



# AFMS NEWS

Autumn 2021

AFMS  
www.anglofrenchmedical.com

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**Welcome to the Autumn edition of our newsletter and a message from our president:**



Covid 19 continues to impact on all of us, both at home and at work. It would have devastated any meeting in Manchester during September, and precluded any attendance by our French colleagues. Looking back, we clearly made the correct decision not to proceed with that event. The position is looking brighter for 2022, and the Chamonix meeting will be going ahead as usual. There is a booking form in this Newsletter. Let me or Tony know if you would be interested in presenting a paper there. Zara Bieler has got advanced plans for the Medical French weekend in Lille, which will be held over the second weekend in April. Details are also enclosed. Then we can look forwards to all meeting again in person in Strasbourg in September.

I hope some of you managed to get away for a "Staycation" this Summer. I was delighted to visit the Scilly Isles for the first time ever. The weather was fabulous as shown in the photo, and a sizeable proportion of the locals shared the surname "Mumford" with me, which came as a bit of a surprise.

The administrative work of the Society has continued behind the scenes during Covid, and I would like to express my thanks to Tony Ridge, who continues to handle all our paperwork with masterful efficiency. Izhar has kept all the accounts running smoothly, and James McDonald has provided slick IT skills in facilitating our various on-line meetings. Huge thanks from me to all of them.

I'll look forwards to seeing some of you in Chamonix in late January, and many more of you, I hope, in the East of France next September.

**Dr Colin Mumford**

## Mailing List

We are updating our mailing list and need up to date emails for all members. Please send your current email to

[info@anglofrenchmedical.com](mailto:info@anglofrenchmedical.com)

## AFMS Instagram

Please visit us at Instagram

<https://www.instagram.com/anglofrenchmedicalsociety>

## In This Issue

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Did you know?

## Meeting and Events

### • January 2022

Winter Scientific meeting Chamonix 27th to 30th January 2022.

### • September 2022

Scientific Conference. Strasbourg, France. 28th September to 1st of October 2022. (Date to be Confirmed.)

## AFMS NEWS

We are pleased to announce that the face to face AFMS Medical French Weekend Course in Lille is back on for 8-10 April 2022. All details on the website and a booking form is included with this newsletter.

A huge thanks to James Mc Donald and Clara Farque for taking the course online during 2021. The online course was sold out and has created a buzz so early booking advised for the face to face course. Early bird discount of £30 for any doctors booking prior to 31 January 2022.

“Venez nous rejoindre!” Zara Bieler - Course Organiser.

# **Anglo French Medical Society 28<sup>th</sup> Medical French Residential Weekend Course 8-10 April 2022 Lille, France.**

A unique opportunity to experience Medical French in France. Teaching in partnership with the Medical Faculty of Université Catholique de Lille.

Extensive course handbook provided.

All levels of French-speaking accommodated.

Early booking advised, details on

[www.anglofrenchmedical.com](http://www.anglofrenchmedical.com)

or contact Christine Greenwood on 0151 529 5885

[c.greenwood@liverpool.ac.uk](mailto:c.greenwood@liverpool.ac.uk)

Price includes 2 nights hotel accommodation, all meals including a gala dinner, and guided tour of historic Lille

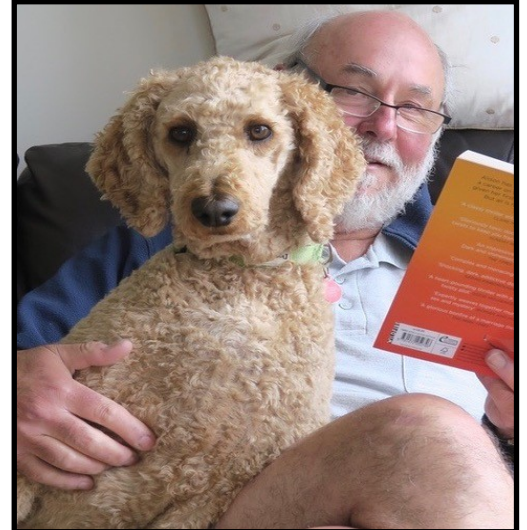
Doctors £625 FY1/2 £515    Students £330

Doctors booking prior to 31 January 2022 receive a £30 discount.

