

SKILL BULLETIN

"Serving the needs of Northern Institute of Massage students, past and present."

December 2010

Issue No: 201

Published and distributed free of charge to over 2000 therapists, students and former students.

- ◆ VAT will increase in January, up a further 2.5%. We will NOT pass this increase on to students but will absorb it into our overheads. The financial climate is improving a little judging by our registrations in the last 6 months. However, we will endeavour to keep costs of courses and CPD seminars as low as possible and we will back up this statement by offering special discounts on some of the seminars. Watch our website for these offers: nim.co.uk
- ◆ There have been very encouraging reports from CNHC which indicate that Maggie Dunn's statements at the NAMMT AGM are coming to fruition. See our News section for more information.
- ◆ Have a look at our website regularly for news updates and announcements. We are slowly but surely developing links with other institutions and suppliers and also with practitioners. Consider a link with NIM and your practice and contact Rachel Pennington for information.

"The Power in Your Hands"

NEWS - PEOPLE & PLINTHS

NIM'S WORLD CHAMPION

Jo McManus of Hayfield in the High Peak, Derbyshire represented Great Britain at the World Masters Weight Lifting Championship in Poland 18-25 September and won gold in the 53Kg Class and GB Ladies won the team gold. Jo's combined two-lift total was 100Kg, a personal best for her. This comes after a major surgical repair to a biceps tendon but helped by K-Tape!

She trains under the supervision of Mark Beck at Crossfit Manchester.

Congratulations to Jo who has successfully undertaken the Remedial, Advanced Remedial and Sports Therapy Diploma courses at NIM in recent times. We have obtained a super photo of Jo lifting in the World Championships which will be framed and displayed with pride in the students' coffee room.

A VERY WELCOME VISITOR

Our former colleague and good friend, **Roy Houghton**, paid us a visit last week. Roy was our Electrotherapy tutor for some ten years and passed on his technical knowledge and experience to dozens of therapists. Before qualifying in Remedial Massage Roy was an engineer/salesman for **EMS** of Oxford.

He is now retired from practice except for half a dozen "old" patients he sees on a regular basis. He is in good health and well occupied with grandchildren!

MORAY MARATHON

On a very sunny but extremely windy Sunday morning in September, **Garry Nimmo**, Aberdeen-based therapist, drove out of a car park in Lossiemouth. He waited to allow runners in the Moray Marathon to pass and did a double-take: "That man looked very like Eddie Caldwell," he mused. And it was Eddie Caldwell, many miles from home and struggling round the course of the Half Marathon.

Garry thought he was imagining the whole thing and went on his way occupied in looking after his own runners. An e-mail later in the week explained the situation. Marie Caldwell competed in the full marathon before both of them departed for Sutherland for their annual holiday. What a way to break a journey!

FROM NORTH WALES

Barry and **Shirley Williams** of Rhyl were welcome visitors to the Northern Institute during October. Both are former NIM students and have a well-known and thriving practice on the North Wales coast. Shirley is a gifted musician and teaches music as well as treating her patients.

Barry is a 7th Dan Black Belt in Ju Jitsu and has taught martial arts for years including visits to USA such is his standing in the sport.

Barry's son, Neil, is a current student on the Sports Therapy course and is building his practice in North Wales also.

STEPHEN OAKLEY AWARDED BBC CONTRACT

Currently a member of the Advanced Remedial Massage course, **Stephen Oakley**, has secured a contract with the BBC to treat a team of puppeteers while they film an on-going TV series for **CBeebies** at the new media centre at Salford Quays.

Other NIM contacts with **BBC Radio Manchester** are NIM directors Marie Caldwell who is a regular guest on Becky Wants afternoon show and Eddie Caldwell who is an occasional guest but gets a full hour on November 29th at three o'clock to talk about his successful book "Send in the Clowns".

BERLIN MARATHON

NIM tutor, Mehrdad Elmieh completed the marathon in a satisfying 4 hours and 8 minutes. Not bad for a Vet 50 and in terribly wet conditions. Mehrdad used the marathon to "tick over" prior to Triathlon training for 2011

TUC STRESS REPORT & NIM SEMINARS

Two days after **Alan Elliott's** seminar in October on treating patients with stress symptoms, the **Trades Union Congress (TUC)** published its report that found **1 in 4** workers suffered from stress: forget about faulty ladders, slippery floors and

inadequate office chairs, stress is the most common health & safety problem in the workplace.

With such a large number of potential patients out there, massage practitioners should be able to offer treatments. The research supports the facts; massage helps reduce stress levels. This has been demonstrated by several major studies and scientifically based tests have been conducted upon patients.

