

## Editorial

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This is our last editorial because our 3-year tenure at the helm of the *Journal* is now coming to an end. We would like to thank everybody on the Journal Subcommittee for making our work as co-editors so much easier. The team behind *JACPWH* are fantastic, and they ensure that you, the membership, have a publication to be proud of every spring and autumn. Producing the *Journal* has been challenging, exciting, nerve-racking and hard work, but very worthwhile overall. We have learned lots of new skills and are happy to say that our friendship has survived! It has been educational and has allowed us to see the work undertaken by the Executive Committee at first hand. They work incredibly hard for the membership and are always looking for new blood, so if you feel that you could help in some way, we would encourage you to approach them and offer your services. It can be very challenging in these times of austerity to find the time and energy to help outside your work and personal life, but if ACPWH members are not willing and able to help, the organization will ultimately disappear.

Do you ever wonder how Association business can apparently take so many hours of work, what the myriad volunteers actually do and why they do it? Please find some of the answers by reading our new feature, "Focus on the ACPWH committees" (pp. 27–30). This issue we look at the Journal Subcommittee, and all nine members were asked about their roles and how much time the work involves. We hope that this may stimulate some interest in joining the group so that your voices can be heard and you can make a difference.

We were delighted to receive an app review from student physiotherapist Kerry Taylor (p. 44). We would never have thought about requesting or looking for this educational tool, but now that we have been made aware of its availability, we can appreciate that it may well appeal to new mothers and women who are

rarely separated from their phone. Our other review (pp. 41–44) is also well worth reading because it gives readers an overview of a recent product that some of our patients may be buying or having prescribed by their general practitioners. Our thanks go to Gill Brook for spending a Bank Holiday weekend investigating the product.

This is an exciting year for the UK since the Jubilee celebrations and the Olympic Games are putting us in the international spotlight for several weeks. Exercise will be at the forefront of everyone's mind, especially with the London 2012 Paralympics emphasizing sport for all, but do we do enough as physiotherapists to encourage people to exercise? In 1920, four broad "pillars" were granted to our profession by Royal Charter, one of which is exercise and movement (the others are massage, electrotherapy and related methods of treatment). Please think about how you can make a difference by perhaps offering classes to hospital staff at lunchtime, hiring space in the evening or approaching your local leisure centre to become one of their class instructors. If we don't use our skills, then we will lose them because there are plenty of personal trainers who attend short courses, and then have the drive and enthusiasm to motivate the general public to exercise. Can they teach pelvic floor muscle exercises in a group situation better than you can?

Our Annual Conference will be held in London to mark the Olympic year. The programme looks great, so we hope that the next edition of the *Journal* will include lots of material from Conference that will broaden your knowledge or refresh the memories of those of you lucky enough to attend.

We will now pass our roles over to new editors Amanda Savage and Wendy Rarity, and we wish them all the very best in this exciting new venture for them.

**Kathleen Vits & Linda Boston**

**Cover image:** The Crown Moran Hotel, Cricklewood, London, UK: the venue for this year's ACPWH Conference on 21–22 September 2012.

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**Copy deadline**

Copy (including disks) for the Spring and Autumn 2013 editions of the *Journal* (Nos 112 and 113) must be submitted to the editors by **6 September 2012** and **12 March 2013**, respectively. Please note that academic and clinical articles must be received well before the deadline since time must be allowed so that these can be peer reviewed. Manuscripts should be printed on one side of A4 paper, **double-spaced** with a wide margin, and adhere to the author's guidelines found on pp. 46–48 and on the ACPWH website (<http://acpwh.csp.org.uk/>). Articles for consideration should be sent to Ms Wendy Rarity, Physiotherapy Department, Cowal Community Hospital, Sandbank Road, Dunoon, Argyll PA23 7RL, UK.