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The word from the top...

Welcome to the first edition of this year's LCSP Journal and an extremely late happy 2021.

Frankly, it has got to be better than 2020, hasn't it? News reports have compared the events of last year to those of the blitz but I suspect that even the blitz did not have the same profound and nationwide effects as Covid-19. As a country we may have to go back to the Great Plague which twice ravaged Britain in the ten years from 1345-55 and for a period of two years in 1665-6.

During those periods the plague decimated or wiped out whole populations. Perhaps not surprising when one considers the state of the British Isles at that time. English towns were colourfully described in a book by Holt and Rosser "Filth running in open ditches in the streets, fly-blown meat and stinking fish, contaminated and adulterated ale, polluted well water, unspeakable privies, epidemic disease – were all experienced indiscriminately by all social classes". When it reached London, it killed 50% of the population. The Scots, rather parochially, called it "the foul death of England". It had, in fact come to England through the ports from Europe.

The plague wasn't a virus but the Gram-negative Yersinia pestis bacterium, which ravaged the population, which had no resistance to the infection and, of course, no medical treatment. Fortunately, with the Covid-19,

vigorous precautions, medical attention and intensive care where necessary has resulted in a tragic but low death rate. The disease has advanced our knowledge of vaccines and has speeded up our preparation and a longer term benefit might well be in the development of better anti-viral drugs.

Health practitioners in general, and LCSP members in particular, have soldiered on regardless, meeting every challenge as it has happened and, although a few have regarded this as the last straw and have closed the shutters on their businesses, the large majority remain to fight another day and to provide the high quality and effective treatment to support their grateful patient populations. The LCSP is, as always there to provide support and assistance.

Many of you will have noticed the Society's higher media profile with a revamped Web Site and a Facebook presence to better disseminate the information and educational material to our members and to others. The LCSP cares for its members and will continue to do so.

Stay well and keep safe.

Dr. Paul Lambden
President



Fozzy's Forum

fozzy@fosterclinic.co.uk

Renewals:

Thank you to all the members who have already renewed. With a high volume of renewals coming in please be patient with the lovely Christine in terms of your documentation as there is a lot to do and only one of Christine! To qualify for your 25% membership discount make sure you renew within the next 4 weeks. Insurance renewals should of course have already been done as your present cover expired on the 31st March and there does not exist the 'days of grace' idea for insurance cover.

Website/Social Media:



There has been very good feedback and positive comments regarding the new website, being both easier to navigate and more user friendly for both our own members and the general public wishing to source treatments or information. I must say a massive thank you to our expert contributors and past speakers who are giving us excellent material for inclusion onto our website making it a massive resource of professional items and interest. I truly believe that the LCSP Register now has one of the biggest library sources of new and

topical research documents and papers in our own work sector. There are more details regarding both the website and social media from the far more qualified in house experts within this newsletter.

Annual General Meeting:

As I stated to you in the March update it has been decided to again make this year's Annual General Meeting a virtual Zoom meeting rather than the planned get together at Stratford-Upon-Avon. With the earliest planned final releasing of the lockdown being 21st June, it was just too close to risk organising a full get together, more especially as some members were planning on coming from overseas with all the associated logistical problems of travel, hotels etc. I am sure that you understand it would not have been a wise move to risk a physical meeting. So as last year you will of course receive all the AGM details and documents in May and I look forward to seeing a good number of you at the Zoom AGM on Saturday 26th June at 11:00.

Addresses and contact information:

It has become vitally important over the past year to ensure that we have all your correct contact details within our office system. It has been very frustrating for me personally when I have been sending out my updates of information to you only to see several bouncing back as undeliverable or address not recognised. Frustrating for me of course but it must be infuriating for you if that is your address that has changed and then you suddenly do not get information that you need. Similarly, if your details are not correct then you could well be missing out on new patients as we can only direct the public enquiries onto the website where your contact information is available (if you wished it to be so).

Resumption of working:

So if the lockdown reductions go to plan, then 'close personal services' will have resumed from the 12th April, so whilst there will not be the requirement to clinically justify treatments there of course will still be the need for continued use of PPE and continued vigilance with cleaning routines and caution generally. Whilst a greater majority of our patients and indeed us will have had at least 1 Covid vaccination, there is still the need for vigilance on a daily basis. Don't get caught out now we are in the home straight. Maintain the stringent cleaning and most of all maintain the comprehensive record keeping safeguarding yourself and others in the event of a future claim, outbreak or incident.

A Year of change:

So, no question a past year of unprecedented changes in the World generally but especially within our own working sector and environment. We all without exception have had to make significant changes to our working practices, our clinics, our routines and so on. Initially like many others, I was annoyed, cross at the new requirements, not to mention the costs involved but we have not had any option other than to bend and accept the changes to maintain our jobs and income. So now we have done a full year and are again allowed back operating within our respective clinics with the changes.

