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# The word from the top...

**I feel as though I have eaten, slept and breathed Coronavirus for six months now. It seems to have compromised or cancelled almost everything I have attempted to do. I am sure it is the same for you all.**

As we start to try to make sometimes faltering steps towards some sort of normality, we still have no idea when normality will be restored. "This is not the end. It is not even the beginning of the end. But it is perhaps, the end of the beginning". For Churchill, it was a glint of success when he delivered those words in 1942 at the Mansion House after the British had routed Rommel's forces at Al Amein, driving German troops out of Egypt.

I fear there is still a long way to go. It is still only ten months since hardly anyone had even heard of a Coronavirus. The medical progress has been prodigious and we continue to make steps forward in understanding the disease and making progress towards its management and, hopefully, one day to its defeat.

LCSP Members are gradually picking up the pieces of their businesses and coping with the plethora of difficulties associated with trying to help those people in need of your services. For some it is frightening, for some it is frustrating and for others in is a nuisance, but for everyone it is challenging. If only we could just go back to where we were a year ago. If only the Chinese authorities had been quicker and stricter in Wuhan; if only the British Government had acted more quickly when the disease became known; if only ...

It isn't as though the world wasn't warned. Some will have seen President Trump's dismissal of the

pandemic as unavoidable. On March 19th, 2020, at a White House briefing, he said: "Nobody knew there would be a pandemic or an epidemic of this proportion."

Perhaps he should have listened to the words of his predecessor, President Barack Obama on December 2nd 2014 at the Campus of the National Institutes of Health, Bethesda, Maryland. Obama said, "There may, and likely will, come a time in which we have an airborne disease that is deadly and in order for us to deal with that effectively, we have to put in place an infrastructure, not just here at home but globally, which allows us to see it quickly so that, if and when a new strain of 'flu, like the Spanish 'flu, crops up five years from now or a decade from now, we have made the investment and we are further along to be able to catch it. It is a smart investment for us to make. It is not just insurance. It is knowing that, down the road, we are going to continue to have problems like this, particularly in a globalised world".

If Obama's global infrastructure had been formulated and established, how different things might have been.

At the moment, the infection continues to spread around the world. The population in general seems to be getting tired of social distancing, wearing face masks and following signs telling us where to go and where not to go, as those of you who have been to the shops recently may have noticed. It looks as though we are going to be coping with the consequences of this disease for a lot of months yet!

I suspect that what we all need is a bit of luck in respect of this disease. We need to discover whether



an attack of Covid-19 infection actually gives us a reasonable immunity for a reasonably long time or not, we need to have a vaccine which will protect us effectively and, perhaps, the most fervent hope is that the virus will attenuate itself. There are notable infections that have done so, and that have simply become weaker. Some may remember the fear of Scarlet Fever which has, over the years, become more mild, no longer a killer and which now presents simply as a temperature and a bit of a rash.

Whatever happens, LCSP members will cope with it and manage it. May I wish you all a happy Autumn and say simply, Keep Safe and Stay Well.

**Dr. Paul Lambden**

President

## Annual CPD Portfolio Appraisal:

The Board of the LCSP Register are not insensitive to the exceptional circumstances that we have, and still are, adapting too. As such it has been decided that we will suspend the annual appraisal of CPD Portfolios for 2020. As an extension of this suspension we also accept that it may still be difficult to access First Aid renewals for therapists. **So we will likewise extend the period of grace for first-aid renewals to 1 full year from April 2020.**

We have notified our insurance partners of this flexible approach to the first aid certification and they have confirmed that this will not compromise members' insurance cover.







# Fozzy's Forum

fozzy@fosterclinic.co.uk

## Where to start?

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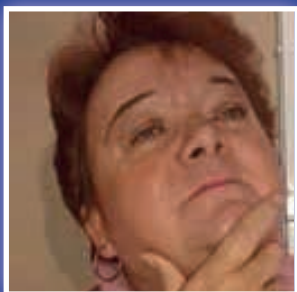
Well as we all know too well it has been a serious 'roller-coaster' ride over the past months and the likelihood is that there will continue to be assorted extra restrictions in terms of local or regional lockdowns and or alterations to working practices and protocols as and when circumstances dictate.

I remember all too well in the earlier phase the countless telephone calls and our coffee mornings where we were fine tuning what PPE we needed, where we could source supplies, what forms did we need and so on and so on, it did at the time seem an endless situation of uncertainty. It was also frankly expensive for a lot of us especially as we were not earning and so many things had to be purchased and clinical spaces completely revamped, it was and has been a 'game changer' for therapists and some even did say 'enough' and have retired and left therapy work altogether.

