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7th & 8th June, Stevenage

Happy Easter!

Upcoming Coffee Mornings and Webinars:

General Coffee Morning

Thursday 1st May
Starting at 10:15am

Enjoy the usual chatter about anything and everything. All are welcome!

Zoom Tutorial

Friday 23rd May
Prompt start at 10:15am

Presented by David Wilson discussing "Ridiculous Radiculopathy".



President's Pen

The first Newsletter of 2025 and Spring is well on its way. It has been a long wet winter, with wars and conflicts still raging on; all very depressing. It is astounding to me that with all the amazing things that the human race has achieved, and knowing we have the knowledge and resources to solve nearly all the world's problems, we seem to be heading for self-obliteration, in one form or another. But as Spring arrives, it brings with it new hope and a reminder that there is still so much beauty in the world. Perhaps if we could concentrate our minds on peace-making and humanitarian pursuits instead of greed, war and inhumanity, there would be a chance of a lasting peace and a more equitable world for all.



Mel Eyres President
April 2025

On a brighter note, the daffodils and crocuses have been slowly brightening up the gardens and grassy patches along the pathways. There are some days when we can venture out without a coat, and it no longer gets dark at four o'clock. In the Northern hemisphere meteorological spring starts on the 20th of March and lasts until 21st of June, the first day of Summer.

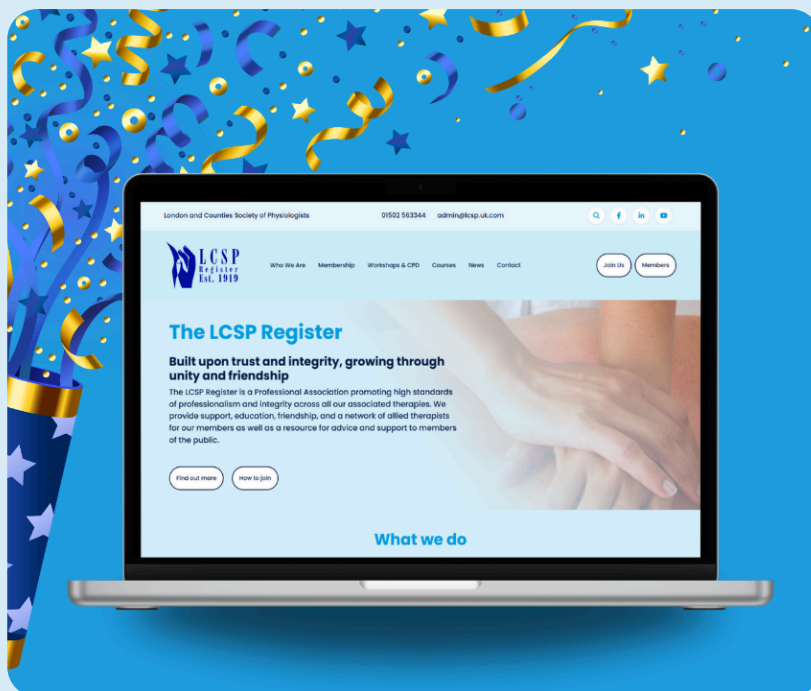
Spring can certainly improve our mood. The word "Spring" comes from the old English word 'springan', which means "to burst forth" or "to rise up". The term became popular in the 16th century and has been used to refer to this time of the year ever since.

Over the Winter period, Steve Foster and myself have been busy with the usual round of meetings both via Zoom and face-to-face, including several meetings with GCMT who have undergone some significant changes, with a new Chair and Vice Chair installed. We are hoping that in this new season, as we continue to represent our organisation as part of the GCMT, it will be able to refocus and realign itself with its original remit.

Steve has also been working with the University of East Anglia, giving presentations to their Business Studies students who are studying aspects of the organisation of the LCSP as a project for their course. As a result, they have developed some interesting ideas suggesting how we can run the office and organisation more efficiently.

We have also been doing some 'Spring cleaning' making changes to the LCSP website; making it more user-friendly and accessible on smartphones and tablets. In addition to some new features, the website will enable you to renew membership and sign up online if you wish. I would like to express my thanks to Jo Graveson who along with Tim Paine and Jade Revell have been working extremely hard with the web designers to complete this mammoth task. By the time you read this it should be up and running, so give it a look and let us know what you think.

