



Annual General Meeting of Pelvic, Obstetric & Gynaecological Physiotherapy

CIO number 1181424

Friday 10 October 2025

Attendees

Lucia Berry, Jane Dixon, Biljana Kennaway, Michelle Lyons, Grainne Donnelly, Alex Stephenson, Sophie Tyrrell, Sally Reffold, Sarah Hill, Camilla Lawrence, Alex Lambert, Miti Rach, Dilan Aydemir, Celia Davey, Linda Mitchell, Orlaith Talby, Sheena Patel, Kirsty Docwra, Nadine Ranger, Jenny Gillespie, Samantha baker, Elizabeth Harrison, Donna Meers, Audrey Imber, Debora de Leon Morales, Bally Lidder, Sara Thornton Smith, Jo Dale, Catherine Radford, Rosamond Scott, Jennifer Stroud, Helena Costiff, Rebecca Hyman, Kate Cameron, Aranee Navaratnam, Amie manning, Claire Jennings, Catherine kemp, Charlotte Church, Ellie Newman, Camila Gouzalez, Victoria Hulman, Sioned Hancock, Gail Stephens, Helen Parriss, Lindsay Wheatley, Ellen Hellard, Emily Jenning, Ailsa Cairns, Heather Scott, Tamara Ranspot, Laura Patterson, Helen Wilson, Alison Middleton, Lindsey Wimhurst, Hannah Bennet, Stephanie Milne, Ruth Bradley, Catriona Fraser-Harris, Lynndsey Whitson, Colette Stewart, Carolyn Davie, Mary Macpherson, Heather Minors, Lucy Munro, Claire Church, Katie Webb, Jessica Kydd Coates, Aileen Thompson, Fiona Morris, Yvonne Kerr, Amy Ford, Emma baker, Alexandra Frankham, Clare Monaghan, Rachel Viva, Suzanne Vernazza, Anna Mennel, Kat Sellers, Myra Robson, Magdalena Wisniesen, Natalia Wenclarck, Sarah Tyler, Jennie Hughes, Ailsa Witherington, Chloe Stevens, Emily Elga, Lorna Brickman, Vicky Billis, Claire Brown, Georgina Dewar, Ashleigh Rutherford, Roseanna Grace Conway, Chrissie Edley, Serena Hampson, Clare Warwick, Felicity Nicholson, Josie Marshall, Kimberley Sindaws, Niamh Burn, Rebecca Aston, Katherine Barrington, Rachel Luik, Helen Forth, Fiona Leonard, Yani Cuthbert, Lisa head, Ashley Biting, Kirsten Fergus, Lynsey graham, Angela Parkinson, Catriona Monkhouse, Elizabeth Brown, Emma Laurence, Rani Sharma, Rachel Butcher, Christien Bird, Abigail Tobin, Milka Zhelyazkova, Sandra Watts, Emily Taylor, Amanda Savage, Jo Fordyce, Rachel Smart, Bill Taylor

Apologies

Apologies were received from:

Shirley Bustard
Patricia Evans
Ruth Hawkes

Minutes 2024

Minutes accepted from 2024 with no amendments required, dated and signed by Chair, Kate Lough (available on the [AGM webpage](#)).

Treasurer's report

Treasurers report presented by Kiransha Velingkar (available on the [AGM webpage](#)).

Awards announcements

Dame Josephine Barnes winners 2025:

- Katie Bromley
- Tamara Ranspot
- Faye Cunningham
- Laura Jeu Louis

Ruth Hawkes Early Career Award winners:

- Rachel Walsh
- Charlotte Tame

Ann Bird Award:

- Sally Sheppard

Research Grants Award Winners

- Selina Johnson
- Dilan Aydemir
- Lucia Berry

Chair's report

Presented by Kate Lough (available on the [AGM webpage](#))

Board changes Trustee Board Report for the AGM 2025

The Board of Trustees has had a settled year with no significant changes ensuring that Trustees' roles, leadership, and supporting structures remain aligned with the aims and strategy of POGP. A requirement of the Charity Commission is that one third of Trustees step off the Board in rotation according to length of terms served. This report explains how POGP is adhering to this for the 2025 AGM.

Board leadership

- Kate Lough has completed her extended term as Chair and will step down from that role. She is also due to step down from the Board by rotation. She is happy to be re-elected to the Board as a Trustee.

Additional Trustee roles

The Board of Trustees includes three additional designated roles: Vice Chair, Secretary, and Treasurer. These Trustees are part of the team that drive the strategic plan of the organisation.

- Vice Chair:
 - Lucia Berry has completed one year of her term as a Trustee, and is currently the Vice Chair
- Secretary:
 - Helen Shepherd is stepping down from this role at the AGM after completing her term of office. She is happy to be re-elected to the Board as a Trustee
- Treasurer:
 - Kiransha Velingkar will continue into her second year as Treasurer

Trustees in other roles

Several Trustees serve as Chairs of committees with specific outputs for member benefit in line with POGP's strategic objectives:

- National Conference Organising Committee Chair:
 - Debbie Plowman, who has completed her term and is standing down, is happy to be re-elected to the Board and will take on the role of Secretary if re-elected as a Trustee
- Journal Editor:
 - Grainne Donnelly remains in post for one further year, to complete her four-year term of office with Rosie Harper appointed as Deputy Journal Editor (non-trustee capacity)

- Education:
 - o Jane Dixon will step away from her committee chair role but will continue to serve the remainder of her term of office as a Trustee. Following Board discussion, the Education and Training Committee will be renamed to become the Professional Development Committee
 - o Debbie Dillon has applied to chair this committee and, following the AGM, will transition into this role.
- Area Representative Coordinator:
 - o Alex Stephenson continues in this role
- Research Officer:
 - o Gillian Campbell will continue for one more year in this role

Other trustees

The Board also includes Trustees without designated responsibility who provide essential input to the Board process.

- Sally Reffold continues as a Trustee while also fulfilling a key role in the Communications Team and as Website Officer
- Bill Taylor continues as a Trustee with a term running until 2027
- Debbie Dillon continues as a Trustee

Resignations

Danielle Alebon resigned from the Board of Trustees in June 2025.

Votes

Helen Shepherd, Kate Lough and Debbie Plowman were voted by a unanimous show of hands to be re-elected to the board.

Questions to the board

There were no questions for the board of trustees.

Date of next meeting

Next AGM date to be decided in January 2026.

Meeting Closed at 1pm 8th October 2025

The current board members are:

Chair - Lucia Berry

Vice Chair – Kate Lough

Honorary Secretary – Debbie Plowman

Honorary Treasurer – Kiransha Velingkar

Editor in Chief – Grainne Donnelly

Education and Training Committee Chair – Debbie Dillon

Research Officer – Gillian Campbell

Area Representative Coordinator – Alexandra Stephenson

National Conference Committee chair – Vacant

Public Relations Officer – Vacant

Ordinary Trustee – Helen Shepherd

Ordinary Trustee – William Taylor

Ordinary Trustee – Sally Refold