

Editorial

I find it hard to believe that I'm entering the final year of my term as editor. Once again, I've been on a roller-coaster of emotions, and I'm sure that this will resonate throughout the membership. We've all had to adapt to constant changes while negotiating this pandemic.

Despite the increased demands on everyone who works to produce the journal, we're proud of this edition. There are exciting contributions from all three POGP physiotherapists who presented on the well-received PositivePause "Menopause Management for Physiotherapists" online course in autumn 2020 (see pp.7–39). We're also delighted to publish an extensive interview with Jackie Lynch, the nutritional therapist who contributed to this course. She provides an insight into the range of dietary options that can improve the lives of all women, and those who are menopausal in particular (see pp.66–74). We believe that these articles will provide excellent resources both for those who attended the course and those who weren't able alike.

It is with mixed emotions that we must report that this is a time of change and renewal at the Journal Subcommittee (JSC) as we say goodbye to several of our members.

Elizabeth Benson has worked on the JSC for 8 years as our regional representative liaison. During that time, Liz collated and edited the regional reports for publication. With the advent of the new website and our existing Facebook page, she sees this as the right time to step aside as information and reports from the regions evolve to embrace the new formats.

Alison Clarke, our research reviews editor, has also worked on the JSC for many years, supporting the team throughout several changes of editors. She worked tirelessly to produce the research reviews even when she had to do this on her own.

Online content editor Angela Kearns joined us in October 2018. Just prior to leaving us this year, she proposed that a research resource page should be added to the website. Look out for more about this exciting development soon.

Finally, we say goodbye to Natasha Chesler, editor of our "Notes and news" section, who had barely started before the pandemic hit the UK,

making combining editing and clinical work almost impossible.

Our very best wishes go to all those leaving the JSC. They have our thanks for all their hard work and support, and will be missed.

Although we're sad to see team members step down, we're delighted to welcome new recruits Anna Crowle and Gráinne Donnelly to the team as research reviews co-editors. They joined the JSC with a bang, and have already recruited a new and expanded group of reviewers. They're in the process of developing the new research resource page for the website (see p.76), which we hope to launch very soon. Watch this space!

Members will have already seen recruitment adverts for a new journal editor on the website and in the newsletter. Every 4 years, the clinical editor steps aside to welcome a new chair of the JSC. This is essential for the ongoing development of our journal because it brings new ideas and aspirations, and heralds more exciting developments for the future. We aim to recruit very soon so that the new editor can work alongside me for my final year for a smooth and easy transition.

When I first joined POGP, which was then known as the Association of Chartered Physiotherapists in Women's Health, I was overwhelmed by the kind and supportive community that welcomed me, and I hope that new members still feel this way. We've all been tested in recent times, and had to maintain empathy and provide support for those around us while working at the upper limits of our capabilities. On a personal note, the need to consider how hard other people's lives can be was highlighted by the experiences of two friends. A devastating stroke in autumn 2020 saw one friend's life change abruptly from that of a full-time sportswoman and coach to being a carer for her previously athletic husband. The other saw his career as an ultra-distance athlete paused by the need to recover from multiple fractures and a head injury.

None of us know what might be just around the corner, or indeed, what other colleagues are dealing with in their personal lives. It's important that we stand back and draw a breath before speaking about or judging one another, especially in this age of instant comments and reactions.

However, I know that compassion and empathy still shine brightly in POGP, and we can rely on our colleagues for support and friendship.

Gillian Campbell
Editor

Copy deadlines

Copy for the Spring and Autumn 2022 editions of the journal (Nos 130 and 131) must be submitted to the editor by **15 October 2021** and **22 April 2022**, 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 presented double-spaced with a wide margin, and adhere to the author's guidelines found on the POGP website (https://thepogp.co.uk/journals/authors_guidelines/guidelines.aspx), which can be accessed using the QR code on the right. Articles for consideration should be sent to Dr Gillian Campbell, Ashbourne Physiotherapy and Sports Injuries Centre, 1 Spire House, Waterside Business Park, Ashbourne DE6 1DG, UK.

