

# 44 PORTLAND PLACE

44 Portland Place  
London W1B 1NE  
Tel: 020 7079 2855  
Fax: 020 7079 2856  
www.44portlandplace.org.uk  
info@44portlandplace.org.uk



Photo taken by Danette O'Hara

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Christmas time is upon us and we have the perfect Christmas Event planned for you to enjoy the festivities, whatever you're into.

We have language course tasters for those wanting to extend their cultural horizons, health & fitness course tasters for those wishing to improve their health, and fitness checks for those wanting to assess their current fitness levels.

We are offering a 20% discount on enrolments and memberships taken out on the day.

We will have a Film Club Christmas special with John Wischmeyer, Carols and Readings in the Adam Lounge followed by mingling over mulled wine and mince pies in the Cafe.

Our Jewellery Fair will consist of Lucy's Emporium and

Bluebean Cartoons selling last minute gifts and cards.

Whatever you do this Christmas and New Year, we hope you enjoy yourselves and keep warm and safe.

From all at 44.

## Groups @ 44

**Book Group** will next meet on Thursday 3 December, between 14.30 and 16.00. The book for this month is 'Sour Sweet' by Timothy Mo. It is Mo's second novel and his most popular. Published in 1982, it won the Hawthornden Prize and was shortlisted for the Booker prize.

It is the richly comic but poignant story of a Chinese immigrant family adapting to life in London. They have to cope with exploitation at the hands of triad gangs as well as encountering English society with mutual incomprehension.

### The Japanese Conversation Group

Meetings take place on Tuesday evenings between 19.30 and 21.00. The group has a tutor with the fees split between attendees.

They are currently working on 'Japanese for Busy People: Book 3'.

For more details please contact the office staff on 020 7079 2855 or [info@44portlandplace.org.uk](mailto:info@44portlandplace.org.uk)

**Knitting Group** meets on the second and fourth Wednesday of each month, between 17.30 and 19.30. If you would like to join the

group, just turn up on the night.

This month, they will also meet on the 16 December, the day of the Christmas Event, at 16.00.

**Craft Group** will not be meeting this month. Their sessions will resume in January on the third Wednesday (20) between 13.30 and 15.30.

The **Craft Group** and **Knitting Group** would greatly appreciate any unwanted materials, such as odd balls of wool and knitting needles. If anyone has

any to donate, please drop them off in the office.

If you have an interest and would like to share it with fellow members, you could set up a Group @ 44 and meet in the Adam Lounge, at a time to suit you.

Email Dani for more information, or to make suggestions.

[danette.ohara@44portlandplace.org.uk](mailto:danette.ohara@44portlandplace.org.uk)

## London Events in December 2009

### Tiffany & Co. presents Skate

Somerset House  
17 November – 24 January  
Get into the festive season this month by going skating at Somerset House. Enjoy Breakfast with Tiffany, Penguin Club and DJ nights, followed by a drink in the Skate Café & Bar and a treat in the Tiffany Tuck shop. Just remember to wrap up warm and add extra padding.  
[www.somersetthouse.org.uk](http://www.somersetthouse.org.uk)

### The Wave Grosvenor Square 5 December

If you feel strongly about climate change, then this is the event for you. Organised by the Stop Climate Chaos Coalition, the walk will start from Grosvenor Square and lead down to the Houses of Parliament. Supporters will circle Parliament to show the government they want a better, low carbon future for the UK and the world.  
[www.stopclimatechaos.org](http://www.stopclimatechaos.org)

### Christmas Voices Tottenham Chances 5 December

Attend an exhilarating evening of music, song, poetry and dance. Artists include Eve McDougall and Mickey Bleach. Tickets cost £5.00 with all funds going to Women Against Rape and Black Women's Rape Action Project.  
[www.womenagainstrape.net](http://www.womenagainstrape.net)

### Fair Trade Fair 2009 The Bloomsbury Ballroom 5th and 6th December

London's longest running Fair Trade Fair returns this year to the Bloomsbury Ballroom. It will showcase produce ethically sourced

from around the world, including jewellery, accessories, food, clothes and much more. You can buy goods, learn about the communities where the goods are produced and join in the workshops taking place.  
[www.fairtradefair.com](http://www.fairtradefair.com)

### Carol Singing Trafalgar Square 7 – 22 December

There is nothing quite like listening to carols to get in the mood for Christmas and Trafalgar Square is just the place to hear them. Daily carol services takes place between 5pm and 9pm.  
[www.london.gov.uk/trafalgar-square](http://www.london.gov.uk/trafalgar-square)



## London Reviews – by Samantha Hulass

### The Adam and Eve 77a Wells Street

Formerly the Ben Crouch Tavern, the Adam and Eve is described as “a traditional London pub offering classic bar food and a good range of draught and bottled beers”. However, I would like to say that it's much more than that. There are the usual beamed ceilings and old style décor, but this pub offers an amazingly warm atmosphere, considering the rather transient nature of Soho, and the all-pervading sense of alienation that the West End, with its ebb and flow of strangers, brings. I saw it somewhere described as a “cool and cosy ambience” and I have to agree. The bar staff were helpful, as opposed to indifferent, and the people were

friendly and relaxed, which once again, is not always the case in West London pubs. There were lots of lovely nooks and crannies for people to sit in and have audible conversations. No loud music that I can recall, although it was very busy and lively.