My question to you is this, of all the changes you have had to make which, if any, would you keep now and accept as part of your normal and future treatment protocols?

This was an interesting topic that came up at a coffee morning and there are quite a few new procedures that therapists will maintain for the longer term future. Let's look at a few of the obvious changes we have had to make; PPE – hot, uncomfortable and frankly inconvenient, but for the time being essential, but then again long term would just the mask be so bad? It is normal practice in other medical situations. Are we not now classified as 'Health Professionals' by the ONS, I believe rightly so, so maybe we should act accordingly and look professional in our everyday workplace. Personally, I now work in scrubs every day, the problem

Coffee mornings:

These get-togethers for members have proved to be a great result and resource with many members commenting on how useful and uplifting they have been over the past year. With many of our members working in isolation this has been a great opportunity to share ideas, concerns, and just talk with or listen to likeminded professionals all in the same situation, giving heart to attendees that they are not alone and there actually is a great support structure within the LCSP Register. Naturally with a lot of us now returning to work the availability of people to connect with each other may be compromised but I will persevere and organise a coffee morning once a month, there is no commitment from you but if you can connect even if it is just a few minutes whilst you are between patients etc then fine, you will be most welcome and over the past year it has become a great opportunity to connect with our fellow members and cement that bond of friendship and camaraderie.

deciding what to wear for work has been resolved at a stroke, scrubs on and off to work, looks professional, easy to wash and go, those for me will stay. Triage calls, have they worked for you? I have actually found them to be a useful tool not only in reducing the actual face to face time on an initial consultation, but they have been well received by the patients as an initial contact and immediate source of advice for their presenting problem. They have also been a way of removing that biggest 'pain in our gluteals' the DNA....the 'no show patient', with clinical time being at a premium none of us needs that aggravation. A triage service has allowed me to secure pre-payment for that first appt. Thereby removing the DNA problem. Other small changes include our taking of patients temperatures and for some O2 saturation levels on arrival, we had to purchase this kit and now it is part of our new normal routine and recorded accordingly, again it enhances our professional profile with the patients and demonstrates our commitment to being seen as a professional medical therapist. Taking only a few seconds, they can also stay for me.

Finally, those pesky cleaning routines that we go through, initially it was a complete fluff, but over time we all have fine tuned the routine to a quick and effective regime which can and indeed has enhanced our professional status to our patients. They feel assured and confident that we are providing the best possible safe environment



for their treatments. Naturally all of the changes have facilitated a positive change in our note taking and record keeping, this can only be seen as a positive, not only from the professionalism aspect but also from the longer term security for therapists in regards to any medical malpractice considerations or implications.

So potentially, many of these imposed changes to old and established routines have not necessarily all been bad. Maybe, just maybe, the new normal could possibly be considered as a stepping stone to an improvement on some of our former service levels?

New words and terms in our repertoire:

Through the annals of history there has consistently been words and or phrases that have come into our rich language through significant periods, events or general advancements in time and technology. In 1938 László Bíró sold his first ballpoint pen and since then we have had and accepted the 'Biro' as an everyday word. A 'mini skirt' (credited to Mary Quant) did not exist prior to 1964, more recently words such as 'networking', 'photo bombing', 'emoji' and many others have assumed common usage. In just the last 2 years with the UK leaving the EU we have now common usage and acceptance of 'Brexit'.

This past year has been especially rich in this area of creativity with so many great new terms and words becoming everyday usage for the greater majority of us, I have collated just a few, they will all be familiar (now) but I'd wager 13 months ago they would all have drawn a sea of blank faces and confusion. Here goes; 'PPE', 'Social Distancing', was there such a thing as a 'Support Bubble' prior to 2020?, 'WFH', how many times have I said 'You are on Mute!!!!', I have come across the odd 'Covidiot!', I am especially impressed and indebted to the unnamed scientist who found out that the Coronavirus cannot exist on the point of our elbows, and therefore gave us 'Elbow Bumps', 'Covideo party or quiz', I previously thought that a 'SuperSpreader' was a bit of agricultural machinery, 'lockdowns' and 'flattening the curve', there are so many and I am sure that you can and will add to the list. Even Cockney rhyming slang has got involved, 'Blimey, E's come down with the Miley Cyrus!' Enough Fozzy, 'Next slide please!'

That's about the lot from me, please all keep safe and now there is more optimism for the future let's be positive and resume our respective roles as trusted professional therapists.


Fozzy

The new LCSP Register website and Social media presence

Social Media

As many of you may already be aware, we decided to go digital earlier this year and set up some social media pages for the Register alongside our fantastic new website to offer up important information to our current members quickly and easily, and raise the profile of the LCSP and spread the word about us. So, we now have a Facebook page and a LinkedIn page for the LCSP Register.

