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The Word from the Top... Good Luck and Stay Safe

Last year, I wrote about the trials and tribulations of Coronavirus, which has taken the lives of over 150,000 of our population, which separated us from our families and disrupted virtually every aspect of our lives, and which, overridingly, resulted in the realisation that the world could be decimated by a modern plague. Even now, the news is telling us that the virus is increasing again in some areas and many of us still wear masks on trains and in confined spaces. Fortunately the vaccines continue to be effective and the large majority of us are fully vaccinated and protected from serious disease and death. As 2021 drew to a close, the country took a deep breath in and looked forward to 2022 being the year when we could return to normality, see people's faces, hug our friends and family and get back to work and holidays here and abroad.

We did not, in our wildest dreams, anticipate a further disease in 2022, a blight on the world in the form of President Vladimir Putin. For many of us, we believed that Putin's forces massing on the Ukrainian border, were not the prelude to war but just an old tyrant putting on a show of strength by exhibiting his military hardware to show off and brag that he had more guns and rockets than everyone else. When the invasion of Ukraine occurred on Thursday 24th February, we watched the horror of a pointless, misconceived, assault, fuelled by Putin's distorted propaganda. At the time of writing this, Putin is a cancer spreading

his venom across Ukraine in the face of the heroic defiance of the Ukrainian people, destroying homes and defiling the country but, worst of all, wounding and killing so many Ukrainians, children, women and the elderly. Last year it was a viral infection, this year a human cancer spreading across a peaceful land. One can only admire the heroism of its Government and its military, standing firm against huge odds. By the time this is published we will know more of the consequences of Putin's vicious, murderous genocidal carnage. We can only hope that this war criminal will be brought to trial to face the justice that the whole world seeks.

The UK has given generously in money and goods to support the Ukrainian people and weapons to assist the Ukrainian military. I am sure every last one of us is praying for a rapid conclusion to stop the needless deaths, and to allow Ukraine to rebuild its shattered homes and to mourn and come to terms with its shattered lives. We send our fondest love and every good wish to all the people, damaged, defiled and destroyed by the brutal and rancorous Russian military machine.

LCSP members soldier on, and the UK continues to operate, confronted by big cost of living rises as utilities and services increase their costs dramatically. Patients are welcomed back into the practices.



Somehow, it does not feel appropriate to write about the trials and tribulations of UK healthcare which seem to pale into insignificance compared with the atrocities in Eastern Europe and the privations of the Ukrainian people.

I shall end by thanking everyone who helped us through the previous challenges of Covid-19 and will continue to support and advise if any further waves strike.

May we all offer our fondest and most heartfelt wishes to the oppressed people of Ukraine and every ounce of love we have.

удачі і залишайтеся в безпеці
(good luck and stay safe)

Dr. Paul Lambden

President
March 2022

Additional Membership Benefits

We're always thinking of how we can add value to your membership of the LCSP Register! We know that running a business through and since the pandemic hasn't been easy and costs seem to be constantly increasing, so we've developed our Affiliates Schemes where we are partnering with major therapist suppliers to bring you exclusive offers and discounts. You can find details of these on the Member's Only section of our website – login and click on the Affiliates Schemes button to see what's on offer and how to access them.

So far this year we've secured 2 fantastic partnerships with Physique Management who have over 20 years' experience in supplying sports healthcare products to medical professionals and consumers, and Songbird Naturals who supply natural massage waxes and balms. Details of both those schemes are outlined in the table below.

We are working hard to build our portfolio of Affiliates Schemes and secure more member-only offers and will announce further details through our social media channels, newsletters and website as we finalise them!

| Supplier | Member-only discount rate |
|-------------------|--|
| Physique | 15% non-promo items across their website Exclusive member-only offers |
| Songbird Naturals | 25% off retail plus additional 10% off first order. Complimentary pot of massage wax for STUK students |



lcsp.uk.com - a growing resource

The new LCSP Register website went live just over a year ago and during this period there have been over 140 articles added to the website, which help with CPD and research. There has been a great diversity of articles added covering subjects from "Reflective analysis of Long-COVID informing exercise professionals and manual therapists specialising in fascia focused therapeutic interventions" to "does massage help with circulation?". We are sure there is an article which will appeal to you.

We have a diverse list of contributors who bring expertise, experience and knowledge to the massage world. Practitioners currently contributing articles include: John Sharkey, Susan Findley, Sue Bennett, Tim Paine, Alastair McLoughlin, Rachel Lead, Nicola Dinsdale and Jan Pickering. All respected practitioners in their chosen field of expertise.