In addition to that, the Adam and Eve also serves food - admittedly in the usual gastro pub euphemistic style of “sun-drenched tomatoes” etc. and the usual gastro pub prices – where else would you spend £10.75 on cod and chips? Incidentally, we were told that they had run out of fish and chips when our group ordered more than one serving, which I have to say isn't something I have heard before in a gastropub – not at 7pm in the

evening anyway. The person who saw to our table seemed very young and had quite a limited and abrupt command of English. He rather amusingly broke up the flow of the conversation a few times, when asking if we were all right. But he did his best to make sure we were all happy and the food came very quickly and efficiently indeed. I opted for the salmon and haddock fishcake, which came to a whopping £12.75, and was basically a small cake of salmon with some sauce sprinkled over it. I was very glad to have eaten something not long before, as this wouldn't have sustained me for the evening. It was however tasty and well-presented. Other dishes seemed more substantial – particularly the lentil bake, which

seemed to go down well with the people eating them, and was actually the cheapest thing on the main menu.

For a group of about 10 people, we were accommodated well when it came to paying separately and by different means – some by card, some by cash, and with no sense that we were being awkward as is often the case in restaurants. All in all, I would definitely drink there again, and would eat there too, although perhaps something different next time.

[www.geronimo-inns.co.uk/theadamandeve](http://www.geronimo-inns.co.uk/theadamandeve)

If you would like to write a review on a restaurant, exhibition or event, please email [danette.ohara@44portland-place.org.uk](mailto:danette.ohara@44portland-place.org.uk).

## Join the Zumba revolution

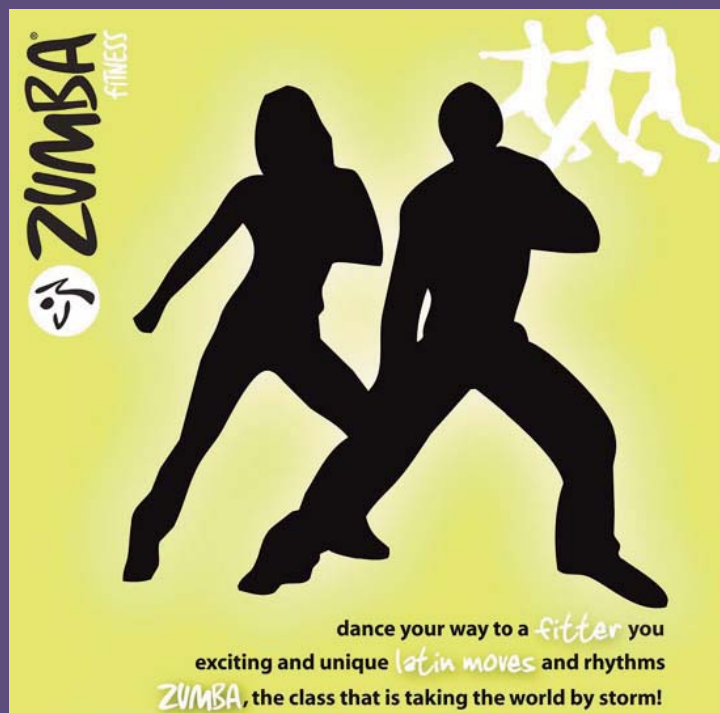
Working out is healthy, rewarding, beneficial...but it's rarely known to be much fun...until now! Why not try out a new blend of hypnotic musical rhythms and tantalizing moves with this dynamic workout designed to be fun and easy to do!

Zumba fuses hypnotic Latin rhythms and easy to follow routines to create a dynamic fitness programme that will blow you away. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie-

burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavour and international zest into the mix and you've got Zumba!

The next course starts on Tuesday 19 January - why not give it a go!



## Cortisol – the stress hormone – by Bernadette Bostic

Cortisol is a corticosteroid hormone produced from the adrenal gland, specifically the cortex. The adrenal glands sit on top of the kidneys and are involved in the stress response.

