



Newsletter

December 2020

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THE latest news for Remedial Masseurs & Manipulative Therapists



The word from the top...

Golly, December Already. Where did the year go? It hardly seems any time since we were approaching Christmas 2019 and we had only heard the name Coronavirus. Little did we suspect the devastating effect it would have on the United Kingdom.

Yet here we are, nearly 55,000 deaths later from this horrible virus, at the time of writing. We have all spent time locked down and I haven't really been anywhere for months. Apart from my partner, I have seen hardly anyone and my best friends are now the Amazon man, the ASDA delivery driver and the Postman.

For Claire and me, the experience has not been too bad because I live in a beautiful part of the country with her and the three dogs. We are both working from home and I find doing so the ideal arrangement because my role is medico-legal and the necessity for concentration makes the peace and quiet of solitude perfect. Of course, like most of you, I have learned quickly about the technology of Zoom calls and Microsoft Teams calls and most of the time things work well. I have continued to give lectures using the same systems but I desperately miss the live audience, the interaction, the humour (which does not work over a computer) and the ability to sense what the audience is interested in and what I should move on from quickly.

One cannot help but think of the elderly, the lonely, the depressed and those who have been deprived of a smile, a hand-hold, a cuddle or a kiss from the nearest and dearest. For them the year must have

been interminable. The theft of companionship from them all by the virus is only one crime. Covid-19 has also stolen a year of education at school or university, robbed so many of their livelihoods and confronted a large proportion of them with bankruptcy. In some ways at least as tragic, are the many people left vulnerable to domestic violence, unable to go out and trapped with a partner for whom temperament, alcohol or drugs, or just gratuitous violence leaves them exposed and helpless in constant fear of physical or emotional reprisal. Gosh, this virus has a lot to answer for!

On a more optimistic note, LCSP members have, by all accounts, managed and coped with the situation well. They have overcome the privations of lockdown and have managed to treat at least some of their clientele. Christmas is on the way now and, perhaps the heralded vaccine will be with us soon so that we can all receive the protection which will, hopefully for the first time in a year, start to give us confidence to go out and see people again.

I cannot let the year come to a close without expressing my sincere thanks to everyone who has worked to make the LCSP a continuing success. The Board Members have been really supportive and enthusiastic, have kept in close touch with so many of the members and have worked unstintingly in the advancement of the Society. Thank you, Beryl Harper, Mel Ayres, Pauline Kelly, Doug Powell and Les Davies. Also thank you to Vic Johnson for his really valuable investment assistance. We have also



been able to welcome a new Board member, Jo Lade, known to many of you, who has given the Board fresh impetus and enthusiasm and whose expertise in such things as Social Media will be invaluable for the Society. Of course, no expression of gratitude would be complete without an enormous accolade for Steve Foster, Fozzy, who has, as always, worked day in and day out in the best interests of the LCSP. He has kept the membership abreast of the Coronavirus developments, provided advice and support and the 'coffee mornings' which he introduced this year have been enthusiastically joined by many LCSP members.

Not everything, however, has been joyous. In August we lost Melvyn Hartley, our stalwart administrator, who died in August following a period of illness. He contributed much to the LCSP over the 3 years he was with us and will be missed. Christine Frosdick, who many of you will remember from when she previously worked with the LCSP, has re-joined the organisation at short notice and is doing a sterling job managing and administering the service functions. Thank you, Christine.

So it just remains for me to wish you all a very merry and relaxing Christmas and, perhaps more fervently than ever before, a very happy and safe New Year.

Dr. Paul Lambden
President



Melvyn Hartley

You will of course all recall that Melvyn Hartley our office administrator sadly lost his battle with cancer in August, he had become a friendly voice and face to many of us within the LCSP and all the lovely tributes that you sent to the office were indeed passed to his family. Below is a reply and thanks from Mel's family for the kind words that you sent;

Thank you from the Hartley family

"We would like to thank everyone for their moving tributes, gifts and sympathies regarding the passing away of Melvyn.