We are always looking for additional content so if any members would like to contribute, please contact us direct and we will be happy to help you share your knowledge. Would you be interested in writing a blog post each month covering the working life of a massage therapist? Discussing some of the less talked about detail of running a practice could help other practitioners and especially recent graduates.

Please also remember to check the workshops and courses section on the website, there is a wealth of upcoming events to help you fulfill your CPD hours.

Fozzy's Forum

fozzy@fosterclinic.co.uk



Renewals:

Membership and Insurance renewal is due on the 1st April. Please do make sure your completed renewal paperwork is returned to the LCSP office as soon as possible to enable renewal in good time prior to expiry as there are no 'Days of Grace'. Many thanks to the conscientious members who have already renewed, your prompt attention is much appreciated.

Thank you also for your patience whilst Christine processes your renewals, this is a big job and there is only one Chris, your certificates and documentation will be sent as soon as possible. The Master Insurance Policy will be available within the Members Section of the website. Christine will be available in the LCSP office (01502 563344) every morning between 0900 and 1300 to take telephone payments for renewals.

Coffee Mornings:

it really does seem that these have become and continue to be a useful opportunity for isolated practitioners to get together and discuss, debate and moan if needed, a problem shared eh !

I am happy to facilitate this again and the next coffee morning will be

on Thursday 21st April between the hours of 10:00 and 11:30, I will send the Zoom code and Passcode to all shortly. As ever anybody is welcome and of course you can pop in and pop out as your own time frames and appointments permit.

Ongoing Therapy Work:

Now the final restrictions have been lifted within England (some differences are still applicable within the other devolved assemblies). The whole process of ongoing Covid awareness and protection thereof is now down to the individual therapist and specific risk assessments.

Whilst there is relief that the restrictions have been lifted we must acknowledge that Covid has not gone nor is it likely to be gone for some time, if ever. So whilst we may have changed from a pandemic situation to an endemic one, it is still incumbent upon us to provide effective and professional treatment in a safe environment for the patient and indeed for you as the therapist.

Hence the recommendation that you should continue with your best practice protocols which include good hygiene and sanitisations, continued ventilation of clinical and high traffic areas, individual and

appropriate PPE as you deem fit for the patient and yourself to maintain maximum protections.

Saturday 25th June:

It will be fantastic to see as many of you there in person, it scarcely seems possible that the last opportunity we had to meet was indeed the big Centenary event in Windsor in June 2019.

It has without doubt been a horrible couple of years for us all, but hopefully we are now emerging from the darkness and our working practices and general life are starting to resemble some normality. I continue to be completely impressed with both the resilience and professionalism of the LCSP members.

I know that many of us have kept in contact with each other through the updates I supplied and the regular coffee mornings that brought so many of us together to offer support and a listening ear as required. But now we have the actual opportunity to "meet" each other again. I really look forward to seeing you in Stratford-Upon-Avon.

Fozzy

LCSP Register Annual General Meeting



Saturday 25th June 2022
Doubletree Hilton Hotel, Arden Street, Stratford-Upon-Avon, CV37 6QQ.

The AGM itself will commence at 11:00, there will then be a recess and we will then resume at 12:45 with the first of 3 presentations covering topics including 'Are you at Risk as a Therapist? The developments within our website and social media, and finally the role of fascia and fascia training. More details of the speakers and topics are included in this Newsletter.

The presentations will commence at 12:45 and each will be approx 40/45 mins, which will mean that the CPD day will finish at approximately 15:00.

Please let the office know if your intention is to attend the AGM day, there is no cost to members for the day, but we do need to know some indication of numbers to allow for tea/coffee to be provided for you. **Contact us via e mails, admin@lcsp.uk.org or fozzy@fosterclinic.co.uk or via telephone at the office 01502 563344.**

Agenda

| | |
|---------------|---|
| 11:00 | AGM |
| 12:45 – 13:30 | Are you at Risk as a Therapist – Asgar Hassanali and Mary Carroll |
| 13:30 – 14:15 | Developments within our website and social media – Jo Graveson |
| 14:15– 15:00 | The Role of Fascia and Fascia Training – Tracey Mellor |

AGM 2022: The Speakers



The Role of Fascia and Fascia Training
Tracey Mellor BSc. NCPT

Tracey Mellor is primarily a movement teacher, she runs a Pilates studio near Brighton, West Sussex. She divides her time between teaching her clients and her fascination with Fascia, integrating fascial research with the movement teaching.

