

Speaker Biography

Nikki Tuff

Day and Therapy Team Leader, Farleigh Hospice

After graduating as a Physiotherapist in 1999 Nikki completed her rotations eventually specialising in Elderly rehabilitation.

After having her two children, Nikki took up a temporary post at her local Hospice. Nikki soon became passionate about the work of the hospice and especially the benefit of palliative rehabilitation. She has been a Clinical Specialist Physiotherapist in Palliative Care for over 10 years and recently took up the post of Team Leader for the Day and Therapy Team at Farleigh Hospice.

Over this time, Nikki has been concerned with the care of patients with Neurological conditions and in particular MND. She was instrumental in starting a gym group for this patient group at the hospice and quickly saw the benefit of peer support for both patients and their carers.

As the team leader for the Day & Therapy service at the hospice, Nikki is constantly looking for ways to develop services for all patient groups, recently introducing a self-management course and music therapy.