Many people that knew him mentioned his knowledge and dedication to his work, as well as his sense of humour and kindness.

These messages gave us pride and comfort to know he was well liked and now sadly missed.

He was only able to continue feeling useful while working through his cancer, thanks to the understanding and support for his colleagues at the LCSP.

He often spoke of the fun times and enjoyable meetings and celebrations he was invited to by the company.

I would like to say an extra thank you to Steve Foster for all of his support during Melvyn's illness and afterwards.

Thank you all for your thoughts and well wishes"

Helen Hartley (Mel's Daughter) and Family



Fozzy's Forum

fozzy@fosterclinic.co.uk

According to Darwin's Origin of Species, "it is not the most intellectual of the species that survives; it is not the strongest that survives; but the species that survives is the one that is able best to adapt and adjust to the changing environment in which it finds itself."

As an organisation over now 100 years old, the LCSP Register has a rich history and tradition and in many ways the reason the LCSP has flourished over that time is the willingness of its members, over the years, to adapt to meet challenges, to grasp the enormity of what needs to be done and pull together to support the organisation and each other.

So how have we responded? In the beginning we mobilised resources to provide almost daily information, which was necessary as the information was changing daily! We endeavoured to provide not only the information relating to our particular work sector, but also the relevant business related information and even included important details relating to the issues of mental health and support. This general infrastructure has continued with the LCSP Coffee Mornings and Afternoon Tea via Zoom all of these continue to be well attended and valued by participants.

As we progressed through the first lockdown, we began to formulate the ways in which it would be possible to resume some form of treatments to ailing patients. To this end extensive documentation was produced covering all situations and scenarios and this enabled many members to resume working in a

safe and secure environment for both therapists and patients alike. The excellent support structure of the LCSP Register was maintained at all times with all telephone and electronic questions being answered not just on the same day but often within an hour or so. We were also able to bring to you exceptional virtual training opportunities and we are indebted to John Sharkey and also Susan Findlay for these.

We are now at another stage in the pandemic, with new lockdowns being announced and concerns about meeting families and friends at Christmas. Looking forward however, there is a definite light at the end of the tunnel, treatment protocols are evolving all the time and there are at least a couple of vaccines which look like they will be ready for the New Year. We are assured that with good fortune as we reach the spring, the world will be a much improved and safer place.

In the meantime, I would like to thank all of my Board Members who have given of their time and wisdom freely to enable me to continue my ongoing service to you the members. Likewise my thanks go to each of you as therapists, for being patient, conscientious and professional in your work of helping others. 'In Trained and Caring Hands' is what we do, I am sure that your dedication to your respective communities is both recognised and appreciated.

Keep up with your excellent work, stay safe and well and I look forward to the day when we can all be reunited and together again as our LCSP Register Family.

Fozzy



Scam Watch

Be aware that there are lots of unscrupulous people out there trying different ways to extract money from us. No surprise then that these past months has seen a significant increase in 'offers' to you of Business Rates reviews, Business loans, Tax Refunds, cheap PPE supplies etc, etc. As if life and business is not hard enough at the present we also have to have our wits about us on so many fronts to avoid the cons out there. Always think and check and then think again and re-check.....if it sounds too good to be true then it probably is just that!



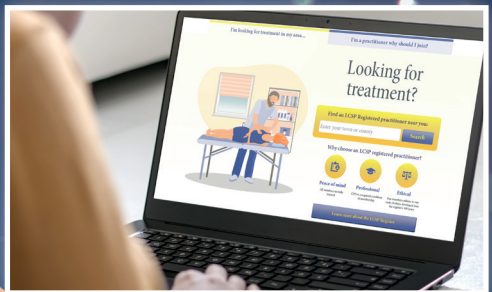
Contact details

it is more important than ever that you keep the office advised of any changes in your contact details, whatever they may be. It is very frustrating when we issue information and it is returned and it could be very important to you as an individual. As you know very well some of the details sent out have been very time sensitive and delays in getting to you could be costly. Please help us to help you and keep us informed of any contact detail changes.