As the UK's only Fascial Fitness Master Trainer she brings this unique training method targeted to fascial tissue and validated by current research, to all manual and movement practitioners in the UK and internationally.

A founding member of the Fascia Research Society and a member of the Fascial Net Plastination Project, Tracey is constantly curious about the human body, always open and ready to listen to new concepts, particularly if they can benefit her clients or bring an understanding of fascial anatomy to a wider audience.

The talk will be on how how fascial tissue can be targeted in a balanced exercise programme using the Fascial Fitness Principles, what happens when fascia is trained appropriately and what happens if it is neglected. I will also touch on how age effects our fascial system.

If you want to know more about the Fascia Research Society (FRS) please follow this link: www.fasciaresearchsociety.org to learn more on the Fascial Net Plastination Project follow the tabs on the FRS site.

To find out more about training to be a Fascial Fitness Trainer follow this link: fasciatrainingacademy.com

To talk and learn from Tracey and other Fascial Fitness trainers including how nutrition can affect Fascial Health, follow this link for information on a fully immersive fascial retreat experience: www.thefasciaretreteat.com

All links have Facebook and Instagram pages. To follow Tracey goto (FB)Fascial-Fitness UK, (IG)Fascia and Movement.



Developments within our website and social media
Jo Graveson

There has been so much positive advancement within this area and the Register is completely indebted to Jo Graveson who has been the prime motivator and mover within this. The Register website has become a significant resource area with countless articles, research and information together with therapist support. The social media side is gaining in traction and neatly dovetails with the website to give therapists a complete digital support arena. Jo will be taking the opportunity to expand on how digital tools can be used within a practice for marketing, booking and monitoring, together with some of the pitfalls to avoid. This technology has positive benefits to established practitioners as well as to new graduates.



Are you at Risk as a Therapist
Asgar Hassanali and Mary Carroll












Mary Carroll joins the James Hallam team looking after the LCSP Registers insured members. Mary, with her experience of working with the Physiotherapy and Sports Therapy sector at Graybrook Insurance for many years, will strengthen the service.

Mary will work with Asgar Hassanali who is known to many of you. He consistently comes last when he plays in the LCSP Golf Tournament – but he is reasonably efficient at his normal job. Asgar specialises in creating competitive and value-added insurance and related products and services for the healthcare sector. He has partnered with the LCSP Register for nearly two decades.

After the AGM in Strafford Upon Avon on 25th June, Mary and Asgar have agreed to deliver a short presentation. In keeping with the theme of insurance and risk, Fozzy has asked for a brief explanation to remind us of what our policy is designed to do, and why we need it. Also, to expand upon what insurers see as the key features of what makes a good therapist from a risk perspective. No doubt in typical “insurance speak”, Asgar will concentrate on “what is a bad therapist” to answer it!

It should be an interesting 45 minutes and will count towards your CPD. We should come away with a thought-provoking session and learn something about how and where things can go wrong. Hopefully Asgar and Mary will add some stories and statistics to put the issues in context.



| 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 |  |
| 2nd - 3rd April | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | Introduction to Gait Analysis | Two day workshop £296.00 |  |
| 4th April | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | First Aid for Sport and Exercise | One day workshop £139.00 |  |
| 11th - 12th April | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | Sports Injuries Lower Body | 2 day workshop £296.00 |  |
| 13th - 14th April | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | Musculoskeletal Anatomy | 2 day workshop £180.00 |  |
| 22nd - 24th April | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | Injury Rehabilitation & Exercise Therapy | 3 day workshop £400.00 |  |
| 9th - 19th May | BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH | Taping for Sport | 2 day workshop £317.00 |  |
| 14th - 15th May | Britannia Hotel, Bramhope, Leeds, LS16 9JJ | Treatment and Rehabilitation Post Pelvic Health Surgery and Childbirth | 2 day workshop £350.00 |  |
| 19th -20th May | Oldberrow Court, Oldberrow, Henley-in-Arden, B95 5NT | Touch For Health/Kinesiology level 1 | 2 day workshop £300.00 |  |
| 21st - 22nd May | Oldberrow Court, Oldberrow, Henley-in-Arden, B95 5NT | Touch For Health/Kinesiology level 2 | 2 day workshop £300.00 |  |
| 25th June | Doubletree Hilton Hotel, Arden Street, Stratford-Upon-Avon CV37 6QQ. | AGM - to book: admin@lcsppk.org or 01502 563344. | FREE |  |

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.ikc-info.org



Bookings and further information about the courses at:
www.sportstherapyuk.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



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