I wish you all a joyful 'Spring Tide' and hope that you can find time to get out of your busy practices and enjoy some of the beauty that it brings.



Our new website

You cannot have failed to notice that the website of the LCSP Register has undergone what can only be described as a 'Seismic' change and will, I suspect, continue to evolve over time.

Our ambition was to make the website more tablet and phone friendly, have an integral payment system and more automated procedures to make all the processes of your LCSP membership faster and easier.

There will likewise be changes and a significant push into the social media areas and we are enlisting the help of skilled professionals to expedite these matters.

Over the past week or so many of you will have received an email requesting confirmation of your details that you (if desired) would like to be visible to the public searching for therapists. This email communication from us is also to make us compliant under GDPR regulations in regard to contacting you (newsletters etc). The reason we need to re-affirm your consent is because we have changed the website and data suppliers and as such need to have your consent to continue to contact you. Please do not overlook or delay action following this email as without your specific agreement we will no longer be able to send you any information, news, or marketing updates.

Renewals and thanks

Thank you all very much for the prompt attention to your renewals and making Christine's life easier. Of course we anticipated that the new website with its automated renewal procedure would have been fully ready for this process but that is in an 'ideal' world and clearly that is not ours!

Technology is and will be a massive assistance and improvement to our overall service to you, but like all good things it comes at a time cost and of course there will be the inevitable 'tweaks' required once it is operational to maximise its efficiency.

If you have not renewed your membership and/or insurance, then DO IT NOW! Within the insurance sector there are 'no days of grace' and membership is integral to the insurers. Should a claim arise for whatever reason you would not be covered or supported.



LCSP Register at the University of East Anglia

Towards the end of 2024, Fozzy was contacted by the Business School of the UEA and asked to lecture on behalf of the LCSP to the masters students of the business school with regards to the digitisation and electronic upgrades we have undertaken for the Register.

36 students were tasked with writing proposals and recommendations, after submissions and marking by the university the LCSP were presented with the top 5 reports and asked to review and award a £100 employability prize.

All of the candidates were exceptional and we will be able to use proposals from each of them. We are also delighted to say that two of the candidates have expressed a wish to have a work placement within the LCSP Register this summer as part of their ongoing degrees and another will be working with us specifically on social media improvements.



Fozzy's Forum : Medical Report Writing

This is a subject that has recently prompted both telephone calls and emails to the office and myself for help and guidance. More and more members are being asked to write a letter regarding treatments to patients. These letters can be requested by the patients themselves, third parties such as solicitors, insurers or other medical colleagues. If the request does come from a third party, there should be included with the request a signed authority from the patient for the release of any details.

We have to accept that we live in a litigious society now and 'Where there is blame, There is a claim!' culture has infiltrated our society. With the ever-increasing pressures on our NHS system, problems and injuries resulting from trips, spills and falls and even minor RTC's are not being exclusively dealt with within that system. As such more and more of you will be facing these types of soft tissue injuries and providing treatments.

These patients will often come to you as they are already a patient and you are a trusted professional, or a person has been referred to you by an existing patient for that very reason and of course we are far more accessible which is important if somebody has a sudden problem which is impacting on their ADL's.

We consult and treat both appropriately and professionally and of course the patient responds and improves, you sign them off.....happy days. Then! That letter arrives from a solicitor acting for the patient in regard to a recent fall and a potential claim for damages, with a signed release from the patient, bugger!

Fozzy's Forum : Medical Report Writing cont.

Well, you have to respond, sorry, but with the GDPR changes and regulations every patient has a right of access to their own respective medical records. Worse than that, the GDPR regulations state that this must be free of charge, with only extreme exceptions, (my office for years made some good sums of money from the old regulations where we could charge for the release of records). So, you do need to respond and supply your notes or records as requested.

It may be just a photocopy of the treatment record and file which incidentally makes the proper recording of all aspects of consultation, consents and treatment on every occasion even more important for your own safety and indeed compliance.

