

Editorial

It seems like the blink of an eye since I sat down to write the Autumn 2021 editorial, and just like that, another edition is ready to be launched! However, so much has happened during that time, as you will have read in the December 2021 POGP e-newsletter.

It is so important to thank those who have put in many hours for POGP, and with help from our chair, Kate Lough, I am delighted to have the opportunity to acknowledge those who have stepped down from key roles within the organization. They have made a huge difference in their time and will be much missed.

At the Annual General Meeting in October 2021, we said a resounding “thank you” to the following office-holders.

Katie Mann, our recent vice-chair and previous chair, took well-deserved retirement from the Board of Trustees after volunteering for 15 years. She has led our organization with skill, humour, empathy and support for all those around her.

Ruth Hawkes has also stepped down from her role as a trustee after an amazing 30 years, including two terms as chair and four as vice-chair. She was the founder of the area representative network, and of the Margie Polden Bursary, which provides our keynote speaker at Conference and funds a student to attend the event. She has chaired the POGP Education Subcommittee (ESC) with distinction throughout many projects, including founding the popular short course programme. There is little within our organization that has not got the initials “R.H.” stamped on it, and POGP would not have become what it is today without her. Although stepping back from the Board, Ruth continues to support it from within the ESC, for which we are particularly grateful.

Alex Frankham and Rachel Viva have also stood down from their respective roles as honorary secretary and area representative coordinator, but happily remain on our tutor team. Both are involved in the men’s health short course, and working on the new musculoskeletal course that will be launched this year.

Within the short course team, two of POGP’s longest-serving tutors are moving on to pastures new. We want to say a big “thank you” to Julia Herbert and Teresa Cook who, between them, have been tutors across almost all of the short

courses, and have played a key role in providing the surest of starts to so many pelvic health physiotherapists. For many years, both have taught on the female urinary dysfunction and lower bowel dysfunction courses, and have contributed to the development and launch of many others. They will be much missed from the short course programme. We are delighted that they will continue to help POGP with areas of policy and future projects by contributing their wisdom and experience. We also say goodbye to Teresa Costello from the tutor team for the “Advancing Your Practice” course on managing complex female pelvic pain and pelvic floor muscle dysfunction. Happily, Teresa will also help with future course development from Ireland.

Within the journal team, we say goodbye to Bianca Broadbent, who took on the role of social media officer for us 3 years ago after our Twitter feed had spent some time in hibernation. Bianca has put @JPOGP firmly back on the map, encouraging contributions from authors over the world. We thank her and wish her luck in the world of performance cycling.

Luckily, this is a time to say hello as well as goodbye, and the board is pleased to introduce you to Jane Dixon and Elspeth Rai, who have hit the ground running with their contributions and guidance. The journal would also like to welcome Sarah Papagiorcopulo, our new news editor, who publishes her first interview with Rosalyn Cooke, the pelvic health physiotherapist at the Tokyo Olympics (pp. 75–78).

Autumn 2021 saw POGP’s first ever online conference, and the packed programme had a record number of attendees. Thanks to Debbie Plowman and her team for making this happen and running it so smoothly. For those who attended Conference and those who wish they had alike, we are pleased to bring you articles from a number of our presenters (pp. 9–30). I am sure you that will agree that these make fascinating reading.

This is indeed an exciting time to be a part of POGP with a membership of over 1000 and multiple potential partners asking to collaborate with us. Now more than ever before we need our members to step up and participate in the process. There are vacancies on the Board of Trustees and within many of the subcommittees

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(see the website for details), not least, I must add, the role of journal editor. I have loved my time in this role: it has given back so much to me, from exciting challenges to new friends and colleagues. However, it is important that new ideas and plans from others ensure the continued

progression and growth of our journal. If you want to know more, turn to the advert on page 83. Alternatively, just get in touch and have a chat. We look forward to hearing from you all!

Gillian Campbell & Kate Lough
Editor and Vice-Chair, and Chair

Copy deadlines

Copy for the Autumn 2022 and Spring 2023 editions of the journal (Nos 131 and 132) must be submitted to the editor by **22 April 2022** and **15 October 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.