Adrenaline is the immediate stress hormone, but Cortisol is released as a response to long term stress (a low grade adrenaline). Its major functions include the release of stored carbohydrates and the breakdown of muscle in order to maintain blood sugar levels. Stress is beneficial to every person, but it depends on the amount of stress, the type and your individual ability to cope with it.

The levels of Cortisol in the blood will vary, depending on the time of day, and the body's exposure to or the

perception of stress. Cortisol levels should be elevated in the morning, with a drop off during the day, and the lowest levels a few hours after falling asleep.

Cortisol imbalances not only cause insomnia, but it also causes you to wake often during the night and to feel "unrefreshed" even after getting a full night's sleep.

Prolonged exposure to elevated cortisol levels may also cause your immune system to weaken, an increase in blood pressure and also a lowering of bone formation, which could eventually lead to osteoporosis.

There are a number of reasons why your cortisol levels may be elevated. Here are a few:

- Food sensitivities
- Work stress

- Relationship stress
- Training stress
- Anxiety
- Dehydration
- Alcohol
- Tobacco

Electromagnetic stress also affects your cortisol levels. Try to limit your exposure to it by unplugging all electrical items in the bedroom, and avoid carrying your mobile phone in your trouser pocket.

### Dietary recommendations

- Eat protein at every meal to stabilise blood sugar levels
- Avoid sugar, refined carbs and hydrogenated vegetable oils
- Drink plenty of water
- Eat dark green vegetables and dark fruits
- Avoid coffee and known food allergens

### Supplement recommendations

- Phosphatidyl-serine – can help increase mood, memory, motivation to fight stress and depression.
- Pantethine – is a stable form of B5 and is ideal for low morning energy
- L-Lysine – is good for anxiety and calms the body down
- Purified fish oils, Taurine, Holy Basil and Rhodiola Rosea may be beneficial to reduce stress.
- Magnesium, Ashwagandha, Reishi Mushroom Extract and 5-HTP may be beneficial for promoting sleep.

There are also, many techniques which can be beneficial for stress reduction, such as Meditation, Breathing techniques, Tai Chi or Qi Gong.

If you would like to see articles on particular topics, please email your ideas to [danette.ohara@44portlandplace.org.uk](mailto:danette.ohara@44portlandplace.org.uk).

# MESSAGE BOARD

**Cartoon by Penny Haynes** [www.bluebeancartoons.co.uk](http://www.bluebeancartoons.co.uk). Penny will have a stall at our Jewellery Fair, so if you like the cartoons printed here, come along and see her range of Christmas cards.

**Wanted... any members with a sense of humour!!** If you would like to get involved, send your ideas for a Fair Point cartoon to [penny@bluebeancartoons.co.uk](mailto:penny@bluebeancartoons.co.uk)



## 44 Portland Place Member Discounts

### Holistic Treatments!

The Holistic Coach, Gemma Petherbridge, is a Specialist in Kinesiology and Hypnotherapy. She would like to offer Members £10 off their initial consultation, so that is just £65 for 90 minutes and then £5 off subsequent treatments, which means £55 for 1 hour.

To contact Gemma email [info@theholisticcoach.co.uk](mailto:info@theholisticcoach.co.uk), or call 0778233950. [www.theholisticcoach.co.uk](http://www.theholisticcoach.co.uk)

### Tea and Crafting

Jane Gois is offering members 10% off Tea and Crafting workshops on production of a membership

card. She has the following workshops scheduled:

Beginners Knitting  
5 December 1.30–4.30pm

Crochet Granny Squares  
14 December 7.00–9.00pm  
[www.teaandcrafting.co.uk](http://www.teaandcrafting.co.uk)

### India Links

India Links, a local shop selling evening wear, silks, hand embroidered clothing, pashminas, shawls, jewellery and accessories are offering members a 10% on production of their membership card.

317 Regent Street, London, W1B 2HT  
tel: 020 7637 1070

### Momiji Tree

Momiji Tree, a clinic-spa for organic face and body treatments, massage and complementary therapies is offering Club Members 'a complimentary hand or foot massage with every treatment... for weary hands or worn out feet'

200 Regent's Park Road, Primrose Hill, London, NW1 8BE  
tel: 020 7586 6625  
[www.momijitree.com](http://www.momijitree.com)

### Sweaty Betty

On production of your membership card you can claim 10% off all ranges at Sweaty Betty.

[www.sweatybetty.com](http://www.sweatybetty.com)  
21 Beak Street, London, W1F 9RR



## Christmas Closure

The building will be close at the end of the day on Wednesday 23rd December and will reopen on Monday 4th January as usual.

**We all wish you a happy and safe festive season whatever your plans may be.**

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remotegoat.co.uk