Admin Office

The LCSP administration office will continue for the time being operating remotely. The contact e-mail details for both the office and indeed Fozzy are well published and known, likewise for other urgent contacts both telephone numbers for Christine and Fozzy are likewise in your domain. The admin team themselves are quite pleased and proud that the response time for enquiries has not adversely suffered at all during these past months.



Website

After 10 plus years the LCSP Register website is going to undergo a facelift and revamp to make it more user friendly and interactive. Also a bigger change will be the development of a 'social media' presence for the LCSP Register, which we feel will be a great forward move and make the Register far more accessible to potential patients, stakeholders and new members. The Board is very grateful to Jo Lade who has undertaken the overseeing of this important development. If you have any constructive ideas or thoughts then please let me know and I will be happy to pass these onto Jo.

Over to you!

From our own members:

During these unprecedented times when things are going on, on every level, I found Fozzy's "Coffee Mornings" to be Informative and Supportive with some light heartedness thrown in for good measure.

Good to get up to date information and to hear how other practitioners are coping and what works well. "So Uplifting"

Thank you Fozzy for all your hard work. It is so appreciated!

Anne Dand

Steve you are always the source of good advice. Making everything clear, to the point and straight forward, giving us confidence and reassurance in our work. Thank you for being there for us. We really appreciate it all.

Jacqueline Scott

Seasons greetings to all of our members.

It's been a tough year for us all. Let's hope by this time next year all this will be behind us and we have returned to some sort of normality.

I hope you all have as good a time as you can under the present circumstances.

And we all have a very much better 2021.

Stay safe.

Melvyn Eyres

Thank you to the organisation and relentless hard work that goes on behind the scenes throughout this year to look after all of us, giving us the confidence to carry out our caring profession. Can't thank you and your team enough.

Take care

Gillean Anderson

Let us Embrace 2021 with the New Beginnings & greater Opportunities.

Embracing Challenges Together.

My thanks to you Steve for all your hard work and communication throughout.

Theresann, Berkshire

**Lockdown can only go
4 ways. You'll come
out a monk, a hunk,
a chunk or a drunk.
Choose wisely**



Terry Petersen Canada.

With 16 weeks locked down, July brought patients back to me. All sanguine, and keeping socially distanced without fuss. After all, we elderly lived through six years of war, so what's a pandemic?

Isobel Hamid

Steve, many thanks for your prompt and clear responses, thank God we have you as our Secretary, it gives one great confidence and support knowing we have someone of your experience to represent us --long may you reign!

Alan Elliot MBE

It has been a hard year for us all I was going to retire but I had to do a u turn because of people having pain and getting nowhere with GP or physio.

So I would just like to say I hope all my colleagues are safe and well and have a lovely Christmas and let's look forward to a special New Year.

Take good care

Cathy Harland

Success happens when good people with good intentions cooperate and work together over a shared interest.

Meg Whitman, The Power of Many

As we approach the close of the year, I cannot help thinking that most of us have probably uttered a thought along the lines of, “this time last year, who could have imagined...”

When all of this started in March, I had been concerned about whether we would get to have our family holiday in the summer – which had been booked a month or so earlier. To be honest, I was confident it would all be over by August. However, it soon became clear that my initial worry was only a small grain of sand in comparison to the mountain of other issues standing before us.

On the work front, the complexities of rules and regulations affected every single one of you – is it allowed, is it not allowed, where you stand regarding the insurance arrangements, your patient’s needs, your needs, et cetera.

We are very fortunate that we deal with you as part of a Register, and we have the ability to direct your demands and needs as a collective voice. Likewise, we can express our thoughts to the same Register who then help to make them clearer, putting them into context. A wonderful team, led by Fozzy, the Board of the LCSP and the hierarchy of the GCMT (Fozzy again!), gathered information and data to support what is right and what is wrong, quickly allowing our world to understand the standards, controls and benchmarks under consideration.

