
Hello and welcome to the first CHEERS newsletter



Welcome to the very first edition of the CHEERS newsletter. We are hoping to circulate a quarterly newsletter to keep you in touch with news and developments in the CHEERS network along with any other information from the wider Paediatric Rheumatology network.

By way of introduction, I am the CHEERS Network Manager which is a new role created by Cambridge University Hospitals. I came into post in June of this year and am working alongside Dr Kate Armon to move the CHEERS network forward by formalising links, establishing the governance framework and working through the operational necessities.

This edition is focused on the Level 3 teams, providing a brief introduction and explanation into their role. I hope the newsletter will be a useful and interesting resource.

Any feedback or suggestions with regards to the content and format of the newsletter would be welcomed. I look forward to working with you all over coming months.

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Dr Kate Armon



Kate Armon is a Consultant Paediatric Rheumatologist and CHEERS clinical lead. She undertook paediatric specialty training mainly in the Trent region with additional training in South Africa (Johannesburg) and Norwich.

Additional specialist training continued at Birmingham Children's Hospital and GOSH. Dr Armon took up her first Consultant Rheumatology post in Norwich in 2003 and in June 2015 was appointed to Addenbrooke's Hospital to develop the Paediatric Rheumatology specialist service within the East of England. Over subsequent months the team expanded to provide a fully comprehensive level 3 service to Cambridge and Norwich.

Dr Peter Bale



Peter Bale is a Consultant Paediatric Rheumatologist who was appointed to Addenbrooke's Hospital in April 2017. He undertook paediatric specialty training in the East of England with sub-specialty training in NNUH, GOSH and Sheffield Children's Hospital.

Dr Bale works alongside Dr Armon is providing level three specialist Paediatric Rheumatology care in Cambridge and Norwich.

Dr Rosie Close



Rosie Close joined the Addenbrooke's team as a Paediatric Rheumatology trainee in September 2018.

She graduated from University of East Anglia medical school in 2008 and has worked at many hospitals across the Eastern region whilst developing her interest in paediatric rheumatology.

She has a particular interest in teaching and taking an active role in paediatric rheumatology research within the department.

Dr Kathy Gallagher



Kathy Gallagher joined the Addenbrooke's team as the first paediatric rheumatology registrar in 2017.

She graduated from Norwich Medical School in 2011 and has completed all her post graduate medical training to date in the East of England.

She is passionate about medical education and training especially on the subject of paediatric rheumatology.

Lisa Powell



Lisa recently joined the CUH Team in June 2018.

She has worked as a Medical Secretary for the NHS in both primary and secondary care for 27 years at St. John's Hospital in Livingston, Frimley Park Hospital; Dedridge Medical Group, Livingston and latterly The Lakes Mental Health Unit in Colchester.

Lisa is the first line of contact between patients and their consultants and is always willing to go the extra mile to make care as smooth as possible for patients.

Sacha Ghafoor



Sacha is the Senior Trust Medical Secretary for Paediatric Rheumatology and Cardiology at NNUH.

She studied Homeopathy and since finishing her studies worked within the Trauma and Orthopaedics team in NNUH.

Sacha started in the Paediatric Rheumatology and Cardiology team in February 2018.

Daisy Bloomfield



Daisy is a Medical Secretary in the Paediatric Cardiology and Rheumatology teams at NNUH.

Prior to starting this role in January 2018, Daisy was a receptionist and data entry clerk in Diabetes.

Cathy Slynn



Cathy trained as a paediatric nurse at Canterbury Christ Church University College in Kent and has since worked across Kent, London and Cambridge.

Cathy moved to Addenbrooke's Hospital in 2000, working in various nursing roles such as ward sister/manager and paediatric lead nurse for the children's emergency department.

In 2016 Cathy joined the paediatric rheumatology team as clinical nurse specialist.

Kit Tranter



Kit trained as a paediatric nurse in 1991 at Great Ormond Street; she has since worked at Royal National Orthopaedic Hospital, Alder Hey and then Norwich in 2000.

In August 2004 she joined the Norwich Paediatric Rheumatology team.

Kit is the lead paediatric rheumatology nurse specialist at Norfolk and Norwich and the chair of the BSR Paediatric Rheumatology Nurses group and associate tutor at UEA.

Sarah King



Sarah trained as a paediatric nurse at Great Ormond Street Hospital in 1995 working mainly in dermatology. She joined NNUH in 2004 as a ward nurse on Buxton ward and became deputy ward sister in 2010.

Sarah joined the Norwich paediatric rheumatology team in December 2016.

Sarah works part time as a paediatric rheumatology specialist nurse, with Kit she helps to plan patient care, patient education and be there for patients when they need additional support.

Rachel Holmes



Rachel studied physiotherapy at the University at Southampton, whilst working as a junior physiotherapist she knew she wanted to pursue paediatric physiotherapy.

After graduating, Rachel worked as a rotational junior physiotherapist in Portsmouth where she gained more paediatric experience.

