

Newsletter

Well a warm welcome to this revised LCSP Newsletter. Uncertainties with our regular printers and supplies during this time have facilitated this first attempt at an 'electronic' Newsletter to you. It is more important than ever to keep in contact with all members and to assure you that we all share the same frustrations and concerns in this trying time.

From the President:

What a tragic situation in which the world finds itself. As the virus ravages populations, services are cut back and we move from a society to a system of isolated encampments. We keep at least six feet from our nearest and dearest, remain virtually prisoners in our own homes and we can only speculate on what will happen next week, let alone on where we shall be in six months or a year.

Part of us thinks that this is only just another virus, like so many that we have encountered and survived in the past. After all, many people don't even know they have had it. Yet we have never seen such changes, such actions, such powers being taken by the Government. Death rates are climbing all round the globe. This is serious and the more dire predictions are very dire indeed.

Yet people are still thronging to beaches, climbing Snowdon and doing a host of social activities. This meeting and partying has got to stop. If it doesn't stop voluntarily, it will be stopped compulsorily. I find myself wanting to shout at the reports on the BBC news, "for goodness sake stop before it is too late, and disaster finds its way to many of your doors".

As I write this in the last week of March, the number of deaths is still low and, for most people, it involves someone else somewhere. When those deaths

reach two or three thousand, it will start to touch every family and the stark reality will be much more apparent.

Everything we have taken for granted will be disrupted for many months or years and the impact will leave a lasting legacy, making its mark on our thinking, our attitudes and our resilience. All we can do is to try to mitigate the worst of the damage and the privations.

But perhaps good things will come out of this too; ditching the worst of GDPR, a huge increase in teleconferencing instead of hundreds of miles of travel for anodyne meetings, increase in the rate of reduction of global warming as people don't go flying off all over the world, but, most of all, the re-establishment of true (non-political) socialism. This means caring for the neighbours, getting the shopping for the elderly, the return of 'goodness' for so many.

I think of all my friends and acquaintances, and more widely of everyone. For most who experience the disease first-hand, the illness will be a problem, for many a crisis and for some a disaster. Please take care of yourselves and may God keep especially you, and all those in the caring professions, safe.

Paul Lambden

Fozzy Bits:

Well this is a right old mess isn't it ! Who in their wildest imagination could have us in this present predicament? It really is almost the stuff of Hollywood sci-fi screenwriters. You can already imagine that there will be countless books, documentaries, films and the like made about 'COVID-19' in 2020.

Grandchildren will ask, 'What did you do when that virus thing happened gramps?' 'Stayed in lad!' I think it reasonable to suppose this my first attempt at being an author would only be a very short story!

So onto some business bits for you, during the previous two weeks you would have received several e-mails regarding the updated information that was available to business owners, self employed therapists, members with staff and furlough letter template, small business support grants and others. I will continue to send any updated material as it becomes available or more information is released. Naturally not all of it is necessarily relevant to everybody, but we have in our ranks such a very wide range of businesses and diverse operational structures that we need to cover as many possibilities of help, advice and support structures that may be available to you in this dire time. Also any documents that have been sent to you are also on the 'Noticeboard' section of the LCSP Website. We have received some telephone calls with members not getting this information, apart from 1 member who had changed his e-mail address but forgot to tell us, (which does make comms a bit tricky), all the others duly found all the LCSP communications in their respective 'Junk' folders, so please check that also if you are missing information.

Memberships and Insurance: Sorry to be a 'grumpy' bear, but there are a very small number of people that have not renewed. I know, we are not working, but the continuity of your insurance cover is dependent on it being paid, don't forget that claims against you can come in up to 7 years after the last date of treatment, so paying your present insurance premium not only covers you for now but all those past years too. Don't leave a gap or an opportunity for insurers to back away from a claim. It is not unknown that when money is tight people will often try on an insurance claim, it may well be scurrilous but it will still need the insurers to defend it, and you.

Annual General Meeting 27th June 2020: Details on this have also already been circulated. The decision to postpone is clearly the right and proper thing to do given the uncertainty of the current situation. We have tentatively said postponement until October but as the potential venues are presently closed we are unable to check on availabilities. There are other emergency options regarding the formal AGM business and these were explained in the former communication. Of course we will keep all members posted as and when details become available.

Contact us: Whilst the actual LCSP Register office may be closed, you can still contact us electronically or by telephone with questions, queries or any concerns and we will try to help as best we can.