Your Board conveyed a clear message, letting us know what the insurers, RSA, had to do in order to support practitioners. In turn, we could respond with solutions, which allowed the comfort of knowing where everyone stood in relation to insurers support.

Behind the movers and shakers was the inevitable hand of the late Melvyn, who made sure that we delivered all we promised. Directing the timeframe with almost sarcastic encouragement to ensure adherence, Melvyn reminded me of an old schoolteacher who refused to accept excuses, however genuine. I can just hear him shouting from somewhere inside the Pearly Gates, “don’t forget to remind everyone that renewal emails will be sent mid-January and make sure that they do their bit by the beginning of February”. I miss Melvyn very much.

It is a real pleasure to work with the LCSP Register and deal with both your individual and collective issues. We wish you all a very Happy Christmas and hopefully, a much better, healthier and jollier time next year.






Asgar Hassanali

James Hallam ProMed and on behalf of RSA Insurance plc



RSA Insurance plc is authorised by the Prudential Regulation Authority and

James Hallam ProMed is a trading name of James Hallam Limited who are authorised and regulated by the Financial Conduct Authority.

Date	Venue	Course Info	Cost:	Provided by:
December 17th 2020 7:30pm-9pm	The North London School of Sports Massage and Remedial Soft Tissue Therapy	This free webinar on Oncology Massage will be hosted by Susan Findlay from NLSSM. To register use this link – https://us02web.zoom.us/j/7Z1cO6qqj0sG9UVp9ONpUOIWxFCM0H_1Y1y	Free	
Dates to be confirmed	Touch for Health (TFH 1.) International Kinesiology College online (inc Monthly 1 hour Zoom meetings for sharing of TFH applications and other holistic skills.)	CPD theory available online includes TFH manual and certificate. This will give you a taster of TFH applications to add to your skills. (For full TFH 1 IKC Certificate another 10 hours of face -face must be completed.)	5 hours of CPD theory available online £100	
February 6th 10am – 2:30pm	Live Web Course (via Zoom)	Reviewing and Reflecting on Assessment Protocol	£65.00	
13th – 14th March 2021	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Muscle Energy Techniques for the Thoracic Spine and Ribs	Two days workshop £320.00	
Throughout the year	Bookings and further information about venues at www.mcloughlin-scar-release.com	McLoughlin Scar Tissue Release Technique® (MSTR®)	One day workshop £150.00	

For more information or to book, please contact the course provider on the details below:

All workshops are subject to change.

We take the health and safety of our colleagues very seriously and we are monitoring the situation closely.



Presented by: Rachel Lead – Qualified TFH Instructor with the International Kinesiology College

Bookings and Cheques to "Rachel Lead", Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX

If you need more information on any of our workshops, please contact us by:

Tel: 01379 388031
or 07733 105752

Email: rachelpbck@gmail.com
Web: www.ukkinesiology.com



Presented by: Sue Findlay

Bookings

To register use this link – https://us02web.zoom.us/j/7Z1cO6qqj0sG9UVp9ONpUOIWxFCM0H_1Y1y

If you need more information on any of our workshops, please contact us by:

Tel: 020 8885 6062
or 07754 941 922

Email: info@susanfindlay.co.uk
Web: www.nlssm.com



Presented by Sue Bennett FLCSP (Phys)

Bookings and cheques made payable to "Flexible Healing" 45 St David's Road, Otley, West Yorkshire, LS21 2AW. Or alternatively book and pay online

If you need more information on any of our workshops, please contact us by:

Tel: 01943 461 756

Email: info@flexible-healing.co.uk
Web: flexible-healing.co.uk



**McLOUGHLIN
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Practitioner education for the treatment of scar tissue using the McLoughlin Scar Tissue Release® technique takes the form of face-to-face Classroom tuition (8 hours). Bookings and further information about venues at www.mcloughlin-scar-release.com