Often you might be required to give a summary of treatment as a referral to a colleague or as information to a third party. Here the advice is 'keep it short', fellow professionals only want 2 or 3 lines of information, what the patient presented with, your findings, your treatment and the outcome with probably some back up pain scale scores. That's it. Do not overcomplicate it.

I have heard the reasoning from some members for not getting involved with these details and the excuse that 'I am not medical' sorry does not work at all. You are all medical, you are professional in what you do, the insurance you have is for Medical Malpractice, so that clearly states you are medical also. It probably should not be happening but we are becoming more and more 'front line' with our help and assistance for, especially MSK related injuries, being sought by patients old and new as the more conventional approach of GP and hospitals is further and further out of reach.

However, the fact remains that this is an area that you as a professional therapist will encounter and I personally suspect will encounter more frequently. As ever the 'Fozzy helpline' is available if you need help or reassurance.

LCSP Study Weekend

Over the course of the weekend Board members will be in attendance with Fozzy so it is also an opportunity to ask any questions or resolve any issues that you may have within your business or professional life. We all look forward to seeing you then.

Places for this study weekend are limited as we want to make it as hands on and interactive as possible to maximise your learning potential. Booking for Alastair on Saturday 7th June, and the full day on MSTR is as below, with LCSP members getting a discounted price.

Sunday 8th June is priced at £50, which as you will all be aware is a very good price for a full CPD day. Bookings are being taken by Christine at the admin office and the spaces will be on a first come first served basis. Be quick, places have gone.

Saturday 7th June – Alastair McLoughlin



Saturday 7th June will be a full day presentation with practical aspects from Alastair McLoughlin on Scar Tissue Release (MSTR). MSTR® One Day Scar Treatment Class with Alastair McLoughlin. Learn this reliable and effective approach to the treatment of post-operative scars and scars from traumatic injury.

This course includes:

- Pre-course learning materials for course participants, made available through our website.
- Effects of scar tissue on the body
- Emotional/psychological aspects of a scar
- Indications and contraindications
- Client support and post-treatment advice
- Practical applications including underlying scar tissue work
- Practice work – lots of time to get it right!
- Additional ways to use MSTR® – practical demonstrations

You'll also be provided with a training manual. Morning and afternoon refreshments will also be served.

LCSP members only are entitled to a reduced course fee. This is a CPD approved course with LCSP.

Full details available here: www.mcloughlin-scar-release.com/lcsp

Email if you have questions: info@mcloughlin-scar-release.com

Sunday 8th June – Susan Findlay

Sunday morning will be Susan Findlay on The Mindful Touch: Enhancing Connection in Everyday Practice and Oncology Care.

This morning presentation and practical workshop will delve into the concept of mindful touch and how it can be applied both in your everyday therapeutic practice and specifically with oncology clients. Mindful touch is a technique that emphasizes awareness, presence, and empathy, allowing the practitioner to connect deeply with the client, facilitating healing, comfort, and emotional support.



Workshop Focus:

1. Achieving Depth with Ease
2. Resonating with All Clients, Regardless of Pathology
3. Oncology Case Study
4. When It's Not Within Your Remit

Learning Outcomes:

By the end of the workshop, you will:

- Understand how to integrate mindful touch into your practice to enhance therapeutic connections.
- Gain insight into working with oncology clients, considering their unique physical, emotional, and psychological needs.
- Have the tools to assess when to apply mindful touch and when to refer clients for additional care.
- This workshop aims to empower you to become more confident and intentional in your touch, creating a safe, supportive, and healing environment for all your clients, especially those facing cancer treatments.

Sunday 8th June – Dawn Morse



Sunday afternoon Dawn Morse will be exploring and demonstrating the advantages and uses of Instrument Assisted Soft Tissue Mobilisation (IASTM).

There will be ample opportunity for all delegates to use these tools and experience the effects.

IASTM goes back to the days of James Cyriax and is frequently used in myofascial and soft tissue work and is becoming more popular as therapists are becoming more aware of protecting their own joints and health within manual therapy.

Dawn will be explaining the background and science and how this modality can be implemented within a manual therapy clinic and business.