## **Mark Cottrill's** **Final Postcard From** **Cheshire:**

### **Hugging and La Bise**

*The Times* (29th September 2021) reports that, in France, 'la bise' is making a comeback. It was effectively banned at the height of the pandemic to maintain social distancing but even President Macron is now doing it.



In Cheshire, and elsewhere in England, on the first day of summer, (as there had been no Covid deaths in the previous 24 hours), hugging returned as the permissible form of greeting; but there were some rules. You could only give a 'cautious cuddle' to friends and family and hugging a total stranger was a no-no unless there was written consent from both parties. The Welsh were much more advanced being able to enjoy a 'cwtch' (Welsh for cuddle or hug) from May 3rd. In Scotland, First Minister Ms Sturgeon could not, at the time of writing, give a safe date for Scots to hug. Had we forgotten how to hug and how can you hug safely? Fortunately the medical experts not surprisingly, had a view. "If you do not need to hug then don't" said Professor Hunter, of Norwich Medical School. He then gave a 'hug classification' ranging from the 'polite hug', the 'one way hug' and the 'intimate hug' (which he also cautions is best to avoid). Confused? It would seem that you need to plan your hug before it happens, choosing one of the three options.

I must add that, on a personal level, hugging a grandchild is a wonderful experience but you do need to check it is one you are related to. Medically, hugs release oxytocin (the cuddle hormone) triggered by touch and associated with happiness levels, lower blood pressure and even giving a boost to your immune system. If no humans are available then hugging the dog can have the same beneficial effects. 'La bise', has the ability to confuse the British mind (I speak mainly for myself here). Should you go left-left or right-right at the initiation? We drive on the right so maybe that should be the choice in the UK but reversing the process in the EU. There is absolutely no clarity from our Government on this important point!

For me, lockdown did/does have some benefits. There are still many people I would wish to stay more than 2 metres away (and two much further still). I am more than happy not having to go to pubs and restaurants serving mediocre food at exorbitant prices, especially the ones that wait for you to finish your first drink before the food is served. I loved the absence of overhead aircraft noise. So peaceful....

**Dr Mark Cottrill**





## Back Page Notes

### **Chamonix 2022**

The 22nd AFMS Winter meeting will be in Chamonix, Haute Savoie, France at the Hotel de l'Aiguille du Midi from the 27th of January to the 30th of January 2022. The family run hotel is recommended for value and comfort and is 3km from the centre of Chamonix.



It has 40 comfortable rooms and a restaurant, offering a traditional quality cuisine, a wide variety of dishes and Savoy specialities. Travelling to Chamonix is very easy. Geneva is the closest airport and various companies offer transfers with a drop off and collection to and from the hotel. If anyone would like to give a presentation at the meeting, please let the admin secretary know when returning the booking form, enclosed.

### **Committee**

Dr Colin Mumford  
(President)  
Dr Izhar Khan  
(Treasurer )  
Dr John Altrip  
(Hon Secretary)  
Dr Tim Reilly  
( Membership Secretary)  
Dr Mark Cottrill  
(Co-opted member)  
Dr Carol Barton  
Dr Andrew Hassan  
Dr James Mc Donald  
(Webmaster)  
Dr Zara Bieler  
Dr Nick Mc Carthy  
Dr Clara Farque  
Dr Jacqueline Emery  
Dr Bryan Dunsmore

### **Strasbourg Medical Conference 2022**



The next AFMS conference will be held in Strasbourg. Dates are still to be confirmed but it is likely to be the last week in September, 2022. A booking form will be available in the next newsletter in Spring 2022.

### **Did you know?**

The French believe that placing a baguette (or any type of bread) upside down on a table can cause bad luck. This legend dates all the way back to the Middle Ages and has never gone away. Back in the Middle ages, the town executioner would often not have time to pick up their bread in the morning. The baker would hang a loaf upside down for the executioner to pick up later on in the day. Because of this practice in the Middle ages, over time, upside-down bread became a symbol of fear and death. People would avoid any upside-down bread to avoid misfortune.