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International Women's Day, 8 March

Have you looked in your handbag recently?



This is what participants at the Personal Safety in London session were asked to do! They discovered references to their home address alongside their house keys as well as several different credit and debit cards. Some people had letters or photos which were of sentimental value and irreplaceable.

They were all urged to empty their bags every day and only put back items they definitely needed for the next day. Ideally keys should be kept in inside pockets as well as mobile phones and credit cards. If your bag is snatched there should be nothing there that would make you risk your life to get it back – that includes expensive make up!

For further information on personal safety, visit: <http://www.suzylamplugh.org/>

Craft Group

The last two sessions before the Summer break will be on Saturdays 19 April and 17 May 2008. Bring whatever you're working on or want to try – and a sandwich for lunch.

In May we'll be discussing whether to continue next Autumn and a possible group project.

Contributions and suggestions welcome!

Women's Small Business Community

Inaugural Meeting: Thursday 3 April, 18.30



If you run a small business or are thinking of starting one, come and meet other women and share ideas, information and experience.

International Women's Day – Women discuss the new Club initiative

If you would like to find out more about joining, email Elaine Smith on: ms.elainemith@btinternet.com

Complementary Therapies: Reflexology

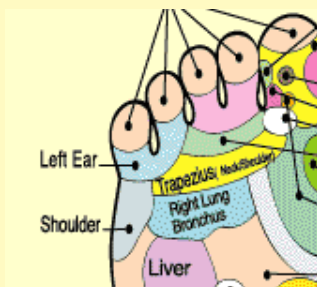
We thought you may be interested in finding out more about the range of complementary therapies available to members at 44 Portland Place and in this issue we look at Reflexology.

History

Reflexology can be traced back to Ancient Egypt, India and China and was introduced to the West in 1913 by Doctor W Fitzgerald. He believed that parts of the hands and feet (reflex areas) were linked to organs in the body. For example, the big toe is said to represent the head and neck and it is claimed that working on these areas can relieve migraine and headaches. Fitzgerald's theory was developed in the 1930's by Eunice Ingham and this work resulted in what today, is known as Reflexology.

Treatments

Reflexology involves the massage of different points on the feet (or less frequently, hands) and claims to treat the prevailing symptoms as well as the 'whole person'; restoring and maintaining the body's natural equilibrium.



It is claimed to be helpful for migraine, arthritis, sleep disorders, digestive disorders, sinusitis, eczema, stress related conditions and menstrual problems and other conditions.

Treatments last between 45 to 60 minutes. After an initial consultation, with questions about health and lifestyle, the therapist will begin to work on the feet, using a combination of massage, pressure and pinching – with areas of pain or tenderness being given extra attention. Reflexologists believe that deposits of waste products, such as calcium and uric acid gather around nerve endings and

that working on these points helps to disperse the crystals and stimulate circulation so that the lymph system can get rid of them more easily. Most people will find the sessions relaxing.

Regulation

Although the profession is working towards self regulation, there are no laws to govern the practice, so in theory anyone could call themselves a reflexologist. Practitioners are not medically qualified to diagnose health problems, cure or prescribe.

Finding a practitioner

Lists of practitioners can be found on the websites of professional bodies. Here at Central Club, you can pick up the cards of therapists in the foyer. Please note that as the Charity does not employ practitioners, it is unable to make recommendations.

Safeguards

- Before seeing a practitioner:
- consult doctor if you have long term health problems or if you are pregnant
 - make sure the practitioner belongs to a recognised professional body (lists from the internet)
 - check that they have current professional liability insurance

Central Club

- will only accept bookings for therapies that are on local authority approved lists
- has copies of practitioners current professional liability insurance
- checks that practitioners have qualifications from reputable training organisations

Please note: YWCA Central Club does not endorse the practice of reflexology.

Meet the Trustees: Bhauna Patel



Sue Fisher, Office Manager interviews Bhauna Patel, Trustee since January 2008

After attending a local Grammar School in Wolverhampton, Bhauna went on to study Philosophy, Politics and Economics at Oxford. On

completing her degree, she moved to Bristol where she joined a manufacturing company. Finally relocating to London, she worked in IT marketing and then moved into recruitment, becoming a Managing Consultant. She did this while studying part-time for an MBA at Imperial College, London, which she completed in 2007.

Bhauna's interests are reading (her favourite author is Jane Austen) and taking dance classes but has little free time at the moment. She and her brother are in

the process of setting up a new Complementary Health business in Primrose Hill.

Bhauna's first introduction to the Club was through two Club members she met at a British Library event. They invited her to join them at our monthly Networking Event. She enjoyed the evening so much she decided to become a member.

The decision to become a trustee came shortly after when one afternoon, while relaxing in the Adam

Lounge, she got into conversation with Sarah (our Chair) about the work of the trustees. Bhauna applied immediately as she is very interested in women's organisations and felt it would be an opportunity to give something back.

She brings to the Board of Trustees her experience in HR and marketing. She is looking forward to sharing ideas and reaching out to different women's groups. Bhauna is currently involved in our Women's Small Business Community, and is looking forward to the first event on April 3rd.

Networking for Women

Women at Work

At the last Networking Evening we had an excellent opportunity to discuss woman's role in the work place today. The group members included HR/recruitment specialists and coaches who were able to offer a range of personal and professional ideas and experiences.

Work-life balance was high on our wish list along with leadership and training. We explored the 'sticky floor/glass ceiling' factor and looked at the natural abilities we bring to work such as excellent communication skills, multi-tasking and empathy. No matter what your career background is (or has been) we have all contributed to business and should give ourselves a pat on the back.

