

Issue 4

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

www.44portlandplace.org.uk



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Healthy Heart

On Valentine's Day, we're discussing how to keep your heart in good shape at our **Networking Evening event for women**, on Thursday, 14 February. The topic is 'Look after your Heart'. The event starts at 18.30 and ends at 20.00.

On Thursday, 13 March, the Networking evening topic is 'Women at Work'.

International Women's Day



The first **International Women's Day** was launched on 8 March, 1911 in Copenhagen by [Clara Zetkin](#), Leader of the 'Women's Office' for the Social Democratic Party in Germany. This followed many years of campaigning for women's right to vote. On 19 September, 1893 New Zealand became the first self-governing nation in the world to give women the right to vote.

In just three years time, 2011 will see IWD's Centenary – 100 years of women's united action

for global equality and change.

Organizations around the world have already commenced planning for their IWD Centenary celebrations.

This year, on **Saturday 8 March**, from 11.30-15.00 we are holding our own women-only International Women's Day event.

You are welcome to join us to celebrate – come and take part in a range of free one-hour courses. Choose from

Italian, Japanese, Pirlates, Tai Chi, Creative Writing and Drawing.

You can also take part in free **safety workshops**: 'Personal safety in London' and 'Safeguarding children on the internet'.

For more information or to book a place, call: 020 7079 2855.

Come along and bring a friend!

Discover the Treasures of Tutankhamun

Tutankhamun & the Golden Age of the Pharaohs is our **Art in London** topic on **Thursday 14 February**. The talk focuses on this extensive exhibition (at *the O2 bubble*) of more than 130 artefacts from the tomb of the celebrated Pharaoh and other Valley of the Kings ancestors.



The guest speaker this month is **Jan Picton**, a Teaching Fellow in Egyptol-

ogy at University College London, who works in the **Petrie Museum** of Egyptian Archaeology and is Secretary of the Friends of the Petrie Museum. She is one of the editors of 'Living Images: Egyptian Funerary Portraits in the Petrie Museum' and is currently working on 'Unseen Images: archive photographs in the Petrie Museum'.

The next **Art in London**, on the **13 March** looks at the exhibition **From Russia**, at

the Royal Academy, (26 Jan-18 Apr), which includes works by **Renoir, Gauguin, Matisse** and **Kandinsky** and is drawn from Russia's principal collections.

Art in London sessions start with coffee at 11.00. The talk begins at 11.15 and ends, with 15 minutes for questions, at 12.30. Tickets £8.50 (includes refreshments).

Networking

If you are a member of staff or volunteer of a voluntary organisation or charity working with women in London, you are welcome to come along on to **Making Connections Networking Afternoon** meeting on **7 February** at from 16.00–18.00.

If you would like to attend, please contact us on 020 7079 2855 or email: info@44portlandplace.org.uk

Next meeting:
Thursday, **6 March**.

Sounds Good - February Film

This month's **Film Club** screening is 'Listen to Britain' directed by Humphrey Jennings. This was recommended to us as a 'must see' by the BFI and will take place at 14.00, on **28 February**.

These documentary stories—all without narration, depict life in wartime England during the Second World War.

Director Humphrey Jennings visits many aspects of civilian life and of the turmoil and privation caused by the war.

The film is a masterpiece of sound mixing. It uses natural sounds and music to create the sound of Britain.

'The evening hymn of the lark, the roar of the Spitfires, the dancers in the great ballroom at Blackpool, the clank of machinery and shunting trains.'

Film Club tickets:
members £3.50
day members £6

Gym Offer

A 'New Gym Members Package' will be introduced in March where members can book in for 2 x 20 minute refresher sessions over a 4 week period, post-induction. We are hoping that this will promote safe use of the gym and will be encouraging for those who found the initial induction difficult to grasp.

By being able to book in for these extra induction-type sessions we aim to help you to get the most out of your workout by ensuring that you understand how to use the gym and how to follow your initial fitness programme.

Please ensure that you book in for these sessions within the first 4 weeks following your gym induction.

Fitness programme updates will continue on an ongoing basis, and we recommend that you book in for every 8 weeks, providing you are using the gym regularly.

Visiting Hong Kong

Time to travel? Have you thought of visiting Hong Kong? The striking city silhouette is well known, but there are swathes of semi tropical country parks as well as Victorian style parks nestled among the high rise buildings.

The Botanic Gardens at the heart of the Central District on Hong Kong Island are known for exotic shrubs and aviaries full of tropical birds. Next to these gardens is the Hong Kong YWCA, whose Garden View Hotel

offers reasonable well-furnished double rooms with an outdoor pool and small gym. When booking do mention you are a member of YWCA Central Club.

<http://www.ywca.org.hk/>

In this same building is the English Speaking Members' Department, offering newcomers to Hong Kong 'At home in Hong Kong' courses, and opportunities to learn a range of skills. Visit: <http://www.esmdywca.org.hk>

Card Making

The monthly **Craft Group** enjoyed their pre-Christmas card making session so much that they're having another one on **16 February**, making cards for any occasion, such as birthdays and anniversaries.

Join them anytime between **11.00-14.30**. Bring scissors, card making materials (there will be some available to buy) – and bring a sandwich for lunch.

March



On International Women's day, **8 March**, starting at **12 noon** from Hyde Park, there will be a march to Trafalgar Square to raise awareness of the issue of violence against women.

If you would like to join this women-only march, visit www.millionwomenrise.com for full details.

Launch @ 44

On Tuesday **19 February**, 14.00-16.30, the **Lilith Project**, in partnership with the YWCA Central Club, will be holding a launch seminar of *Representing Rape*, a report on the portrayal of sexual violence against women and girls in the press.

The **Lilith Project** was established in 2003 as a second tier agency to carry out research and awareness raising on all

issues of violence against women (VAW).

The event will be of interest to people working in journalism and the women's sector and sexual violence practitioners, policy-makers and activists, as well as professionals involved in policing and prosecuting sexual violence. Please rsvp to Sarah Edwards, Research & Good Practice Officer at

The Lilith Project:
020 7840 7952.

'Violence against women is perhaps the most shameful human rights violation. And it is perhaps the most pervasive. It knows no boundaries of geography, culture, or wealth. As long as it continues, we cannot claim to be making real progress towards equality, development, & peace'.

*General Koffi Annan,
1999 UN Secretary*