



Annual General Meeting of Pelvic, Obstetric & Gynaecological Physiotherapy

CIO number 1181424

Friday 4th November 2022

Virtual meeting on Zoom

- 1 Attendees: 576 plus board members (8)
Apologies: Secretary, Elspeth Rai.
Chair Kate Lough (KL), Vice-chair, Chair of the JSC Gillian Campbell (GC), Area Rep Chair Helen Shepherd (HS) (standing in as secretary), Treasurer Miti Rach (MR), ESC Chair Jane Dixon (JD), Research Officer Shirley Bustard (SB), NCOC Chair Debbie Plowman (DP), CSC Chair Lucia Berry (LB)
- 2 Minutes of AGM 2021:
The Minutes of the 2021 AGM proposed by KL seconded by Camilla Lawrence.
Approved by a majority vote.
Accepted as a true reflection and signed by the Chair.
- 3 Adoption of Annual Report: (attached)
The motion to adopt the report was proposed by HS and seconded by Angela Leung-Wright.
Adopted by a majority vote.
- 4 Treasurer's Report:
Miti Rach gave the annual treasurer report. (attached)
The motion to adopt the report was proposed by the Chair.
Seconded by Debbie Dillon.
Adopted by a majority vote.
- 5 Appointment of a financially qualified person:
The firm of Shaw Gibbs was proposed to remain the accountant for this year.
This was proposed by Miti Raich (treasurer)
Seconded by Sandra Whittle.
Adopted by a majority vote.

- 6 Annual membership fee:
POGP proposed that the membership fees remain the same at the subscription rate of £67.60 for the year 2022/2023. This proposal was unanimously accepted by the membership.

- 7 Proposal of changes to membership categories:
KL (Chair) to provide some context to membership changes. (see attached)
As a charitable organisation we are required to look at how we set our membership categories. Comments that have arisen have been regarding the restrictions to previous categories.
POGP were originally a professional network of the CSP our members were originally required to be CSP members. This is no longer the case and now some who are pelvic health physiotherapists are not members of the CSP. Wording has been modified to reflect this such that our membership categories may include those who are not CSP members if they are HCPC registered and have an appropriate physiotherapy degree.
International members must hold an appropriate physiotherapy degree and members of an organisation that is recognised by World Physiotherapy.
Changes to wording regarding membership categories proposed by KL, seconded by GC.
Majority vote in favour.

- 8 The Chair's report:
Kate Lough gave the address presenting her published and circulated report. The report was proposed by KL and seconded by HS.
Adopted by a majority vote.

- 9 Election to the Board of Trustees:
Retiring: Elspeth Rai (Secretary)
 Shirley Bustard (Research Officer)
 Gillian Campbell (Chair JSC)
Grainne Donnelly proposed as Chair of the JSC by GC seconded by SB.
Unanimous vote onto the board of Trustees.

- 10 New Trans Leaflets to be launched: (MR) This booklet has been written and developed with and by trans/non-binary people alongside members of Pelvic Obstetric and Gynaecological Physiotherapy (POGP) a recognised professional network of Chartered Society of Physiotherapy (CSP). They have been endorsed by CSP LGBTQIA+ and will launch via the website soon.

- 11 Questions:
 - i. Sent to the board prior to the AGM (Gail Stephens): Journal printing

Request to consider continued printing and distribution of journal for a number of reasons: waste of paper, carbon, energy and money by continuing with publishing a print copy of the journal

Request to be able to opt out of receiving a hard copy version.

Reply from GC outgoing chair JSC:

This is an agenda item that has been discussed within both the JSC and also the board of trustees over the last 3 years and will continue to remain on the agenda. At this stage there are several reasons why we have not opted to become an e-journal at this time.

Finance: there are many costs incurred in publishing a professional peer reviewed journal that do not involve production and distribution of a hard copy. These costs would continue. Currently our revenue as a result of publishing paper copies is high and for the year 2022 was £6545 which is very much higher than the cost of printing and distribution. If we only produced an electronic version, then there would be no scope for advertising with our current restrictions. The cost to the members would be very much increased.