For admin details Melvyn is available on 07955 661631 and of course at admin@lcsp.uk.com if you have any questions relating to insurance matters then Asgar Hassanali from James Hallam is happy to help on 07785 323266 and of course me, myself, I, also known as Fozzy is there or thereabouts to assist, talk or just listen as required on 07798 828211 or of course sgf.sec@lcsp.uk.com

Working from home: I have had conversations with some members who have maintained contact with several patients and offered help and advice regarding their ongoing treatment plans and recovery via Skype, Whatsapp or Facetime. Our insurers are happy with this type of intervention for the time being. I know and appreciate we are a very much 'hands on' therapy group and this is alien to that basic tenet. But we are in uncharted waters and adaptation can help. I have also taken to telephoning some of my 'older' patients who I know are by themselves and I believe just that voice contact and re-assurance can and will make a difference to them. Even remotely we can still be a caring professional.

That's about all I have to impart for the time being, keep smiling, keep safe and use this time well, although any actual face to face CPD training courses are out for the duration, I have revisited several books in my study and have enjoyed the time to study them again. I even found 1 book that had not been coloured in !!!!!

Fozzy.

To You and You and You and You and You and You and You.....

Messages from your Board Members:

Beryl Harper: “The past few weeks have been unbelievable, like scenes from a horror film. Within just a few days everything has changed, affecting the lives of everyone on the planet. We are all being asked to stay at home to save lives, not just for a couple of days or even a couple of weeks, but for an indefinite period. For some people they may never recover, businesses may be so badly affected many will find they have no jobs to go to. Fortunately, we are in a profession that helps people when they are at the most vulnerable. By the time this nightmare has ended, our patients will be longing to come back for their regular visits.

As a student at the Northern, I remember Ken Woodward advising us not to let our patients become dependent on us. I have never been able to follow that advice, the majority of people that attend my clinic have chronic conditions needing regular maintenance treatment and support in managing their problems so that they can remain active and pain free, and I am sure many of you will be in the same situation. Our continuing success is due to the fact that we don't just treat conditions, we treat the people that have those conditions and the way in which their body deals with them, taking into consideration their mental as well as their physical state.

It is a well know fact that any musculoskeletal imbalance will be aggravated through stress and anxiety together with lack of movement, many people will be suffering due to their inability to deal with the current situation and will be looking to us for help.

During the coming weeks, when we have so much time on our hands, let us all take this opportunity to keep ourselves fit and well so that, when the time comes, we will be prepared to help those who have found the present circumstances difficult to cope with.

Let us hope we return to normality as soon as possible, please keep well and God bless.”

Melvyn Eyres: “My thoughts go out to you all in these uncertain times.

It is difficult for us all to stay positive, particularly when no one knows how long this will go on for.

Personally, I have decided to use this time as constructively as possible.

I have started a long overdue redecoration of my treatment room. It is surprising how much brighter it looks with a fresh coat of paint

More importantly I have been keeping in touch with all my patients both by e-mail and telephone, giving advice and encouragement when needed.

I would urge you to do the same, so when this is over you can get your practice up and running again as soon as possible.

Good luck to you all and stay safe.”

Pauline Kelly: “As I write this to you (30th March), I am sitting in 26/27 degrees in sunny Brisbane, Australia. It certainly was not my intention to still be here in this beautiful Country now. We arrived in Sydney on 8th March, my friend taking a fall in the Botanical Gardens on our first day fracturing one of her carpal bones! I then assumed the role of chief carer, driver, luggage porter and now as we are in an Airbnb chief cook and bottle washer! She has yet to receive my bill for services rendered!!!!

We managed to visit all the usual sites whilst in Sydney, including the Blue Mountains, yes they have certainly recovered well since those terrible fires. We then travelled up the coast stopping three times in spectacular places, until reaching Brisbane. Our intention was to then fly down to Melbourne on 25th to visit my niece and also the lovely Jo Pugh our Past President Viv Pugh’s daughter a fellow LCSP member and former Board member, all of this was planned last year at our Centenary Conference which Jo attended.

Our flights to Melbourne were then cancelled and even our return flight to the UK with Singapore Airlines was cancelled. We managed, at great expense, to secure a flight home via Abu Dhabi and yes you guessed it, it too was cancelled.

We were then faced with the prospect of being stuck in an 8th Floor hotel bedroom for an indeterminable period of time, which was causing some fairly major concerns. Thank goodness for Airbnb, we managed to secure a lovely house, delightful owners, a real home from home. Despite the better surrounding and the hot weather our hearts are where our home is, and that of course is in the UK and we are eagerly awaiting that opportunity to return. At the present we have secured another flight plan with Qatar Airlines via Doha for Friday evening (3rd April) we are keeping fingers crossed.

My best wishes go to all our LCSP Register members at this very difficult time.”

(Fozzy note – Pauline made it back to the UK on 6th April)

Doug Powell: “A message from the safety of our home in Abergavenny, I hope you are finding the strength and resilience to navigate this very difficult and uncertain future. During these extraordinary times it perhaps will allow us to appreciate how valuable life is, at the same time pause for reflection.

We are now living in uncharted and changing world, sometimes hard to accept but always interesting.

If we can look forward to warmer weather and the changing colours and sounds around us, hopefully this can be a positive.”