co-ordination of exercise classes with members and posting details of the classes on www.move4health.ie.

• Posting localised materials on the www.move4health.ie website.

• Posting Twitter and Facebook updates on www.move4health.ie for members to use to promote their classes.

• In Saint James' Hospital, the Health and Wellbeing committee, led by Ciaran Brennan, hosted a full day event for World Physiotherapy Day on September 11th. This event was held in the concourse of the hospital, where we distributed over 700 leaflets titled "Get Active, Be Fit" encouraging both staff and public to improve their exercise levels. This leaflet consisted of information about walking, running and cycling routes near the hospital as well as bike and gym facilities within our catchment area. A 60 second step challenge was also performed and prizes were awarded to the top 3 participants. The leaflet was hailed as a great success by all staff, including the hospital CEO.

• Our Lady’s Hospice and Care Services Harold’s Cross launched a health promotion campaign for all staff. This year to celebrate World Physiotherapy Day the physiotherapy team in Our Lady’s Hospice and Care Services Harold’s Cross launched a health promotion campaign for all staff. In the run up to the day, the physiotherapy team distributed emails raising awareness of the physical activity guidelines and promoting a fitness challenge. They also used the multiple information screens around the organisation to generate awareness of World Physiotherapy Day. All staff were invited to come along and attempt the popular fitness craze of the moment that is tyre flipping. The
challenge was to see who could turn the 100kg tractor tyre the most times in 1 minute. Competitors were separated into a male and female league. Staff from all areas, both clinical and non-clinical came along and gave it a go. Competitors included consultants, nurses, physiotherapists, occupational therapists, pharmacists, care attendants, managers, HR, catering staff, maintenance staff and many more! All competitors and spectators were given their very own “I love Physio” sticker as well as some information on local gyms and the activity guidelines. The overall winners received free passes to strength and conditioning classes that are run on site for staff and personal training sessions in a local gym “AM Fitness” in Terenure. There were also spot prizes of personal training and discounted gym memberships in AM Fitness. The day was a huge success and really promoted the profession to staff, visitors and patients. The physiotherapy team would like to take this opportunity to thank everyone who helped in the organisation of the day and to everyone who took part. Moreover we would like to thank the staff at AM Fitness (www.alwaysmove.com) for the donation of prizes and support on the day! The novelty of the fun challenge drew a lot of attention and made it a memorable World Physiotherapy Day!

- Midlands Regional Hospital, Tullamore, organised an information stand to inform and educate patients, staff and visitors under the World Physiotherapy day theme “Fit to take part”. On the 8th September 2014, the Physiotherapy Department in the Midlands Regional Hospital, Tullamore, organised an information stand to inform and educate patients, staff and visitors of the theme of World Physiotherapy day “Fit to take part”. In order to encourage people to find out more, a quiz on people’s activity levels and also the recommended guidelines was distributed, with prizes including a one month membership to a local gym and weekly passes. There was information booklets, pamphlets and physiotherapists were on hand to educate and advise patients on maximising their potential. There was great interest among staff, visitors and patients on the day with approximately 55 people participating in the quiz. The World Physiotherapy Day also coincided with the return of outpatient pulmonary rehabilitation within the physiotherapy department, which is an integral part of the clinical management and health maintenance of those patients with chronic respiratory disease. The day was a great success as it allowed physiotherapists to highlight our role and how we help people achieve their goals. It also allowed people to get to know the physiotherapists in the Midland Regional Hospital Tullamore.

- LC nursing home centres came together in the second week of September to celebrate World Physiotherapy Day. They held one Physiotherapy event in each centre for 5 days. The aim was to increase awareness of Physiotherapy and its services within the nursing home, taking on the theme ‘Fit to Take Part’. It involved residents, families, staff and the local
community. TLC Santry began the event on Tuesday September 9th. Some of the events which took place included group exercise stations for the residents, a community balance class and staff cycling competitions. A huge emphasis of the day was on education and the importance of staying active for all age groups and levels of fitness. On Wednesday 10th September TLC, Straffin’s day involved exercise classes for residents and a local group from Arthritis Ireland. In Caracare Centre on the 11th of September 2014, exercise classes and balance screening was held for residents and individual assessment and treatment sessions were organised for residents and staff members. Staff Skipathon and Hula-hoop competitions took place and a Q&A session for residents and family members, along with refreshments. The week ended in TLC, Citywest. The elderly from the local community participated in falls prevention and exercise education. The residents also got involved in exercise on the day. The local paper, The Tallaght Echo came down to report about the event. Overall the week was a great success and there are plans to continue it again next year, with a greater focus on the local community.

- On World Physical Therapy Day, CPWHC made sure that their patients were “Fit to Take Part”, in all the classes that took place on that day, using the poster to raise awareness. One of the classes was a Pelvic Floor Masterclass where proceeds went to fundraising for 51 year old Deirdre Holland who last year lost both lower legs having contracted meningitis Y. Through using Facebook and Twitter pages, we publicised the class and the day and the poster reached as far as Malta where the ISCP was congratulated on being so proactive on World Physical Therapy Day! This class was followed up by another one the next week.

- Coverage achieved on the radio station, Newstalk and on hse.ie
- Facebook and Twitter posts on ISCP social media sites to promote World Physiotherapy Day and exercise classes.