

IN THIS ISSUE:

- **The word from the top: Keeping the LCSP at the Forefront..**
- **Fozzy's Forum**
- **Meet our new 'Fellow' 50 years in Practice!**
- **MSTR® One Day Scar Release Course**



Upcoming Coffee Mornings and Webinars:

August 31st 10:45am – Zoom

Nicola Dinsdale on Post Operative Work for Hip and Knee Replacements

September 7th 5pm – Zoom

Webinar with Tom Hendrickson on The Hendrickson Method



The Word from the Top...

Keeping the LCSP at the forefront...



Firstly, I must say what an honour and privilege it is for me to be elected as your President.

I most sincerely want to thank Dr Paul Lambden for his stewardship and dedication over the last 11 years as our immediate Past President.

Looking back at the list of 26 Past Presidents over the past 104 years I know that I have very hard acts to follow.

Fortunately, I have a superb support team with me with a wealth of expertise, I am confident that together we will continue to keep the LCSP Register at the forefront of all the other organisations in our field of work.

The AGM at Milton Keynes on the 24th of June was a great success and went off very smoothly, mainly thanks to the hard work of our secretary Steve Foster, the amount of work that goes into organising one of these events is enormous, we all owe Foz a huge vote of thanks for making sure everything went according to plan, and with him only suffering a minor nervous breakdown on the way!

The sun shone on us for the annual golf tournament for the coveted LCSP cup on the Friday afternoon and was thoroughly enjoyed by all, despite your now President being reprimanded by the course marshal for wearing jeans on the golf course!

After the AGM we had an informal but very informative forum with those attending giving the Governing Council important feedback from the members perspective about their concerns and the direction that they felt the Register should be going.

Our afternoon speakers were excellent with Dr Lambden giving us a history lesson of events from the last eleven years of his Presidency. How quickly we forget things!

Followed by a very interesting introduction to Alistair McLoughlin's work on scar tissue. I'm sure that those who stayed over for his full tutorial on the Sunday came away with another very useful technique to help their patients.

Finally, Dr Steve Jones gave a very informative, if a little scary talk on cyber security that made us all very aware of how vulnerable we all can be when using modern technology.

Please may I urge you all to get more involved with the Register, the infrastructure is there to grow your business, develop yourselves as professionals and enhance the status of the LCSP Register and its members.

I hope you all have a great rest of the summer and happy holidays.

Mel Eyres

President
August 2023

Fozzy's Forum

fozzy@fosterclinic.co.uk



Clinic for Sale:

Over the past year there has been to my knowledge the very successful sale and handing over of three clinics (mine included). This is excellent news for the person retiring of course but also for that persons patients as they will still have a therapist to go to. The relief I personally felt was amazing, knowing that, in my case after 38 years, my very extensive patient list would still be able to get treatment at my old clinic albeit with a new therapist. There is also an upside for new therapists or those wishing to expand or relocate in that there is the opportunity to take over an established clinic with patients, so much easier than building a practice from scratch.

So another opportunity has arisen for somebody to take over an established practice in Heath Hayes, near Cannock in Staffordshire. Our member Jonathan Edwards is retiring after providing excellent service to his patients for the last 20 years. Jonathan is hoping to hand over his extensive patient list and thereby provide continuity of treatment to his patients and community. This would be an amazing opportunity for somebody.

For more details contact: Jonathan Edwards on 0787 6464 191 or e mail jbedwards55@outlook.com for more details.

Coffee Mornings:

We are formulating these to be held on the last Thursday of each month which will enable you to pre-plan your appointments and other commitments if you wish to attend or participate. The next which will be on Thursday August 31st and will be another 'tutorial' session, and this will be dealing with the treatment protocols for post operative work for hip and knee replacements. This tutorial will start at the slightly later time of 1045 and will be the usual format of being 1 hour long including time for questions. This is a topic that has been discussed several times by members at meetings given that it now seems a lot of patients are being left post operatively with very little or even no physio care or advice. Clearly this is a great opportunity for skilled members to fill in that gap that has been created and provide this much needed service which many patients are asking for and need to ensure a satisfactory post-op result.

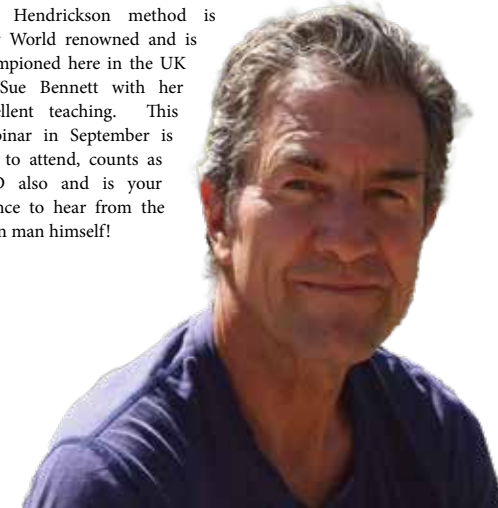
Annual CPD Audit:

In September a random selection of members will be contacted by the LCSP office to submit a Summary Sheet of CPD activity over the last year. So maybe this would be an ideal opportunity on a lazy summer afternoon when the rain is coming across horizontally, to look at and review your CPD portfolio. I am quite assured that you all do plenty of varied and relevant CPD, quite often our biggest failing is remembering to record it. So use the time to recall and record those items of reading, researching, inter-professional contact, coffee mornings, tutorials, seminars etc. If you need another CPD Summary sheet, they are available in the members section of the website.