The rest of us have diligently worked through all of it, we don't necessarily like the new treatment procedures etc but we have adapted, re-modelled and welcomed

back patients and are back doing what we do best. Of course everybody is now very busy and struggling to get patients booked in simply because we have to take so much extra time between patients together with the additional paperwork and health checks.

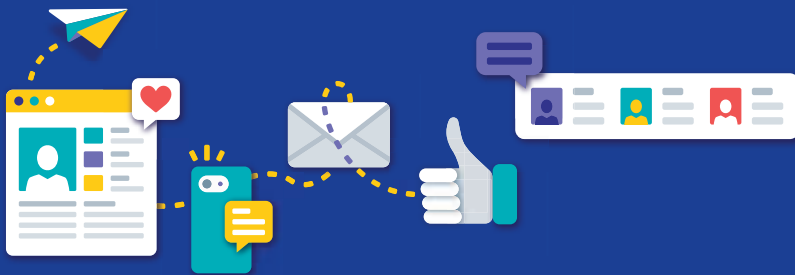
In Fozzyland there has descended a strange and eerie silence, before the telephone would ring constantly from 7 am and there would still be calls coming in at 10 pm, Zoom meetings were a constant every day, there was even one Zoom starting at 0600 after the Gov't imposed the regional lockdown in the North West at 22:00 the previous evening, as we needed to get some information to you by 08:30 that morning. Now a sudden peace has descended, it really is a 'black and white' situation. So I take it as a good sign, that you have adapted, re-invented your clinics and importantly are managing the present situation. I am both pleased and proud in the way that you have all responded and managed this situation and will continue to do so as I suspect that this could well be our own 'New Normal' for some time to come.



## Welcome back Christine:

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As most of you are aware after the sad passing of Melvyn in our office, we welcome back with a fanfare Christine Frosdick who has agreed to come back to us as administrator. It is good to have Chris back and she is diligently working from home getting all our admin paperwork and computer files back into order. She will be a familiar voice and face to many of you and she will continue for the time being working remotely for safety but as ever will be available on [admin@lcsp.uk.com](mailto:admin@lcsp.uk.com) or if it is a pressing matter then her telephone number is **07857 647000**



## Website upgrade:

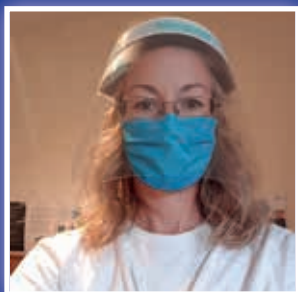
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During the past months it has become very apparent how much we have all depended upon technology to maintain communications and it has been vital in the quick dissemination of information to both therapists and the public. From the information supplied by our website managers it showed a greatly increased traffic through our website on a daily basis. This increase was not just our own members who were accessing the information I was posting on our internal Noticeboard, but also there were significant enquiries from members of the public looking for therapists and interestingly a good number of other therapists maybe disenchanted with their own Professional Associations looking to join the LCSP Register.

So it is very clear that today's primary method of communication is web and electronic based, the Board have decided it is the time to re-design, revamp and take the LCSP website forward and most importantly utilise the power of social media within it to benefit us all in terms of information exchange, enhanced communication with the general public and increased potential for membership recruitment.

As it is going to be a significant upgrade, it will take time and please be patient with us but it is hoped that the finished article will be more user friendly, have additional resources and generally give us a much enhanced public and professional profile.

I am certain that many of you are already well conversant with the powers of social media, if so and you have some constructive ideas that you would be happy to pass on then please do so, we would welcome ideas, opinions and your experiences. The person to contact who would understand your input is Jeff Gray and you can contact him at [jeff@noworriesmarketing.co.uk](mailto:jeff@noworriesmarketing.co.uk) you can of course send your thoughts to Fozzy as well but I will only have to pass them on as I am that person who still writes cheques with his fountain pen and carefully puts stamps in the corner of an envelope!



## New Board member:

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It is with great pleasure that we can announce that Jo Lade from Cumbria has accepted a co-option onto the Board of the LCSP Register with immediate effect.

Jo is a very well respected therapist in her area and has been a long standing active member of the LCSP. The Board look forward to her involvement with the day to day running of the Register and Jo will also take an interest in the future website development with Jeff Gray. We welcome Jo onto the Board and feel assured that her considered and professional approach to therapy and therapists will be a great asset to the running of the Register.



# In memory of Melvyn Hartley

It is with great sadness that we report the passing of Melvyn our office administrator.

