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The word from the top...

Welcome to the Autumn edition of the LCSP newsletter. The Meteorological Office tells us that the weather is getting warmer and sunnier, but I haven't noticed it too much this year. As I write this, it feels positively chilly.

The Country is getting back towards normal. Most of the restrictions on daily living have been released by the Government although, even if all the recommendations for protection, disinfection and patient management, instituted as the pandemic became established, are removed, I wonder whether community practice in healthcare will ever return to the status ante. The World has seen a number of epidemics and pandemics and, in the twenty-first century, there seems to have been one about every five years. A combination of factors, not least of which is international air travel, now mean that diseases can pass thousands of miles in a matter of hours. Perhaps some of the restrictions may be retained to protect patients and clinicians alike. It remains to be seen what new protocols and recommendations are forthcoming in the Brave New World but the LCSP secretariat will keep you fully apprised of any proposals for the maintenance or modification of practice.

During this period the Secretary and members of the Board have been busy ensuring that the LCSP continues to develop to maintain its position as a leading edge Professional Organisation. Many

of you have noticed the redesign of our social media and web presence and the variety of educational material which is available for LCSP Members. We shall continue to develop the material available to ensure that our members have the best possible access to information. As I said last time, the Board has been strengthened by the co-option of Jo Lade, an established practitioner with a very busy and successful practice in Cumbria. Jo has a prodigious knowledge of IT and digital site operation and is working with our website designers and operators to provide the new educational material and to ensure that it is of the highest standard, whilst continuing to work in her busy practice. Jo is a real asset to the LCSP.

Furthermore, the Board has been further reinforced by the co-option of Tim Paine, who is currently the Registrar of Sports Therapy UK. Tim is a keen supporter of the LCSP and is an enthusiastic advocate for the Society. He also takes a great interest in the development of education in the areas of physical treatment and massage therapy. I am pleased to say that he has accepted the role of the LCSP's new Director of Education and, working with the other Board members, will also fortify the facilities and options available to members to develop their skills through a broader range of educational options.

Some of us, in our various clinical environments, have perhaps

become a little rusty in some working areas. Although we don't lose the clinical skills, I would just like to remind everyone of the importance of clinical records. I have written before about how crucial records are as evidence of what was discussed and undertaken in the event of a complaint by a patient. It is important to remember that, just because a patient complains, it does not mean that there has been a failure on the part of the practitioner. It is often the case that patients forget what they have been told and sometimes become confused about the chronology of the symptoms that they have suffered. Good contemporaneous notes enable the clinician, with the assistance of the LCSP, to construct an appropriate response to answer any patient comments about symptom presentation and clinical care.

Taking a little time to complete the record during or just after the consultation will make any clinician much safer. The record should contain information about the patient's Medical History, the history and presentation of any symptoms, details of any previous treatment and by whom, the consent to examine and treat, examination findings and agreed treatment provided, together with costs and details of follow-up. Apart from the value in the event of a complaint, there are positive benefits. The record provides an important aide-memoire of previous consultations, particularly



if a significant period has elapsed since a previous treatment, also it may be essential if someone else sees the patient on a future occasion or if history details are required in circumstances where, for example, it is necessary to write to a GP.

But please remember, no notes, as you have heard so often before, does mean no defence. If someone were ever to complain, you will be so glad you wrote good notes.

Have a pleasant Autumn, keep safe, stay well and every good wish from me and the members of the Board.

Dr. Paul Lambden

President

August 2021

LCSP and Social Media

In the last newsletter, we shared news of our new social media platforms following the launch of our new website. We're pleased to say that we have had huge success with the pages since setting them up earlier this year!

Our Facebook page has grown to have a large audience, with a positive response so far. Over the last month, our posts have reached almost 2,500 people and have gained over 250 engagements.

We're sharing a huge diversity of posts on our social media platforms, including CPD opportunities and industry updates, as well as wellbeing content and welfare resources. In fact, some of the content we share on Facebook can actually form part of our required CPD as professionals and the majority of what we share is free to access too - it's never been so easy to fulfil your CPD obligations!

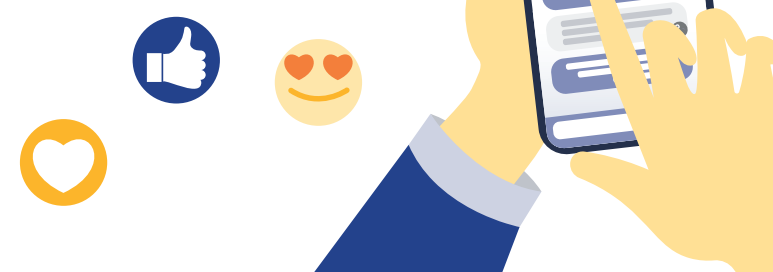
We also like to offer tips and advice in our social media posts, whether industry and practice advice or simple ways to improve your health and wellbeing. Some of our posts contain useful graphics and images too, which you can use to share on your own pages, download to give to patients, or print them for your practice walls.