Member preference: while some members would prefer an e-journal, many would not and have expressed this preference to us. Currently there is no option for members to just tick a box on the website to opt out, this can and will be discussed again going forward, however those that would prefer not to receive a printed version can email info@pogp.com and request to be removed from the mailing list.

Carbon footprint: We have reduced the plastic issue by opting for initially compostable packaging and more recently paper but appreciate that there is a larger debate around energy and the use of resources. Our current printers, Lings have adopted low environmental impact strategies in order to minimise the environmental effects. This can be seen in the article published in the Spring 2021 edition, by Andrew Wilson, managing editor.

Going forward: It is planned to revisit this issue both as an agenda item and also with a more detailed analysis within the Spring or Autumn 2023 editions.

https://thepogp.co.uk/userfiles/pages/files/journals/128/16_notes_and_news.pdf (pages 107 and 108)

<https://www-elsevier-com.nottingham.idm.oclc.org/connect/4-things-to-weigh-before-moving-a-journal-from-print-to-online-only>

ii. From the Floor:

Will there be a review of free places in return for hosting POGP courses or is this set to remain as 1 place for 2023? (Sarah Wolujewicz)

Answer from KL, Chair – there are no immediate plans to change this arrangement. The introduction of supersites for the delivery of courses will include a review of this process

On the paper issue would you be able to reverse the print on the booklets as when you print them a huge amount of printer ink is used (Victoria Farquhar)

Further comments from the floor regarding the booklets:

on the booklet issue - there is full page colour with white print - so nearly all of the page is using print ink (Louise Harry)

Leaflets issue. Inside front and back covers is in block colour and prints in Black which uses a lot of ink. Also, I enjoy making notes for patients so a blank page would be better. (Denise Woodcock)

if you print off a copy of the booklet for a patient from a photocopier a large amount of printer ink - be it black or coloured is used just to just to fill in the background of the front and back pages. (Victoria Farquhar)

Answer JD: This is not proposed at this time due to copyright issues but will be discussed going forward.

With the changes in CSP membership for POGP membership, will that change the need to be a CSP member to apply for research grants from the POGP? You may address this later today, as I can see it is timetabled. (Collette Pollard)

Answer KL: All members of POGP will be able to apply for the proposed research grants.

in light that POGP incorporates bowel and male health - should the name 'POGP' be revised, e.g. to Association of Pelvic Health Physiotherapists (APHP)? Leigh Woodward

Answer KL: We have recently changed the name to incorporate all aspects of pelvic health with POGP. It is not proposed to change again in the near future. This has been debated extensively over the last 10 years.

Reply from the floor to the question from Gail Stephens regarding becoming an E-Journal:

We would need to vote on this if it was proposed as an E journal only.

Historically there are retired members out in rural areas with no Wi-Fi I know they would lose out if it's all E. Just one view. Angela

Reply from Grainne Donnelly (New Editor): I can confirm this will be a key ongoing agenda item

Could we have a male pelvic radiotherapy booklet please?? (Kelly Shaw)

Thank you for this question. It will be forwarded to the Education subcommittee for consideration.

Can those not working in implementer sites be kept in the loop with project updates / successes / lessons learned etc somehow? Or will there be updates via POGP? (and I know many projects are still in the early stages.) Thanks (Sarah Wolujewicz)

Reply from the floor: Sarah W- There's a 4th trimester webinar this Sunday that provides an update from 2 pilot sites if that helps. 5pm (Jenny Shepherd)

The trans booklets are great, I don't have any experience really in trans pelvic health. So, any information / learning resources are fab! (Sarah Tompkin)

Are you producing a booklet on DRAM? (Isabella D'almeida)

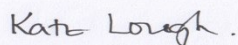
I'd also like Pilates for men - somehow. Thanks (Denise Woodcock)
Can you please look into Updating Fit following surgery? Advice on 3-4 week return to sexual activity is not realistic. Patients have mentioned that many times. 6 week is more realistic (Teodora Aysakova)

There were no further questions asked of the Trustees or Chair.

12 The next AGM will be held within the 2023 conference in York, planned for 3rd and 4th November 2023.

13 The meeting was concluded.

Summary minutes compiled 5th November 2022.



Kate Lough

Chair POGP

Signed as a true record – to be verified at the AGM November 2023