



The London Massage Company

Newsletter 02

Hello!

So here we are again. We hope you enjoyed the first newsletter? We had some really interesting questions come back to us so thanks to those that did and I hope you were happy with the answers?!

You may have noticed that there is a second attachment to this newsletter. It's thanks to the hard work of Angela Watson. Angela has happily agreed to share her project written for her sports massage diploma. The project explores 'Voluntary And Paid Massage Opportunities At Sporting Events.' It's a great read and one that we can all learn from. Thanks Angela.

This is the first in a series of projects written by graduating sports massage students that we've had permission to share with you.

We're writing a book!

Do you have any advice for newly qualified therapists or those currently training in therapy? We're currently writing a book of the experiences of existing therapists and would love to hear your thoughts and feelings about what it's like to be a therapist along with any advice you would give those just starting out.

If you would like to help out please request a copy of the short survey and give as much or as little information as you like! We

Welcome!

What's up?

//Got any tips or tricks?

//Voluntary massage VS paid - A project

//Ones to Watch

//The Welcome Collection

//Hall of Fab Things

//Other stuff

can also do the survey by telephone if you'd prefer.

No matter what your current position, part-time, full-time, working in a spa, working abroad, working from home, visiting clients, doing voluntary work or

being paid, or a mixture of all of these, we'd love to have your input. Between us we have a wealth of useful information and I'd love to share it with others.

jane@

thelondonmassagecompany.com

Ones to Watch: More For your CPDs

//FHT Annual Sports Conference, University of Birmingham Conference Park, 8th & 9th Sept 2007 - For further details visit www.fht.org.uk, events@fht.org.uk, Tel. 0870 4202022, Tatina Semprini went last year and said, "it was really good"

//Marie Curie Cancer Care are seeking qualified masseurs to volunteer their time to offer hand and foot massages to the participants of their Hydro Active 5k run, 16th Sept, Hyde Park, 11.30am to 2.30pm. Chairs, deodorant wipes and massage oils provided. Those wishing to get involved will need to provide copies of certificates. If you'd like to get involved please contact Jenna Durdle Tel: 020 7599 7340 or jenna.durdle@mariecurie.org.uk

//Third International Congress on Tennis Science and Technology, 10-12th Sept Roehampton, West London. Register your interest at, www.itftennis.com

//Ninth Annual Scientific Conference in Sport and Exercise Medicine, 7th Sept, London - www.smd.qmul.ac.uk/sportsmed Tel: 020 8223 8839 or email: z.hudson@qmul.ac.uk

//The 7th FA Fitness and Conditioning Conference, 23rd Sept, Holywell Park, Loughborough University, www.thefa.com - It's hidden in the 'Grassroots' section!!

//The new science of osteoarthritis, The Royal Society of Medicine, London, 24th Sept - www.rsm.ac.uk/academ

//Gerry Acres emailed us after having seen an advert for 'The Healthscan Technique'; A technique to assess patients with symptoms of: Digestive problems, Heart Conditions, Allergies, Thyroid and other hormone imbalances'. The course date has passed, but will run next year so keep an eye on them - www.nutrico.uk



After seeing an advertisement for three new galleries at The Wellcome Collection boasting “a 4ft jelly baby, live heart surgery and a nice cup of tea”, I had to check it out.

The Wellcome Collection is housed on Euston Road in London and was established by Henry Wellcome (b.1853) who collected over one million objects relating to medicine in all its forms. *Medicine Man* is a permanent gallery and houses around 500 of these items, arranged in interesting groups such as votive offerings (heads, shoulders, knees and toes), artificial limbs (prosthetic hands, arms and legs), end of life (skeletons, plague, funerals and a shrunken head), seeking help (cutting, cupping, pulling and listening).

With my eight-year old son I wandered through this quiet and darkened gallery marvelling at the masks, prints, paintings and strange objects from across the globe. Jake was intrigued by a bog mummy and wanted to know why it still had skin on and had not rotted away.

Even though I teach anatomy and am sometimes in the dissection rooms at Kings College, I wasn't sure how I felt about having human remains on display. There was something slightly disrespectful about it yet simultaneously compulsive viewing. And it was after all, just one item in a huge collection mostly of objects (not 'remains') including a fascinating and rather ancient model lower torso for

demonstrating childbirth. There were paintings of alchemists and doctors and pharmacists, some lethal looking surgical instruments, a very uncomfortable-looking chastity belt and a great acupuncture doll.

