

Dear BSPOGA Member,

Let me first wish you and your family [A Happy, Prosperous and Healthy 2010](#).

My second year as Chairman of BSPOGA has retained its challenges and been as full as the first year. There was mention of some of these activities in my summer report, which was sent to you, and some have been recorded in the minutes of last year's Annual General Meeting (AGM) last year.

We had the medical, midwifery and psychology student Annual Essay competition on a Psychosomatic topic, advertised in the spring. There was a good response from medical students (more entries than previous years), indicating the increasing interest in psychosomatics promoted by our society with your help. The panel awarded a prize to one of the medical students, as entries from other students did not meet the criteria for a prize.

The Annual Scientific Conference and the AGM were held on the 15th September at the IDR Building, Hammersmith Hospital. This was held in collaboration with the UK & Eire Marcé Society and was harmonised with their annual research meeting hosted by Professor Vivette Glover. It was a success, with many current topics related to Perinatal Mental Health being discussed in a lively fashion. However, the registration fee for this relatively low-key meeting was minimal and covered basic expenses only, so there were fewer opportunities for publicity and no scope for a profit like in the previous year.

Other than the usual two Executive Committee Meetings (ExCo), an extra-ordinary ExCo meeting was added on to deal with the organisation of the World Congress. As you may recall, BSPOGA is hosting this congress, titled '1st World Congress of Obstetrics, Gynaecology & Andrology', in March 2011, along with a meeting of the ExCo of the International Society of Psychosomatic Obstetrics & Gynaecology.

Farewells were given to officers leaving and new officers were welcomed. Jayne Cockburn finished her term as Honorary Treasurer and Mollie Graneek graciously accepted our invitation to officiate in this post. The Secretary General, Sandy Goldbeck-Wood, had to leave because of other commitments and she was replaced by Clare Willocks who was glad to fill this vacancy. New members have been added to the ExCo to replace those who were overwhelmed with other commitments, making it impossible for them to fulfil their role as ExCo members. I felt honoured to be asked to continue as Chairman but accepted with some reluctance, as it is a full-time commitment, with additional time constraints being imposed when plans do not proceed smoothly due to unprecedented events.

You will be glad to know that we had a successful representation at the RCOG's Careers Fair with delegates showing interest from the start until closing time. Nick Morris, Julia Dodd, Vera Dixit-Chandra and I, were on hand at the BSPOGA stand. Amongst the many students and trainees who visited our stand, a few expressed their interest in applying for BSPOGA membership.

The plans for the World Congress in London in March 2011 are proceeding with great gusto. At the first ExCo meeting in March, we decided to officially confirm the conference organizer for this World Congress. After Congrex had been selected, I assessed six sites along with Congrex members and we decided upon the Queen Elizabeth II Conference Centre as the venue. This venue was booked and a Scientific Committee and Local Organizing Committee for the Congress were formed following discussions at the extra-ordinary ExCo meeting in June. The Royal College of Obstetricians & Gynaecologists and The Royal College of Psychiatrists, along with the Royal Society of Medicine and ISPOG will contribute to the scientific content of the Congress and help with publicity. A save-the-date card was printed prior to my visit to

speak at the FIGO Congress in Cape Town, where it was publicized at the RCOG stall and distributed. It was also distributed at the RCOG's International Scientific Conference at Abu Dhabi in December 2009 and I hope that you will be able to publicize this further in 2010. Abstracts will be invited from July 2010 onwards, so please look at our website for further updates in the coming months. We hope that you will participate in the scientific events and that you and your friends/family will be able to enjoy our selection of social events.

The ExCo discussed an increase in membership fees, which had not been increased for many years, to help subsidise our academic activities whilst maintaining the pattern of different rates for medics and non-medics, and this has been detailed in the minutes of the AGM. Distributing free copies of the Journal of Psychosomatic Obstetrics and Gynaecology to all members was considered financially untenable and it was decided to revert to the previous arrangement, as our longer standing members may remember, of offering greatly subsidized copies of the journal to those members who request this. In keeping with our goal of encouraging and promoting the psychosomatic approach, we will continue to offer our new members, including those who joined this year, one year's free subscription. Of course, all members will continue to receive our other benefits, including reduced rates at BSPOGA conferences throughout the year.

There is continuing dialogue with the RCOG regarding further training in Psychosomatic Obstetrics and Gynaecology. I promoted BSPOGA at the national and international events that I attended, and my review titled 'Psychosomatic approaches to Obstetrics, Gynaecology and Andrology' was published in the Journal of Obstetrics and Gynaecology last year. I hope that you too have had the chance to speak to others about the importance of psychosomatics in the management of patients. We will be announcing the date for the Annual Scientific Meeting and AGM later this year and would be grateful if you would let us know of your intention to attend as soon as possible following the announcement.

Thanks are due to Nigel Westwood, for keeping our website in order, and Hazel Jones, who is continuing with her multifarious administrative duties, including keeping membership records.

If you would like to take a more active part in our activities, including the World Congress, please do not hesitate to let me know and we will try to tailor a suitable role for you. Also, please let me know if you have any suggestions to promote our aims or if you have any concerns, including the increase in membership fees. I promise to deal personally with any problems and will discuss with officers as required. Thank you again for your continued support promoting BSPOGA's interests and activities; we hope that you will kindly continue to do so in 2010.

Mira Lal

Dr Mira Lal, MD, DGO, FRCOG

Chair

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