



Colchester Speech and Language therapy assistant treating stroke victims up for national award

Colchester speech and language therapy assistant Lucy Clifton has been nominated for a national Our Health Heroes Award for her impressive work aiding the recovery of stroke victims.

Specialist in caring for patients with communication and swallowing difficulties, 43-year-old Lucy has made a big impression since joining Colchester Hospital in 2014 and has transformed many, many lives.

An innovative and forward-thinking healthcare practitioner, she is an engaging presence on the ward who really gets to know her patients, pulling out all the stops to make therapy meaningful and fun; even utilising the power of music to speed up patients' recovery.

Regular music and movement groups help to energise and inspire patients with severe physical and communication deficits, encouraging them to tap their feet, wave their arms, play instruments and sing along to their favourite tunes.

Before the pandemic Lucy had organised a carol concert for patients and staff, filling the ward with sound and good cheer to help boost patients' mood and morale – factors known to aid a speedy recovery.

On top of making therapy fun, Lucy has spearheaded a number of innovative developments on the ward, including setting up a wellbeing room with expert advice from Colchester Hospital's clinical psychologists.

To this day the room is being used by patients and families for a quiet space to reflect and meditate, as well as for staff to use for group debriefing sessions following complex and/or particularly traumatic cases. The room has been particularly invaluable over the last few months following the psychological impact from Covid.

Lucy's impact is plain to see, garnering the respect and admiration of patients and colleagues alike for her immense ingenuity and kindness.

"Lucy is such a brilliant, kind & caring beautiful lady. The Stroke Unit at Colchester Hospital is a much better place with Lucy in it. The world definitely needs more people like Lucy." comments Gemma Baldwin, Ward Clerk.

"Lucy is a speech and language therapy assistant who goes that extra mile...and then a few thousand miles beyond that! She has really helped everyone's health and wellbeing - especially over the last year. Patients regularly send cards and messages of thanks, but I would love for Lucy to be recognised for the immense difference her little acts of kindness." adds fellow speech and language therapist Elizabeth Bright.

Our Health Heroes Awards 2022 is delivered by [Skills for Health](#). Vote for Lucy in the Inspirational Clinical Support Worker of the Year Award before 4th February by visiting: <https://bit.ly/3FYSK0a>

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