Next we visited *The Heart*, a new exhibition running until mid September which looks at our understanding of what a heart is and what it does. There were beautiful manuscripts of early anatomical drawings including Leonardo da Vinci's drawings of a bovine heart, information about blood circulation and heart transplantation and images taken from Egyptian history, Eastern medicine, the Aztecs and christianity all exploring symbolism relating to the heart. I particularly liked a pig heart found bricked up in the walls of a cottage and unrecognisable being stuck with pins to ward off evil spirits.

To accompany this exhibition there were a series of free events including: From the Heart, an hour-long creative dance workshop exploring heart rhythm, Live Surgery, a video link to Papworth Hospital where viewers could witness live open heart surgery, The Shape of The Heart, where a cardiologist, historian and artist each discuss the image of the heart, and A Modern Miracle? where a surgeon, transplant patient and psychologist were discussing the emotional impact of heart transplants. I loved the way that these talks were all free and explored not only the scientific aspect of the heart but also considered artistic

and emotional aspects of this organ.

Medicine Now is another permanent exhibition that reflects ideas about science and medicine. It has four sections: The Body, Genomes, Malaria and Obesity. The section on The Body explores how science has developed to help us see inside our bodies and examine their structure and function. Genomes looks at the study of DNA and there's a great video piecing together film footage from old black-and-white science documentaries with more modern films on this topic to give an overview of the subject. Watching this I particularly liked two men in suits with very posh voices stepping into a giant three-dimensional body cell!

The sections on Malaria and Obesity mixed art and science and there were sound chairs that you could sit on to listen to experts talking about the subjects in question. Jake found a special camera which takes a photograph of your eye that you can then enlarge in size and see your iris and cornea. This kept him quiet for a long time and he took lots of photos of both eyes and recruited many other visitors to take photos of their eyes and then encouraged them to blow these up as huge as possible. During that time I browsed the books available to read in *Medicine Now* and peeped over the shoulders of other adults to see what it was they had chosen to draw with the free paper and pencils. In this gallery there was a gastrointestinal camera the size of a baked bean.



Downstairs there's a lovely open-plan cafe with funky chairs and crockery which has wi-fi for those of you who need to stay wired. I toyed with the idea of leaving my credit card with Jake as he ate through an enormously delicious wedge of chocolate cake whilst I let rip in the bookstore. (If you love books on the history of medicine, anatomy, anatomical art or physiology take a friend who is instructed to read from a slip of paper which says "Do you really need this £60 book on the drawings of Leonardo da Vinci?" as you approach the till.) Jake asked me why I was fidgety when I returned and I said "there's some books I want to buy". His mouth and some of his cheeks were covered in chocolate and he helpfully suggested I "have some salad and a cup of tea" to make me feel better. I had some salad. It was great salad. In fact, there was a selection of great salads. And it pacified me a bit. But not as much as the smell of the inside cover of a £60 Anatomy book would have done. Sigh.

p.s. there *is* a giant jelly baby. Its purple, on the first floor and of no fixed gender.

Hall of Fab Things: We're loving.....

1) Mike Dooley's "Notes From the Universe" (www.TUT.com). Join the Adventurers Club for free and receive a daily e-mail with positive and often spookily relevant messages! Jane saw Mike recently in Manchester and he was totally inspiring. For those of you into using metaphysics to manifest, he's king. Though not everyone's cup of tea. Talking of tea.....

2) Today Was Fun. Their latest blend is called Love Love tea and although a rather acquired taste (containing liquorice and rose petals) it comes in a bubble gum pink box and contains individual love notes. Lightweight enough to post to a loved one...or someone you'd like to become a loved one!

3) Love it or hate it, it's sweeping the globe, *Facebook* (www.facebook.com) Yet another way to keep in touch, I know but, a great way to keep in touch if you haven't got the time to make that call or send that long email. Zoë's loving it because it's the perfect way to keep in touch with those friends she's had to leave behind now she's in Casablanca sorting out the Moroccan devision.

Other stuff

Before we sign off we thought we'd share something with you that Jason Bianchi sent us. It's the *Optimists Club Creed*, amended by *The Secret*. Thanks Jason!

'To be so strong that nothing can disturb my mind.

To talk Health, happiness and properisty to everyone I meet.

To make all my friemds feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as ethusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press onto the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature I meet.

To give so much time to improving myself that I have no time to criticise others.

To be too large for worry, too noble for anger and too strong for fear, and too happy to permit the presence of trouble.

To think well of myself and proclaim this fact to the world, not in loud words but in great deeds.

To live in the faith that the whole world is on my side, so long as I am true to the best that is in me.'

Keep those positive thoughts and remember that if you have something you want to share with your fellow therapists - a great book, something you've learnt or seen recently, then be in touch.

ask@

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Speak soon, Zoë & Jane

p.s. Don't forget to open up Angela's project!