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The *Journal of Family Planning and Reproductive Health Care* is a peer-reviewed journal that aims to improve reproductive and sexual health nationally and internationally by disseminating highest quality research and information that is relevant to clinical care, service delivery, training and education in the field of contraception and reproductive/sexual health.

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FROM THE EDITOR

I am writing this on a cold clear frosty March morning – beautiful. St Valentine's day has passed, along with the efforts to run another 'Contraceptive Awareness Week'. Everyday activities continue against a backdrop of impending war. I have no crystal ball to tell me what will be uppermost in your minds when you read this issue. I suspect everyday activities will be continuing and we will be living our lives and sharing our small space on this planet with our families, friends, colleagues and patients/clients. We will have our own life crises past, present and future to occupy us and we will have our hopes and aspirations for a better future on both the small and grand scale.

We are rescuers, members of a caring profession. We are about making people's lives better. We want to help individuals achieve their future plans by not slipping up on the banana skin of the downside of expressing their sexuality. We know nothing is perfect but we do our best with our imperfect knowledge and our 'nothing is 100%

effective or side effect-free' methods of contraception. We understand that doing the responsible thing is not always possible - we've been less than perfect users too. We are sexual human beings, part of the problem and the solution. We are part of humanity in the business of survival of the human species.

So hopefully you are reading this issue and not casting it aside to be voyeurs of war. Hopefully it is Springtime, bringing fresh hope and renewal. Hopefully this issue brings new ventures to improve our craft. The Clinical Effectiveness Unit begins a new era with new guidelines on emergency contraception and information about their member's enquiry service. We also begin a new series on evidence-based medicine. So let's hear it for new beginnings.

Fran Reader, FRCOG, MFFP

Editor-in-Chief, Journal of Family Planning and Reproductive Health Care