Rachel has worked as a senior paediatric physiotherapist in a variety of city hospitals and in 2016; she started working as a specialist paediatric musculoskeletal physiotherapist at Addenbrooke's Hospital.

Brooke Mara 'née Shippey



Brooke is a Senior Physiotherapist within the Addenbrooke's Rheumatology Team. Prior to her Physiotherapy training she gained an undergraduate degree in Business and Communications at Kingston University and worked as a Business Manager for a private Physiotherapy company.

She soon realised that her passion lay on the other side of the desk and returned to University to gain her Physio degree. Brooke graduated with a Masters in Physiotherapy from Essex University in 2011.

As a second year student at Addenbrookes she made it her career goal to be a Paediatric Physio at Addenbrookes one day. She worked at various London Hospitals before joining Addenbrookes in July 2012.

Matt Flander



Matt is a senior paediatric musculoskeletal physiotherapist at the Norfolk and Norwich University Hospital and is the lead for physiotherapy in paediatric rheumatology.

He qualified in 2009 from UEA and has worked in the NHS for the last 9 years.

Matt joined the paediatric rheumatology in Norwich team in 2013.

Beth Lotinga



Beth works as a children's physiotherapist at the Norfolk and Norwich University Hospital.

She qualified from UEA in 2006 and has worked in paediatrics for 10 years, both at James Paget Hospital and at NNUH.

Her clinical work is paediatric MSK including orthopaedics and she recently joined the paediatric rheumatology team.

Daphne Wessels



Daphne joined the Paediatric Rheumatology team at CUH in April 2017 in addition to her work as a Children's Occupational therapist for Cambridge Community Services which she began January 2009, working within schools in the East Cambridgeshire area.

She qualified in 2004 at the University of Stellenbosch, South Africa after which she worked in a primary care hospital as a general Occupational Therapist covering children's and adult services within the community and hospital.

After moving to the UK in July 2006, Daphne worked as a carer and teaching assistant between OT roles in order to familiarise herself with the social care and the school system. From 2007 to 2009 she worked in Adult Community services in Cambridgeshire covering discharge planning, housing adaptations, equipment provision, moving and handling and upper limb rehabilitation.

Julie Brooke



Julie is an Occupational therapist who works part-time in the Children's Therapy team at Norfolk and Norwich Hospital.

She qualified in 1998 following which she progressed within the acute paediatrics team at Queen's Medical Centre in Nottingham.

Julie worked in Leicestershire community children's services for 5 years before moving to NNUH in 2008 to join the adult orthopaedic OT.

Julie has continued in this team and 18 months ago reduced her hours in this role as she joined the children's OT team at NNUH part-time.

Within the children's team she works with inpatients on the ward and sees children as outpatients or in the rheum and orthopaedic clinics.

Sarah Winter



Sarah has been an Occupational Therapist (OT) in the NHS for 34 years working for the majority of that time with children and young people who have long term health conditions and disability.

She has worked in various NHS organisations including Kings College Hospital, Dulwich Hospital, Croydon NHS children's centre and as a community Children's OT in Norwich.

In 2016 she joined Norfolk and Norwich University Hospital to set up the Children's OT service which included working part of the time with the Paediatric Rheumatology Service.

Dr Neena Ramful



Neena is a Clinical Psychologist who is registered with the British Psychological Society (BPS) and the Health and Care Professions Council (HCPC).

She obtained her BSc Hons Degree in Psychology from the University of Staffordshire, a PgDip (Postgraduate Diploma) in Cognitive Behavioural Therapy from Royal Holloway University London, a MSc (Masters) in Transcultural Psychological Therapy from Queen Mary University London.

She completed her Doctorate in Clinical Psychology at the University of Birmingham. From completing a training placement at Birmingham Children's Hospital she decided to specialise working in the physical health setting.

Since completing her doctorate in 2015, she has worked in Paediatric Psychology at Northampton General Hospital and started working at Addenbrookes Hospital in 2016.

Within paediatrics Neena has worked within the following specialities; cleft lip and palate, diabetes, neurology, cystic fibrosis, gastroenterology and general paediatrics

Dr Louise Morgan



Louise is a Clinical Psychologist who is registered with the British Psychological Society (BPS) and the Health and Care Professions Council (HCPC).

Louise started as a Clinical Psychologist in the Paediatric Rheumatology team at NNUH in 2017. She has over 7 years' experience working with children, young people and families.

After completing her undergraduate degree in Psychology at the University of Oxford, Louise went on to complete an MSc in Mental Health Studies at the Institute of Psychiatry, Psychology and Neuroscience. She then went on to conduct research with children and young people with an extra sex chromosome.

During her Doctorate in Clinical Psychology at the University of Birmingham she specialised in Paediatrics and worked at the Birmingham Children's Hospital predominantly in General Paediatrics. Since qualification, she has worked in the Paediatric Rheumatology team at NNUH and in an Early Intervention in Psychosis service and has also recently expanded her role by working in Paediatric Oncology and Paediatric Cystic Fibrosis.