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Issue 3

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The Austin Room

Since we opened in 2002, the London YWCA has occupied two rooms on the third floor of our building. That lease has now finished and we have decided to rename the two rooms. The smaller one, currently used as an office, will be the **Portland Room** and the larger seminar room will become the **Austin Room**. This room is named after **Pat Austin** who has been a stalwart supporter and Trustee of **YWCA Central Club** both in Great Russell St and in Portland Place.

Pat joins **Queen Elizabeth**, the **Queen Mother**, **Emma Robarts** and **Mary Jane Kinnaird** (Founders of the YWCA) who also have rooms named after them!



Pat Austin

Quiz Night

During the Christmas season you may have had a chance to hone your quiz skills. February evenings are still dark and miserable so cheer yourself by joining us for a **Lucky Seven Quiz night** on **Thursday 7 February**.

We start at 18.30, with pizzas and salad served at 20.00. Tickets are only £8.50 and include the meal. Wine and other liquid refreshment will be available from the Café.

Looking forward to seeing you then, and bring your friends!



The Adam Brothers

The 2008 *Art in London* programme starts on **Thursday, 10 January** and features the **Adam Brothers** whose works are on show at the **Sir John Soane's Museum**. The **Adams'** vision is still stamped on to the London cityscape in the form of our Georgian terraces, which they helped to popularise. But the brothers' influence as entrepreneurs is almost as great as their design legacy - they pioneered the kind of high-end property development which has been vital to the evolution of the city. The story of the

capital's first 'celebrity architects' is crammed with fascinating detail culled from the collection of Adam drawings and papers at the Museum.

44 Portland Place is an **Adam** building so those who attend the talk can view the special features in our building that make it a wonderful example of the Adam Brothers' work.

Although the **Vaulting Ambition** exhibition closes just a couple of days after the

talk, works by the **Adam Brothers** can be viewed as part of the permanent display at the museum.

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)

Tutankhamun & the Golden Age of the Pharaohs exhibition is our *Art in London* topic on **Thursday 14 February**.

STOP PRESS

The **January Craft Group** will meet on **Saturday 12 January** at 11.00am. Come along and bring your craft work in progress.

YWCA Central Club

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Making Connections 3

If you are a representative of a voluntary organisation or charity working with women in London, you are welcome to come to the **Making Connections** lunch time event on **21 January** from 12.00–15.00.

On the first Thursday of each month, there will also be a **Making Connections Networking Afternoon** meeting from 16.00–18.00.

The first meeting is on **8 February** at **16.00**.
Email: info@44portlandplace

Any New Year Resolutions?

Scarcely have the words 'happy new year!' left our lips than they are followed by '...made any new year resolutions?'

A quick check round the office and staff offered the following as their new year resolutions:

- eat less salt on my food
- clear out my cupboards
- exercise 3 times a week
- stop swearing
- read a book a month
- do voluntary work
- eat less choc ice creams
- go walking at weekends

So now we've made them—wish us luck with keeping them!

While we're on the subject of keeping fit ... we're offering the following **free sessions for Gym Members**. Sessions last 10-15 minutes per person and are offered on a drop-in basis, no booking required.

Time to Learn Film Latest

Are you in hibernation mode? We have lots of new courses that start each month to wake up the brain and body.



Courses starting here in January include Kick Boxing (8th), Chinese (15th), Tai Chi (15th), Japanese (16th) Polish (17th), Film Studies (21st), Legs Bums & Tums (23rd). Contact us for full details.

Our **Posture Workshop** with Alexa, can demonstrate how to improve your posture, reduce lower back pain and improve digestion.

Sessions take place on the **last Monday in January and February, anytime between 13.00–14.00** in the gym.

The **Free Exercise Consultancy** is designed to help with a specific aspect of your programme. You can select from:

- Free Weights Workshop
- Posture Workshop
- Stretching Workshop

Sessions take place on the **last Thursday in January and February, anytime between 17.00–18.00**.

A Good Read

These wintry months provide a great excuse to curl up and escape into the world of a good book. The first topic in 2008 for our regular Network event on **Thursday 10 January** is 'A Good Read'. If you have a 'favourite' – a book that you return to again and

On **31 January** the first Film Club screening of 2008 is 'Where the Sidewalk Ends' (Otto Preminger 1930) this replaces the advertised film 'Witness for the Prosecution'.

Dana Andrews stars as Mark Dixon, a corrupt cop, in this gritty thriller shot on the rain-slicked streets of New York. Already in trouble for his brutal methods, alienated from his colleagues, he pursues a gang leader with vindictive zeal and accidentally kills a possible murder suspect. Realising this will mean the end of his career, he disposes of the body, narrowly escaping discovery. His guilt deepens when he falls in love with the dead man's beautiful wife, a fashion model (**Gene Tierney**), and her father, an innocent cab driver, finds himself accused of the murder.

Film Club starts at 14.00, tickets: members £3.50, day members £6.00.



again, or if you ever given up half way through a novel or felt impatient to get to the end – this event gives an opportunity to exchange ideas on what makes a book a *really* good read.

The event starts at **18.30** and ends at **20.00**.

Cardio Burn

New in the gym during February is our **Cardio Burn Gym Challenge**, helping you to commit to get fit.

Using the counters on the cardio machines, you log how many calories you burn per workout onto the wall chart which we will display for you in the gym. Your goal will be to burn a set amount of calories over a 4 week period, and you can spread the calories burned over as many workouts as you choose.

Targets are set between **1500-7000 calories**, so this gym challenge is suitable for all fitness levels and is a really good way to keep you motivated as well as helping you to get into shape!

All participants who complete the 4 week challenge will receive a certificate of achievement, and the member who burns the highest amount of calories during the 4 week period will be awarded a **free monthly membership**.

Please add your name to the chart to begin the 4 (consecutive) week challenge starting from **Monday 4 February**.

All women are welcome.

Our next event, on **Thursday 14 February**, is 'Look after your Heart'. This **Valentine's Day**, come and learn how to keep your heart in good shape.