As always, if there is anything you would like to see more of on our social media pages, please do let us know! We want to create an online hub that offers the best support and information for our members. If you spot anything that you think might be useful for us to share, you can send it to us via Facebook messenger or tag us so we can take a look - contributions from our members are always welcome!

If you haven't followed our page or given us a like, please do so - there is huge value for both you, our members, and the Register itself!

Find us on Facebook here, or search @LCSPRegister
www.facebook.com/LCSPRegister

Find us on LinkedIn here, or search 'LCSP Register of Remedial Masseurs & Manipulative Therapists.'
www.linkedin.com/company/lcsp-register-of-remedial-masseurs-manipulative-therapists



Fozzy's Forum



fozzy@fosterclinic.co.uk

Welfare Officer:

Each and every Board member of the LCSP plays an important role in the smooth running and promotion of the oldest and most respected society in the profession of physical therapy, none more so than the unsung hero that is the Welfare Officer.

As you are aware the last months have been one of the worst in recent memory regarding Covid19, which has brought its own challenges for individuals, families, relatives, work colleagues and indeed work itself. The ongoing welfare of our members is of the upmost importance.

I write to remind you that the LCSP Register has available a Welfare Officer who is able to offer support and advice to any member should you need it. Your contact is Pauline Kelly via e mail on paulinekelly0@gmail.com who will maintain complete confidentiality in anything you disclose and will be able to advise you what help is appropriate or available to your needs or circumstances. Experience has shown us that very often a personal phone call and a listening ear can often help to resolve the presenting problem.

Our Welfare Officer is always on hand, (if she is not on the golf course) to discuss any problems, personal or work related.

CPD Review:

After suspending the random reviews last year, we will be resuming the random selection policy this year in September. During various discussions with fellow therapists it has become very apparent that over the past year or so the opportunities to partake in free CPD activities has increased enormously and of course we have all had ample opportunity to take full advantage of these opportunities and therefore maintain easily our CPD Commitment. Always remember that CPD is so much more than attending courses, webinars etc. Researching conditions, inter professional contacts, reading, reflective practice and so much more all count as valid CPD activities. If there is one fault perhaps we are all guilty of, is that often we forget to record some of the daily routine things we do that do indeed count as CPD activities.

Just as additional information here are 3 website providers giving quality on line CPD training, the first is a free site and the other 2 are fee paying services.

OSD Healthcare – Online webinars
www.eventbrite.co.uk/o/osd-healthcare-15544228225

Health Development & Performance
Network: www.hd-pn.com

Oryon Develop –Healthcare CPD courses
oryon.co.uk/develop/courses

Welcome to Tim Paine:

The Registrar of Sports Therapy UK, a long established and well respected provider of quality soft tissue training and CPD courses. Tim has a long career in academia and has accepted a position of Director of Education on the Board of the LCSP Register with responsibility for overseeing the quality and provision of training and education. There is more from Tim himself in this Newsletter.

Onwards and Upwards:

So, we are all now entering our 'new working world', things have in some cases reverted back but in many situations some of the enforced changes to our working practices are being kept and adopted as a new and maybe safer practice. It has been a big upheaval for many therapists with unfortunately collateral damage along the way with some therapists deciding it was time to call it a day. However, I do believe that for the greater majority who have pulled together and come through this event we have emerged in a business sense stronger, more efficient and more focused on continuing best practice, and with this we will continue to deliver to our patients a safe and quality healthcare service.

Website:

Please check out the revamped website and indeed the social media for the LCSP Register, we are making and developing commercial links with therapy related providers which will give you access to discounted products and services and additional benefits. Importantly, if there are any COVID related alterations to your working practices then I will place the details onto the Noticeboard within the website and as such all the details that have been sent out so far are all there for reference.

More details are in this Newsletter specifically regarding the LCSP Registers Social Media accounts.

Can you Help?

Do you have a few spare moments to help a new graduate? I am looking to update my list of experienced member practitioners who would be willing to act as a 'mentor' to new graduates.

If you can remember that far back when you first qualified, it is a quite scary situation when you are first building your practice and patient lists, there are

so many things to consider and the process can be daunting. With us now working with Sports Therapy UK and their graduates coming into the LCSP Register, I would like to be able to offer them the opportunity to have an experienced therapist to speak to if necessary.

I thank you in advance if you can help with this as I feel it would be an opportunity to just give a little something back to our profession and help a new therapist with some wise words and counsel.

Scam Watch:

As a consequence of us being attached to our electronic devices far more than usual there has been a significant increase in various scams and dodgy contacts. I have personally lost count of how many e mails I have received about 'suspicious activity' or 'illegal log ins' and 'devices not being recognised' and all of these are from different banks where I amazingly don't even have an account !!!!

Don't fall for the text messages supposedly from the Post Office saying you need to pay a nominal amount (usually £1.99 or £2.99) for a parcel to be re-directed to you. In business terms there are awaiting you British Telecom refunds and Business Rates refunds and even those nice people from HMRC want to give you some money back, in all cases just please send us your bank details !!!

There are also of course Covid related conundrums to negotiate through, such as Business Interruption Insurance claims, Gov't backed Business Loans which you have mysteriously pre-qualified for and assorted grants, again just send us your bank details !!!!