 Find us on Facebook [here](#), or search @LCSPRegister

 Find us on LinkedIn [here](#), or search 'LCSP Register of Remedial Masseurs & Manipulative Therapists'.

What We Share

- CPD Opportunities
- Research Pieces
- LCSP News and Updates
- Industry News and Insights
- Welfare Wednesdays and Wellbeing Content

The Benefits

- Stay up to date with what we're sharing on our website
- Develop your industry knowledge and practice
- Increase your awareness of developments in the field
- Access content exclusive to social media
- Networking opportunities to connect with other members
- See what your fellow members and colleagues are doing
- Grow our community and increase benefits for members

Engaging with our online community is an easy way to stay up to date with what we're sharing on our website, including LCSP news, CPD opportunities and research pieces. But we also share pieces that are exclusive to our social media pages, which you won't find on the website. Some recent examples include links to the Self Employment Income Support information, mindfulness activities to help us look after our mental wellbeing, and

some industry podcast recommendations that are worth a listen!

We are also able to tag those who contribute to the website and whose pieces or posts we share on social media, whether that's your business or personal profile we'll always aim to tag you somehow! This way, it helps us to not only share information from the LCSP but also its members, which in turn can help you to build your network and learn more about fellow members and what they do.

But none of this is possible without you of course! It all starts with our members who we need to get involved, by sharing the page and engaging with the content. If there is anything you'd like to see on our social media pages, please do let us know and we'll try our best – we want our pages to offer the best support and information for our members. We also would like to open up the space for contributions from our members too, social media and the web is full of fascinating information and resources, so if you've found or created something

of interest (blogs, videos, infographics etc) then please share it with us! You can send it to us via Facebook messenger or tag us so we can take a look, we'll share it on our pages and tag you where we can too.

We currently have a community of around 60 likers/followers and in order to increase our pages and visibility, and essentially grow our community, we need you! We need as many of you as possible to like/follow the pages and engage with the content that we're sharing – it's all very useful and interesting stuff that often comes from existing member posts on our website. By growing our community and the number of members we have, this can in turn result in more benefits for our members due to the higher uptake. So, please do head to both our Facebook and LinkedIn pages and start interacting with our content!

So, before you forget, please head to our Facebook page and give it a like, then visit our LinkedIn page and follow us on there!

The new LCSP website

Live since the end of February, our new website has been well received with over 2080 visitors so far. Our focus is on catering for both practitioners and the general public looking for treatment.

For practitioners, there's all the latest news and workshops, along with a new feature of regular articles, which are great for research and development. Provided by a diverse range of professionals, there are articles ranging from "Fascia and Tensegrity The Quintessence of a Unified Systems Conception" to "How Massage can help Mental Health" so there's something of interest for everyone.



Use your login details from the previous website to access the members' area which has the notice board, a facility to check which bands your insurance covers and an education and research section.

Whilst you are logged in, please take the opportunity to fill in your profile, this allows you to showcase your services and expertise to the general public who can use the sites' search facility to find a practitioner in their area. The website has already had searches from the public looking for practitioners in Birmingham, London, Northamptonshire, Antrim and York, so it really is worth a few minutes of your time to make sure your details are up to date.

The new site is here to help our members and act as a community hub to communicate with each other, and we are delighted that 165 members have visited it so far. With regular updates of articles to help your development, news on the LCSP, Covid-19 and details for our next Zoom coffee morning, we hope the members area and the site in general will be a valuable resource to you.

If any members have queries or suggestions, please contact Jeff Gray at No Worries on either 07951954889 or jeff@noworriesmarketing.co.uk who with help with your enquiries.



Date	Venue	Course Info	Cost:	Provided by:
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	
Throughout the year	Online Workshop	Neck, Jaw and Chest Online Workshop. For more information – learning.susanfindlay.co.uk/courses/neck-jaw-and-chest-massage	£99.00	SUSAN FINDLAY
Throughout the year	Online Workshop	Transverse Soft Tissue Release (TSTR) Online Workshop. For more information - learning.susanfindlay.co.uk/pages/transverse-str	£99.00	SUSAN FINDLAY
Throughout the year	Online Workshop	Oncology Massage Online Workshop. For more information - https://learning.susanfindlay.co.uk/courses/oncology-massage	£99.00	SUSAN FINDLAY
8th - 10th October 2021	Britannia Hotel, Bramhope, Leeds. LS16 9JJ	Diving Deep into the Hendrickson Method	2 day workshop £320.00	

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

SUSAN FINDLAY

Presented by: Sue Findlay

Bookings

To register use this link – [https://us02web.zoom.us/meeting/register/_ZYlcO6ggaj0sG9UVP9ONpUOIWx_FCM0H_1Y1y](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/_ZYlcO6ggaj0sG9UVP9ONpUOIWx_FCM0H_1Y1y)

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