

# The vital role of regional groups and the rebirth of the London Osteopathic Society

In a profession often characterised by independent practice, connection and community can be powerful antidotes to professional isolation. Across the UK, regional osteopathic societies have long served as vital lifelines—offering spaces to learn, share, and grow together. Now more than ever, as the profession responds to evolving workforce needs and a changing healthcare landscape, these groups are stepping into an even greater role in shaping the future of osteopathy.

## Strengthening the profession through regional groups

One of the core priorities of the Institute of Osteopathy's (iO) 2023–2028 Strategic Plan is workforce development, which encompasses improvements in education, professional identity, and collaborative practice. Central to this mission is the continued strengthening of regional societies across the UK. Regional groups are critical in supporting osteopaths by combating professional isolation, encouraging knowledge exchange, and providing a platform for Continuing Professional Development (CPD), social events, and peer support.

The iO recognises these groups as fundamental pillars in the osteopathic community. Coordinating the Regional Societies (RS) Leads group, a collective of representatives from all UK regional societies, has created a thriving space for knowledge sharing and networking. This group also plays a strategic role in shaping the work of the iO, ensuring grassroots voices help shape the profession's future. Among the many dynamic societies, including the centenary-celebrating Northern Counties Society of Osteopaths (NCSO), stands the newly reinvigorated London Osteopathic Society (LOS).



London Osteopathic Society

## A new chapter for the London Osteopathic Society

Established in 1998 and run for 25 years by Tony Longaretti and David Tatton, the London Osteopathic Society has long served as a central hub for the osteopathic community in the capital. It provided vital in-person CPD and networking opportunities, seamlessly transitioning to online platforms such as Zoom during the COVID-19 pandemic. In November 2023, a new chapter began with the appointment of Fabio Basile as Chairman, alongside a refreshed committee of practising osteopaths and osteopathy students. Since then, the team has worked diligently to modernise and restructure the society's operations. They have launched a new website, established a social media presence, streamlined communications via email and WhatsApp, and most notably, developed an all-in-one membership portal. "The most important structural innovation for the LOS was introducing a membership portal, where everyone can easily join us, manage their membership and payments, book events and download post-lecture presentations, all in one platform," says Fabio.



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## "Connect, learn, and thrive": The new LOS motto

At the heart of this rejuvenation is the society's new motto: "Connect, learn, and thrive."

- **Connect:** In a profession where practitioners often feel isolated, building meaningful connections is essential. The LOS actively fosters community through inclusion—notably by welcoming students into the society. "Two of our committee members are students, and we're committed to giving them the voice and space they deserve," explains Fabio. These relationships support mentorship, exchange of ideas, and a robust, intergenerational network.
- **Learn:** The LOS prioritises more than just clinical skills—it promotes staying current with the latest research and embracing innovative practices in patient care. Events and discussions are designed to challenge thinking and encourage open, constructive dialogue supporting all members' professional growth.
- **Thrive:** Thriving individually and as a profession means cultivating resilience and adaptability. The LOS embraces the power of community and collaboration, even amidst the challenges osteopaths face today. As Fabio puts it, "Unity is the foundation for progress and success."

## Looking ahead to a thriving future

2024 was a crucial year of transformation for the London Osteopathic Society. The committee has worked behind the scenes to test new systems, strengthen the society's foundations, and restart a calendar of events that resonates with members. The vision for 2025 is to establish a consistent and accessible offering: alternating between in-person and

Fabio (Far right) with colleagues at the iO's London Roadshow delivered in collaboration with the London Osteopathic Society

Zoom evening events, along with longer CPD sessions and gatherings featuring special guest speakers. Events are open to non-members at full price, osteopath members at a discounted rate, and student members either free or at a further reduced cost.

London has long been the beating heart of osteopathy, steeped in history and home to a vibrant community. Fabio says, "My aspiration is to witness LOS thrive and expand, contributing not only to our personal development but also to the flourishing future of osteopaths and osteopathy students."



If you would like to join the LOS and find out more visit [londonosteopathicsociety.org.uk](https://londonosteopathicsociety.org.uk)



If you are a part of or leading a regional society, osteopathic community or special interest group and want to be involved in the Regional Society Leads Group contact [comms@iOsteopathy.org](mailto:comms@iOsteopathy.org)



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Fabio is a central London osteopath, iO Councillor, and chair of the London Osteopathic Society. With a background in sport science and Olympic-level experience, he champions patient-centred care and the advancement of the profession.



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