Alan Elliott provided many answers and strategies for helping patients with stress symptoms. Look out for his next seminar and take the opportunity to equip yourself professionally.

CAGE FIGHTING

Liverpool therapist, **Stephen Freeman**, has added an unusual group of clients to his practice - professional cage fighters (UFC) who appear regularly on TV and fight for prize money up to £50,000. Stephen has promised more information and, perhaps, a photo for a later issue of Skill Bulletin.

MUSIC

We have heard the delightful accordion playing of **Deirdre Adamson** on her CD. Forfar based Deirdre is a well-known artiste in her native Scotland. We heard recently that NAMMT Membership Secretary, **Joe Lloyd**, has also had a CD of his songs released. We have not yet received a copy of the CD but will report on its merits at a later date.

FOR SALE

NIM'S INSTRUCTIONAL MASSAGE DVDs

DVD 1 - Leg, Neck & Shoulder, Hand & Arm £30 +
DVD 2 - Back, Abdomen, Foot & Ankle £30 +
Both DVDs a bargain at £50.00 +

CLINIC WEAR from NIM

White polo shirts with embroidered NIM badge £18.50 +
All sizes from XS to XXL

Metal NIM lapel badges suitable for tunics £4 +

Navy sweatshirts with NIM badge embroidered £25 +
(Not all sizes in stock: ring for availability)

EME - ELECTROTHERAPY

Manchester-based suppliers and servicing of Electrotherapy equipment. New and second hand appliances available.

EME maintains NIM's clinical equipment.

Telephone for prompt & friendly attention: 0161 748 5660

NATIONAL ASSOCIATION OF MASSAGE & MANIPULATIVE THERAPISTS
(NAMMT) AGM
&
COMPLEMENTARY & NATURAL HEALTHCARE COUNCIL
(CNHC)

The principal guest speaker at the NAMMT AGM held at Belper in September was **Maggie Dunn**, the CEO of CNHC.

Her presentation addressed several questions and matters of concern voiced by members. She gave a very cogent and illustrative talk in which she outlined the big strides made by CNHC in a very relatively short period since its inception.

Among others, Maggie gave members encouragement with the following:

- ◆ Membership of CNHC is growing and meeting targets
- ◆ The NHS is now employing complementary & alternative practitioners but only if they are registered with CNHC
- ◆ GPs have been directed by the Ministry of Health to direct patients, if the need arises, only to therapists who are registered with CNHC
- ◆ Discussions are on-going with health insurance associations and companies

NAMMT members may register with CNHC via the association either on line at ["http://www.nammt.co.uk/"](http://www.nammt.co.uk/) or via the Membership Secretary, Joe Lloyd, 77 Queensgate, Bolton BL1 4EA

DEREK TURNER

By the time you read this, Derek Turner's resignation from NAMMT committee will have taken effect. Derek has stepped down for personal and professional reasons and will be a great loss to NAMMT.

Derek was not only one of the very first therapists to join NAMMT but he played a very active and influential part in getting NAMMT launched and organised. He was the guiding hand in setting out the constitution and code of ethics adopted by members and played a very active role on NAMMT committee, attending meetings as NAMMT's representative on the General Council for Massage Therapy.

Former Secretary, Eddie Caldwell, stated that NAMMT's success so far owes a great amount to Derek's dedicated hard work and expertise. His guidance and experience will be missed.

NAMMT CONTACT INFORMATION

Website: ["http://www.nammt.co.uk/"](http://www.nammt.co.uk/)

For all membership information please contact:

Membership Secretary: Joe Lloyd ["mailto:joe_Lloyd@btinternet.com"](mailto:joe_Lloyd@btinternet.com)
77 Queenspark, Bolton BL1 4EA

A FURTHER ANNOUNCEMENT FROM CNHC

Great News for CNHC Registrants!

All GPs and Chief Nursing Offices were asked this week to recommend patients who are seeking complementary therapies to consult with practitioners who are registered with CNHC where it registers the professional discipline concerned.

This request was issued by the **Department of Health** in the **October 2010** "GP & Chief Nursing Officer Bulletin."

This is great news for all CNHC registered therapists and demonstrates the growing recognition of both CNHC and the various therapies.

Source: Chloe Arrowsmith, CNHC Office. www.cnhc.org.uk

BOOK REVIEWS

A rare coincidence; two recent publications both by former NIM students who have distilled their experiences into print and both books very informative and readable. They join a long and ever growing list of authors with NIM backgrounds and who have contributed so much to the sphere of Complementary & Alternative Medicine over the years.

Valerie Barber, who lives and works in Birmingham, has travelled a long way since her early years at the Northern Institute then in Blackpool. Ross Brittleton we have seen in more recent times when he presented a very enjoyable Thai Massage workshop for us at Bury about five years ago.