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*... so sad to hear about Melvyn.*

*He was always very jolly, helpful and very obliging on the phone, he will be sadly missed by all our members*

Mel was hugely supportive and informative to both members of the public and our own members on a daily basis being the focal point of all enquiries into the LCSP office. Very many of you had met him at our events and more recently at our Zoom coffee mornings which he attended even being in the late stages of his cancer. Mel was far more than an employee, he very quickly established himself as a member of the LCSP family and dispensed wit and wisdom in equal measure. I personally will miss him immensely as a friend and will be ever grateful for his help and assistance in our Centenary Conference, (who has got the video of Mel dancing in Windsor???)

He touched so many of us and our thoughts go to his family and daughter Helen.

*Fozzy.*

The following page has a selection of the tributes received from members:



*May I just say how sad I was to hear the news about Melvyn, Please pass on my sincere condolences to his daughter, sister and family. Melvyn will be greatly missed, I shall personally miss his friendship, humour and help. He was a lovely person, whenever I rang he was cheerful and always made you feel good by the end with laughter, after we had put the world to rights (again). I hope my card arrived in time for him to receive it, to put a smile on his face. I know that the LCSP and you will miss him greatly.*

*"Sorry to hear that Foz,"*

*"Condolences to all concerned."*

*"So sad..... Well done for all support you gave him."*

*"Good to hear he didn't suffer too much."*

*"...once again life put into perspective."*

*"Ah yes it is sad news, thanks for keeping us all informed. Condolences to all his family."*

*"Please send my most deepest condolences to his family; I can only imagine what his family must be going through."*

*"So sorry to hear of Melvyn's passing but he is not suffering now. Here is a big hug. Take special care"*

*"My thoughts are with you as well as his family as it must be hard for you too. Take care."*

*"So sorry to read this sad news as I know you became great friends and I'm sure he will be greatly missed. He fought right to the end with dignity and great courage."*

*"I'm so sorry to hear about Mel's passing. Glad he had his family with him at the end."*

*"Kind wishes and thoughts."*

*"...I'm so very sorry to learn about Mel's passing. Sincerest condolences to his family. He soldiered on so bravely. I know he will be much missed."*

*"Such sad news so very sorry to hear about Melvyn. The image of him in his giant sombrero lives on, a dear man."*

*"That is so extremely sad to hear about Mel, the only thing we can say is that he seemed lovely and at least he is out of the suffering and hopefully is somewhere pleasant and peaceful. Hopefully, sharing his sense of humour with others."*

*"Oh Steve, goodness me, rubbish indeed. What a very sad piece of news to have to send to us to let us know that Mel has passed away and yet for him what a release and an end to having to struggle against failing health. Thank you for letting us know."*

*"I send my condolences to his family. I liked Mel very much. He was good fun and always made me so welcome. I'll miss him on the end of the phone."*

*"...I am so sorry to learn of Mel's death. He didn't seem to be very lucky with his health but he bore his medical problems with amazing fortitude. Thank you for visiting him and for keeping us informed."*

*"I really am so sorry to hear about Mel...please pass on my regards to his family..."*





*"He was such a Great Friendly Guy..."*

*"Sometimes Life is just not fair..."*

*"Big hugs to you, and thank you for all you and he did for us members..."*

*"Just wanted to pass on my condolence to you & his family .The loss of a good friend & colleague of many years is truly very sad. I did not know him very well but he was all way so nice to me whenever we spoke or met,he will be sadly missed."*

*"So sorry to hear about Mel. He was always so friendly and helpful. Sending lots of love to his family."*

Date	Venue	Course Info	Cost:	Provided by:
10th - 11th May 2020	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. Dates to be confirmed)	5 hours of CPD theory available online £100	
September 12th 2020 10:00 am - 4:30 pm	Live Web Course (via Zoom)	An Introduction to NLP This is a one-day practical online workshop you will explore tools and models that I have found useful in my treatment room.	£50.00	
February 2021 – Date to be confirmed	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 <a href="http://www.mcloughlin-scar-release.com">www.mcloughlin-scar-release.com</a>	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](mailto:rachelpbck@gmail.com)

Web: [www.ukkinesiology.com](http://www.ukkinesiology.com)



**Presented by: Nicholas Dinsdale**  
BSc (Hons), MSc Sports Injuries & **Nicola Dinsdale** BSc (Hons), MSc Sports Injury Rehab (ongoing)

**Bookings and Cheques to**  
“Nicholas Dinsdale” Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, Lancashire, BB7 1QD

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

Tel: **01200 427 457**

Email: [nick@njdsportsinjuries.co.uk](mailto:nick@njdsportsinjuries.co.uk)

Web: [www.njdsportsinjuries.co.uk](http://www.njdsportsinjuries.co.uk)



**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](mailto:info@flexible-healing.co.uk)

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