



Newsletter

August 2022

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THE latest news for Remedial, Sports & Manipulative Therapists

The Word from the Top...



At last we have seen some summer weather, although I appreciate that the heatwave caused difficulties for some. It is amazing how a little sunshine and general good weather works wonders for some people. Symptoms subside and mood rises. The murk and gloom of a dismal, wet, cold February day is banished to distant memory. Yet we have to deal with a host of ongoing problems and the cost-of-living crisis, the war in Ukraine, the climate emergency, Covid and deteriorating public services all occupy the headlines and our thoughts.

On the positive side, the LCSP is going from strength to strength. We have a strong and committed Board, many members of which have been long-serving, and it has been strengthened by new Board appointees with knowledge of a range of issues from IT and social media, through to education and training. The Society is financially in excellent shape, thanks to the sterling work of Les Davies and Vic Johnson, membership is increasing and, as always, Society Secretary Steve Foster is able to provide support and advice both specifically and generally through his very successful coffee mornings.

The Annual General Meeting on June 25th at the Doubletree Hotel In Stratford-Upon-Avon was a resounding success. Although the attendance was a little disappointing, the quality of the speakers was absolutely excellent. Asgar Hassanali, from James Hallam, which insures the LCSP and the membership, spoke about risk and keeping out of trouble. Our Board member,

Jo Graveson, untangled some of the mysteries of Social Media and how to use the website and get the best from the Internet. Finally Tracey Mellor spoke on the role of fascia and fascia training. The audience was unanimous in its praise for the speakers and the quality of their contributions. The date and indeed venue for next year's Annual General Meeting will be available by the end of the year.

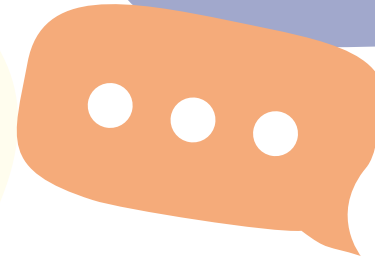
At the time of writing, the latest Covid variant, Omicron BA 5.2, is causing increasing interest and appears to be very infectious, but not very virulent and although there are large numbers of cases throughout the four countries of Great Britain, the number of hospitalisations and deaths has remained low. The LCSP office receives regular enquiries about the appropriate use of PPE. There is little current guidance and the best advice is to carry out a risk assessment for each patient, using a mask or visor if required according to the nature of the treatment to be undertaken and the proximity to the nose and mouth of the client. A 'better safe than sorry' approach seems to be the most appropriate approach.

May I wish you all a happy Autumn and good wishes from all the members of the LCSP Board and Team.

Dr. Paul Lambden

President
March 2022

Fozzy's Forum



fozzy@fosterclinic.co.uk

Annual General Meeting:

Thanks to all the attending Members who made the trip to Stratford-Upon-Avon for the first chance to have a face to face meeting since 2019. Whilst the numbers were down largely due to one of the National Train Strikes being effective on the day, those who did attend were treated to excellent presentations covering our own developments within the website and social media platforms, the updated information for risk assessment from the insurance perspective and a thought provoking presentation by Tracey Mellor on Fascia Training.

Affiliate Scheme:

There are now several Companies that have linked with the LCSP Register covering a wide range of goods and services and already several therapists have taken advantage of discounted deals and promotions that are not available to non LCSP members. Our thanks go to our Board member Jo Graveson who has been taking the lead in this project and is still seeking to expand it further.

Member Welfare:

The wellbeing of others is effectively our job and what we do, but the LCSP itself takes the wellbeing of its own members equally seriously. We have all had a difficult time and some continue to do so. The LCSP Register is there for you if required, we have published our own self awareness and mental health guidelines and we have a dedicated Welfare Officer in the person of Pauline Kelly who is always available to assist in complete confidence if required. Some of our affiliate partners also provide a donation when used by members and this donation is kept in the LCSP Register Benevolent Fund which can be used to help members in distress.



LCSP Golf Tournament:

Held the day prior to the AGM and this year very kindly sponsored by James Hallam ProMed. In near perfect conditions the afternoon competition was hotly contested and simply the unthinkable happened, Asgar Hassanali won the competition!!!! But honesty compels me to admit that he played very well and consistently, and with a verified handicap he won fair and square. Well done to Asgar, well deserved and the rest of us will have him to chase next year.

Office Contacts

The Register is still utilising a hybrid working arrangement which suits Christine and Fozzy. Generally there is always somebody within the admin office in the mornings to answer calls and questions, the e mails are monitored constantly and of course Fozzy is always available both electronically and via telephone at all times.