Both books reviewed below are available on-line from Amazon.co.uk

"Help Yourself Healthy - Natural Ways to Deal with Health Problems"

Valerie A Barber, 2010, ARP Publishing £9.99

Valerie Barber is a former NIM student (1983) and is an osteopath and a doctor of Cymatic & Bio Energetic Medicine and a qualified Cranio-Sacral Therapist. She lives in Birmingham.

In a clear, uncomplicated manner, she methodically goes through an alphabetical list of ailments, illnesses and conditions and presents a menu of natural treatments for each condition. There is a lot of advice about food and nutrition, exercise, breathing and relaxation, massage and manipulation and how to select to meet the needs of the individual. This book is very readable and should perhaps be kept on your reference shelf for easy access. Referral to the book may be for your own needs as well as to help your patients. There is a lot of useful advice to help practitioners treating patients with musculo-skeletal conditions.

Recommended for all practitioners & available from amazon.com

"The Art of Living"

Ross Brittleton 2010 Anchor Print Group £8.99

Twice in a month NIM received books published by former students: Ross Brittleton of Leicester being the second to review.

Ross draws upon a wealth of experience and offers a no-nonsense approach to self development which, incidentally, incorporates a number of approaches taught at the Northern Institute over the years especially in the areas of relaxation and visualisation, listening skills and communicating with others.

It is not a book to be attempted in one session; it's too deep for that. Rather it is a book to be read selectively and good advice would be not to move on until the current section has been fully absorbed and assimilated.

Follow Ross and the reader will gain a better understanding of her or himself and will find an easier road to develop one's personal and professional life and, ultimately, live a more satisfactory and happier life.

Recommended for all practitioners & available from amazon.com

BOOKS FOR SALE AT NIM

"Remedial Massage Therapy" by Eddie Caldwell £10 + £2 P&P

"Dance & Dancer's Injuries" by Chris Caldwell £10 + £2 P&P

"Halliday's Deep Lymphatics" by Grace Halliday £5 + £2 P&P

"How to Set Up a Successful Practice" E Caldwell £7.99 + £2

OUR THREE PROFESSORS

Not only are our regular tutors highly qualified and experienced but we noted that within the space of six weeks (mid-October to end of November 2010) we welcomed three distinguished guests of professorial rank to the Institute.

Professor Len Goldstone, Emeritus Professor in Health Professions Research at London University South Bank, is a regular visitor to present his on-going work on the History of Massage with emphasis on the last 150 years in the UK. His presentations are of great value to students just completing the Remedial Massage Diploma course and about to enter the profession. He places Massage in its historical context and relates it to other areas of medical practice, both mainstream and complementary.

Professor Graham Smith, University of Teesside, has contributed much to the education and training of advanced and manipulative practitioners for the last six or seven years and has established the Sports Therapy course at the Northern Institute. Graham is a very practical person and is able to marry theory and practice effortlessly.

Professor Laurie Hartman, Professor at the London School of Osteopathy, is probably the best known and most respected figure in the whole field of Osteopathy and Manual Medicine. He delivered a superb 2-day seminar for our Manipulative Therapy graduates in November.

(NOTE: Professors Goldstone and Hartman are also former NIM students who both completed the Remedial Massage course before progressing so well along their chosen paths).

IRELAND : CORK & LONDONDERRY

CORK

Students received their diplomas at a special awards evening at the Ambassador Hotel in Cork. The evening was a great success with over 80 people attending. A special Student of the Year award was given to **Stacey O'Sullivan**, Advanced Remedial Massage, for her outstanding work and contribution to the college.

A surprise award was also made to **Kieran Corcoran** on behalf of the Irish Institute for Physical Therapies in recognition of his work at the Institute and the recent achievement of his post graduate diploma in Animal Osteopathy from the London School of Osteopathy.

Registrations for the 2010-11 courses at Cork have been excellent especially those for the Remedial Massage Diploma course. The catchment area for students on the Cork courses has spread quite noticeably from Cork and the surrounding area to Waterford and Wexford, to Limerick, Tipperary and further north and west to Galway.

LONDONDERRY

The students at Derry are enjoying the extra space and comfort of the new premises and, again, we can report that registrations are increasing year on year. Students come from most areas of Northern Ireland with quite a few from Co. Donegal which is adjacent to Derry but just over the border dividing the two parts of Ireland.

Micky and Gina Kerr are busy with the school (Northern Ireland School of Massage) and the Bodywork Injury Clinic which now employs two extra therapists to cope with the patient list.