Special Webinar:

A special Webinar with Tom Hendrickson himself has been arranged by Sue Bennett to whom we are very much indebted. This will be for LCSP Register members on Thursday 7th September at 1700 hrs UK time, the link to attend is: <https://us02web.zoom.us/j/3898971978>

The Hendrickson method is now World renowned and is championed here in the UK by Sue Bennett with her excellent teaching. This Webinar in September is free to attend, counts as CPD also and is your chance to hear from the main man himself!





AGM 2023 24th June

Overall what a productive and enjoyable weekend at a good venue. Holiday Inn East at Milton Keynes was very accessible just off the M1 and was comfortable with good working air con and ideal facilities for us. For some of us the weekend started on Friday afternoon with the LCSP annual Golf Challenge, a hotly contested 18 holes ended with Fozzy and Pauline Kelly both having scored 34 points, but on countback the champion was declared as Fozzy !!! For me that was a great start to the weekend. Business opened on Saturday morning with the AGM where Melynn Eyres was installed as our 27th President. Following this there was a very productive members forum with a good exchange of constructive ideas and views. In the afternoon Dr Paul Lambden, Alastair McLoughlin and Dr Steve Jones gave enlightening, instructive and some slightly scary talks on a variety of topics. (Dr Jones's PowerPoint pictures of and about Cyber Security are all available on the website for you to refer too).

Fozzy



Meet our new 'Fellow' 50 years in Practice!

'Congratulations' to Mr. Dennis Peel FLCSP (Phys) based in Llanelli in Wales.

It was an easy decision for the LCSP Board to award Dennis this honour. He joined as a student in 1971 and then became a qualified member in 1973 and has been in continuous membership and full time practice since, and he is still continuing to work and provide treatment for his patients. If ever there was a shining example of just what can be achieved through our skills, support and LCSP membership, then Dennis is it!

Dennis Peel – quick fire profile:

Who or what motivated you into a therapy career?

As a child my father, Bert, had a table in the front room where all the rugby players came with injuries and strains and even the local Doctor used to tell patients to 'go and see Bert'

What has been the highlight of your career?

50 years of earning respect and trust and patients becoming good friends. Also looking after some famous sports stars but medical confidentiality prevents me from saying who!

What advice would you give to a younger start-up therapist?

Never take chances, if you are not sure, seek a second opinion. Always be truthful to your patients, take good care of your patients and the rewards and money will follow.



Any regrets?

To be honest not one! I have enjoyed my 50 years and would do it all again.

Your funniest business moment:

I had a telephone call to do a house call to a patient called 'Betty'. So I arrive at a farm and the farmer takes me to 'Beti', a bull with a bad knee! Not wanting to disappoint I gave the bulls knee a quick rub and said he should be fine in a few days.....never heard from him since.

Final words of wisdom and advice:

Enjoy your work, be honest and caring and the clients will keep coming back.



MSTR® One Day Scar Release Course - June 25th, Milton Keynes.



Some of our LCSP members joined in the group for Alastair McLoughlin's scar release class, recently.

After Alastair's presentation at this year's AGM on Saturday, it was down to work for a very full day of learning on Sunday.

The Course curriculum includes effects of scarring on the physiology and psychology of the patient, how to apply and integrate MSTR®, plus lots of practice time to become familiar with Alastair's MSTR® work.

Some feedback from the course participants:

"After just one days training the amount of information the practitioner gets is unbelievable."

"The simplicity and effectiveness of the therapy is amazing. Alastair's teaching is wonderfully relaxed, putting you at your ease. The content was thorough and clear."

"Nicely paced and clear. Lovely, friendly and engaging. I sometimes arrive feeling quite nervous but Alastair put us all at ease, and it was a lovely group, with good energy."

One LCSP member wrote: *"I am glad we had such a good group on Sunday and I am amazed because my foot still feels good - a few days later. I can spread my toes out now and I can put weight on it. The 10 years it has taken to perfect this technique has certainly been very productive and I for one am grateful to have had the opportunity to have been able to experience it."*

If you missed this fabulous day of teaching, then Alastair offers online courses too. And if there are enough members interested in a Live class, Alastair says he would come back to the UK and offer another course for you all.

Let him know if you're interested by e-mailing him at info@mccloughlin-scar-release.com

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	
31st August	Zoom Coffee Morning Tutorial with Nicola Dinsdale	Post Operative Work for Hip and Knee Replacements	Free. Members only.	
4th September	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	One Day Introduction to Sports Massage	One day workshop £85.00	
7th September	Zoom Tutorial with Tom Hendrickson	Hendrickson Method	Free. Members only.	
21st - 22nd September	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Taping for Sport	Two day workshop £317.00	
7th October	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Shoulder, Wrist and Hand Pain resulting from FHP and Kyphotic Posture	One day workshop £250.00	
11th October	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Myofascial Release	One day workshop £184.00	
23rd October	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	One Day Introduction to Sports Massage	One day workshop £85.00	
4th-5th November	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Introduction to the Hendrickson Method	Two 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.



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