Coffee Morning

By popular request we will be continuing our general coffee morning catch ups and as such the next one will be on Thursday the 1st of September and the zoom meeting will be open from 1000 until 1130 to allow members to drop in and out as patient treatments and other commitments permit. No hard and fast topics or agenda for this, just a catch up and a chance to air points of view or ask questions that you may have. These relaxed coffee mornings are also an ideal opportunity for both student members and newly graduated therapists to chat with experienced therapists who can give you invaluable advice on the 'real' world of working within the therapy sector, find out what you have let yourself in for!

Coffee Morning Specialist Tutorials

This is a direct advancement due to the success of the coffee mornings we are planning to have a series of coffee morning style meetings of 1 hr but it will be with a with a guest tutor on a specific subject to give a talk for 20 mins or so and then allow the rest of the time for related questions. it is proposed to have the first of these soon and we will send out details to each of you.

Survey of Members:

Use this link <https://www.surveymonkey.co.uk/r/XPB8GVT> to participate in a survey regarding our website and social media coverage, if as many of you would kindly help us by taking a moment of your time to complete this it will be immeasurably helpful in making sure that we are providing you as our members the right content and information that you feel you need. It is only by getting your feedback that we can provide tailor made information and content that is right for you, the industry, and the public at large.

Sports Therapy UK at the London Marathon:

Sports Therapy UK are looking for volunteer therapists for the upcoming London Marathon on the 2nd of October. This is a great opportunity for LCSP members to get some hands-on experience whilst also helping the many charities that are involved.

To find out more about how to get involved contact either fid@sportstherapyuk.com or 01438 718755

Fozzy





What's New:





LCSP Member Coffee Mornings proved a popular way to connect with peers, throughout the pandemic and have continued into 2022, so we've decided to develop them further.

The proposal is to run online LCSP Tutorials covering a specific subject. We are happy to take suggestions for topics and indeed speakers, these would be run along the lines of the coffee mornings with the presentation being 20 – 30 mins and leaving the rest of the time for Q&As. Keep an eye on our social media feeds for more information.

We will of course still be running the occasional informal Member's Coffee Mornings where you can drop in and say hi, chat with your peers, share successes, whinges and have a good ol' natter!

LCSP Member Benefit updates:

We've been developing new partnerships and affiliations with major UK suppliers to our profession, securing exclusive member benefits for you. Those who follow our social media feeds will have seen recent updates about a new Affiliation with Medisave, and another exclusive discount scheme with Massage Warehouse.

	Physique	15% off non-promo items across their website
	Songbird Naturals	25% off retail plus additional 10% off first order
	Massage Warehouse	10% discount site-wide
	Medisave	5% commission earned for LCSP Benevolent Fund on purchases made within 90 days of clicking on the Medisave link on our website

Medisave

We've linked up with [Medisave](#) in an Affiliation Scheme which earns 5% commission on purchases you make when shopping through our [Medisave](#) link (you'll find the link on the Affiliates Page within the Members' Section). The commission goes straight into the LCSP Benevolent Fund which has been used over the years to support members who find themselves in unavoidable financial distress. Pauline Kelly, our Welfare Officer presides over the Benevolent Fund and can be contacted directly at: paulinekelly0@gmail.com.

massage warehouse The Massage Table Specialists

Our partnership with [Massage Warehouse](#) gives you 10% off all their products. Massage Warehouse are a major UK premier internet supplier who have been supplying massage tables and supplies since 1999. Whether you're a graduate looking to set yourself up or an established practitioner looking to upgrade, we're sure you'll find something on their site to suit your budget, needs and ethical values. Details of how to get the discount are again available on the Affiliates Page within the Member's Section.



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®)	1 day workshop £150.00	
1st - 2nd Sept 2022	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Myofascial Release Course	2 day workshop £245.00	
2nd - 3rd Sept 2022	The Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX	Touch for Health/Kinesiology Level 1	2 day workshop £300.00	
3rd - 4th Sept 2022	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Advanced Soft Tissue Techniques	2 day workshop £296.00	
5th Sept 2022	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	First Aid for Sport and Exercise	1 day workshop £139.00	
23rd - 25th Sept 2022	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Injury Rehabilitation and Exercise Therapy	3 day workshop £400.00	
22nd - 24th April	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Injury Rehabilitation & Exercise Therapy	3 day workshop £400.00	
8th - 10th Oct 2022	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Treatment and Rehabilitation Post Pelvic Health Surgery and Childbirth	2 day workshop £350.00	
13th - 14th Oct 2022	BeActive Clinic, 28 Castle Street, Hertford, SG14 1HH	Sports Injuries Lower Body	2 day workshop £296.00	
26th - 27th Oct 2022	Oldberrow Court, Oldberrow, Henley-in-Arden, B95 5NT	Touch For Health/Kinesiology level 2	2 day workshop £300.00	
12th Nov 2022	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Coaching Skills for Bodyworkers	1 day workshop £250.00	

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.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