Former NIM Principal, **Eddie Caldwell**, presented a Sports Massage workshop in mid-November and, as ever, both Marie and Eddie were greatly impressed by the warmth of welcome and enthusiasm of the students.

CONTINUING PROFESSIONAL EDUCATION AT NIM

2011 already looms and indications are that it will be an interesting year at the Northern Institute.... Some of the CPD seminars and workshops for the coming year include the ones listed below.

NIM will endeavour to keep costs down but maintain quality as you can see from the levels of expertise represented by the visiting lecturers & tutors which include **Professors Laurie Hartman** and **Graham Smith** and osteopaths **Micky Kerr**, **Kieran Corcoran** and **Steve Crossley**.

Steve Crossley qualified at the Northern before progressing to osteopathy, hypnotherapy and personal training: an ideal combination with over 25 years of clinical experience at his south coast clinic.

Susan Yorke specialises in exercise and luxury treatments. She commands high fees from her patients and she will share some of her techniques and professional secrets: for example, "Fire & Ice" Massage is £90 per session in London and even in less fashionable parts of the country this therapy will rapidly earn back the workshop fee!

Colin Hayes introduced Kinesiology Taping to NIM in 2010 and this very enthusiastic and expert Chartered Physiotherapist is bringing an innovative and very effective approach to fascial dysfunction with his workshop "Dynamic Fascial Mobilisation Therapy."

The earliest dates envisaged for the next Advanced Remedial Massage, Manipulative Therapy and Sports Therapy courses is September 2011 and more information will be announced shortly.

NEW! TO THE NORTHERN INSTITUTE FOR 2011!

- ◆ **Dynamic Fascial Mobilisation Therapy** Colin Hayes
A revolutionary combination of therapy approaches
- ◆ **Introduction to Equine Therapy** Kieran Corcoran
A one-day workshop at NIM and on-site at stables
- ◆ **Thai Foot Massage** Susan York
First opportunity to try this at NIM
http://www.nim.co.uk/product/06.THAI_FOOT_MASSAGE_0088
- ◆ **"Fire & Ice" Massage** Susan York
A "luxury" treatment with which to treat your clients
http://www.nim.co.uk/product/04._FIRE_%26_ICE_MASSAGE_0089

- ◆ **Introduction to Canine Therapy** Kieran Corcoran
Two introductory one-day workshops
- ◆ **How to Eliminate Back Pain in 4 Easy Steps** Steve Crossley, Eastbourne-based osteopath: "The Back Mechanic"
http://www.nim.co.uk/product/05_HOW_TO_ELIMINATE_BACK_PAIN_IN_FOUR_EASY_STAGES_0093

PLUS...

- ◆ **Cranial Therapy Diploma Course** Kieran Corcoran
Details of 2011 seminar dates
- ◆ **Electrotherapy: Interferential & Laser** Nick Dinsdale
Part 2 of NIM's Electrotherapy course
- ◆ **Spinal Manipulation** Professor Laurie Hartman
A further opportunity to learn from this legendary figure
- ◆ **Neuro-Muscular Techniques** Micky Kerr
A workshop with the Master of his Craft
- ◆ **Therapeutic Ultrasound & Infra Red** Eddie Caldwell
An introduction to Electrotherapy
http://www.nim.co.uk/product/07_Therapeutic_Ultrasound_%26_Infrared_Heat_0097

EQUINE THERAPY

For years students have been asking for massage for horses and, at last NIM has managed to recruit **Kieran Corcoran** from Cork who has a post-graduate diploma in Equine Osteopathy from the London School of Osteopathy AND a nearby stables set in 24 acres of delightful countryside a few miles from NIM.

If you are interested in this workshop please contact Eddie Caldwell at NIM to register your interest without obligation. It will help greatly with our planning.

'FIRE & ICE MASSAGE'

Featured in the media in November, this form of massage is perhaps one of the most expensive treatments on offer. It is £89 for a single treatment at a top London clinic, the O Spa. **Susan Yorke** will teach the basics and the menu of techniques in a one-day workshop that will equip you to offer an exclusive luxury treatment to your clients - and get your attendance fee back in a couple of sessions with patients who will be amazed at your new skills.

THE BACK MECHANIC

Steve Crossley is a very successful osteopath in Eastbourne and known as the "Back Mechanic" to his clients. Steven has devised a clear, uncomplicated approach to dealing with back pain patients that he will share with you at his workshop: *How to Eliminate Back Pain in Four Easy Steps*.

THAI FOOT MASSAGE

It concentrates on the lower leg and foot and offers a new approach that combines our knowledge of Massage with Reflexology and Acupuncture points. An active and rewarding workshops that will give an added dimension, an added touch of expertise, to your treatments.