In the therapy world there appears to be a re-emergence of the so called 'NHS Approved Directory of Therapists' simply send your hard earned money and this 'Directory' will be published and sent to all GP's and Practice Managers, this has been going round for very many years and nobody I am aware of has ever seen one yet.

Although not a scam, there appear to be a lot of therapists being contacted by a Company installing Advertising Boards within local Hospitals, which will include your practice details with a QR Code so people can be directed to your own website for further information, as I say not a scam but a 2 year contract at abt £1500 per year does not make it cheap.

Fozzy

The LCSP Register and Sports Therapy UK – A marriage made in Heaven?



The relationship between training provider and membership body and our roles within the profession are in my view thoroughly integrated and symbiotic - yet must remain quite independent from the other to maintain our integrity, character and above all a clear focus on our respective responsibilities to the people we serve.

I consider myself exceptionally fortunate to be amongst a minority group of the working population who thoroughly enjoys their vocation. Even better, through our courses, I am privileged to interact daily with others who also aspire to a set of goals including that elusive dream of going to work with a happy heart. That said, I am not so deluded as to try and paint a picture that is all blue skies and sunshine. Any therapist: sports, Physio, Osteo, rehab, to name a few will be abundantly aware of the challenges we face. Usually being self-employed, these therapists will find themselves having to be at least reasonably competent in a variety of 'extra-curricular' skills - including book-keeping, marketing, administration, planning, as well as possessing several further personal attributes; being self-motivated, resilient, great communicators, cheerful, and positive and all of these, every minute of every working day! When you take the time to sit back and reflect on this and allow yourself a little self-indulgence, you can give yourself a worthy pat on the back; something we probably don't do often enough as we therapists tend to err on the side of



...helping students qualify is only the beginning; rather like driving a car, you only really hone your driving skills after you have passed the test.



self-deprecation. However, this outward appearance of self-assurance, in many cases I am sure, is often like the proverbial swan - looking serene and calm on the surface whilst the feet are paddling furiously below to allow us to keep pace with all that is going on.

I am sure this introduction may have aspects you are familiar with, and that perhaps you encounter on a regular basis. If so, this helps set the scene to establish and address the closely allied goals of both a vocational training provider and a Professional Membership organisation. The two are inextricably linked with many shared means of supporting the people we serve. As educators we aspire to evolve, develop, and deliver training to the best of our abilities drawing from the latest information, research, and technology, plus the most current and effective forms of communication. But helping students qualify is only the beginning; rather like

driving a car, you only really hone your driving skills after you have passed the test. Then you can really focus on what is going on around you without the distraction of performing a range of pre-ordained tasks to satisfy an assessor sitting next to you. Similarly, becoming a competent practitioner requires not just the acquisition of knowledge, practical skills, and analytical reasoning, but most importantly practise, and experience. Striving for these goals relies upon the personal attributes described above and continues unabated after qualifying, almost certainly into the twilight of your career. The problem is that once you have triumphed and gained your coveted qualification, the natural support of your peers and training provider usually ebbs away leaving you on your own to continue your professional and personal development.

Recognising the many challenges faced by both student and professional practitioners, and where to gain the support and advice needed to help overcome them therefore requires a partnership between the training provider and a membership body that shares the same ethos. A membership body who can offer the expertise and personal touch that are essential to fulfilling these duties. This marriage must be made in heaven in order to allow the two to devote attention in an undivided fashion both to learners and more experienced practitioners alike. The two organisations must constantly gather information, monitor, discuss, evaluate, and debate all

factors that influence our ability to practise effectively, both collectively and individually. Once assimilated, news and information from all corners of our profession must be filtered and selected before being disseminated simply and effectively. All of this must be executed against a backdrop of accessibility; this being the mechanism by which we recognise and offer support.

Both partners in this marriage must therefore work in tandem exploring and actively engaging in helping our student and graduate therapists survive, develop, and excel at what they do. To that end we at Sports Therapy UK are enthusiastically collaborating with the LCSP Register to enlighten our students of the benefits of belonging to such an organisation. The long established LCSP is a credible and worthy membership organisation driven by several highly experienced individuals who have been personally invited to help steer them forward. The fact that they dedicate their time and expertise to doing so voluntarily adds to the high level of integrity found within the LCSP which is essential to the members who put their trust in them and look to them for professional help and guidance. Members can enjoy a range of online resources, CPD, news articles, plus opportunities to meet and interact with each other.

We are looking forward to nurturing our alliance with the LCSP Register and working closely with you all.

Tim Paine, Registrar of Sports Therapy UK

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	
13th -14th November 2021	Britannia Hotel, Bramhope, Leeds. LS16 9JJ	A Whole Person Approach to Surgical Recovery, be it 2 weeks to 20 years	2 day workshop £350.00	

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/j/8456289628?pwd=ZlZlc06qgqj0sG9UV9P9ONpUj0lWkZCM0h_1Y1y

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

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or **07754 941 922**

Email: info@susanfindlay.co.uk

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