Look forward to seeing you on 10 April for Shopping Secrets (we worked hard for our salaries, its time to spend it – wisely of course!)

Shopping Secrets

Thursday 10 April, 18.30



Attention all of you who love a bargain!

Come and share your shopping secrets and find out how to get great bargains in London.

Networking evenings take place regularly - on the second Thursday of each month. Why not come along to one and meet other women with similar interests - or women you would not normally meet

The next Networking Evening on Thursday 8 May is, **'Who Do You Think You Are?'** A chance to share experiences of researching your family history.

Art in London

William Blake: 'I still go on/Till the Heavens and Earth are gone'

Thursday 10 April
11.00–12.30

During his lifetime (1757-1827), William Blake's art and poetry was largely unrecognised but today his work is considered significant and he has influenced generations of artists, writers and musicians. Apart from his creativity, he is noted for the philosophical vision which underlies his work.

The exhibition at Tate Britain, to mark the 250th anniversary of Blake's birth, is a must. As well as items from the permanent collection, it includes some recently discovered works, on loan from private collections, which have never been exhibited.

The talk will be given by **James Hicks**, a freelance art historian with degrees from James Madison University and the University of London.

Art in London tickets

£8.50, or 5 for £40.00 (includes coffee)

Please book by 3 April.

Coming Soon

Put Thursday 8 May in your diary and browse the highlights of the Wallace Collection.

Games Night

Thursday 15 May, 18.00–21.00



Relive childhood memories, revive forgotten talents and bring out your competitive side.

Dominoes, snakes and ladders, ludo, boggle, jenga, mousey mousey, cards.

Rounds of quick-fire games, fun and food

Tickets cost £8.50 and include a light supper

Film Club

An Afternoon of Film, Memory and Reminiscence

with John Wischmeyer



Thursday 24 April
14.00–16.30

'You must remember this, a kiss is just a kiss'

'You must remember this, a kiss is just a kiss' and that's what cinema is all about: from Bogart and Bacall to a Summer in Marienbad, you'll always remember this afternoon.

Tickets

Members: £3.50
Day Members: £6.00

Coming soon: *The River* (1951), Jean Renoir

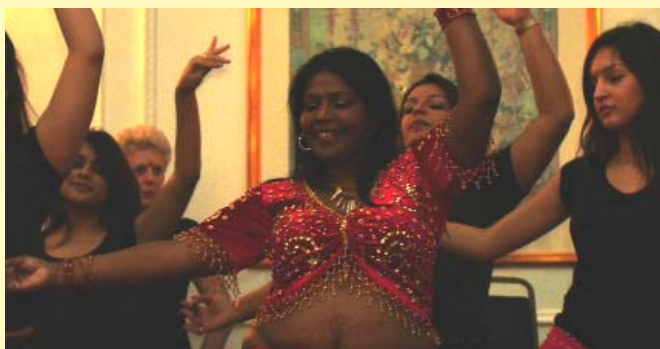
29 May 14.00

Colonial India, during the last days of the Raj and a young girl starts on the journey to adulthood... a visual feast, shot on the banks of the Ganges with unforgettable images.

A story of "childhood, love and death."

The Student Voice

Belly Dancing Course Review



A belly dancing class gives Club Members a demonstration

Sameera's classes should quench your enthusiasm for belly-dancing whether you have a background in middle eastern music or not. I have been 'bellydancing' at home since I was a teenager but have never learnt properly so these classes are great. The students are encouraged to continue after the beginner's level when ready to improve and I think this inspires us to work as hard as possible so that we can progress quickly. The classes are fun and relaxed and I will definitely continue with the next level.

Amy Carter, belly dancing student

It Pays to be a Member!

Eating Out

Two local restaurants are now offering discounts to YWCA Central Club members. Both are in Langham Place just before you reach Oxford Circus.

Ozer 10% discount Ottoman & Turkish

5 Langham Place,
W1B 3DG
☎ 020 7323 0505

Pizza Express 12% discount Italian

4-5 Langham Place,
W1B 3DG
☎ 020 7580 3700

Dentist

Weymouth Street Dental Practice and Spa 10% discount

28 Weymouth Street
London W1G 7BZ
☎ 020 7323 4441
monicabijlani@hotmail.com

Monica Bijlani, a member and local dentist, with a post-graduate degree in implant surgery, is currently offering a 10% discount on cosmetic work. For Club Members, she will extend the 10% discount to include all treatments, including check-ups and cleaning.

Clothing and Jewellery Indialinks 10% discount

317 Regent Street
London W1B 2HT
☎ 020 7637 1070
E-mail: indi-
alinks@hotmail.co.uk.

Exclusive hand-embroidered, delicate beaded dresses, tops and jackets. Exquisite hand-woven silks and cottons, perfect for any occasion. Elegant shawls and scarves. Modern crystal and traditional jewellery. Beautiful array of colours and styles to suit all tastes. This boutique is full of unique items and not everything is displayed. Come and experience a very personal shopping service and feel transformed.

Walking Holidays Walk Andalucia

For those of you who prefer an active holiday Walk Andalucia has a Special Offer. They will waive the single supplement for our members.
www.walk-andalucia.com

For those who prefer more tranquil pleasures, Paint Andalucia is also offering the same reduction.
www.paint-andalucia.com

Please visit the websites or call Elaine on 020 8385 2024 with your queries.

Power in numbers

We now have over 800 members so why not get active and help us all to save a little money. If you regularly visit a shop, cafe, restaurant or other service provider in the area, why not tell us about it and we will investigate the possibility of a discount.

Email
info@44portlandplace.org.uk

To claim your discount, simply present your current membership card.