

# 44 PORTLAND PLACE

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Photo 'The Joy of Summer' by Julie O'Donnell

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## London Events in July and August 2010

### Lambeth Country Show

Brockwell Park  
 17 and 18 July

This year sees the return of the Lambeth Country Show. Over the course of the weekend, Brockwell Park will be brought alive with music, entertainment, arts and crafts, and much more.

Kicking off at 11am on Saturday 17 July there will be a variety of stalls and marquees to visit. With an emphasis on home grown, there will be many local artists to come and see.

[www.lambeth.gov.uk](http://www.lambeth.gov.uk)

### A Midsummer Night's Dream – in the Park

Bromley  
 7 and 8 August

What better way to spend a summer evening than sitting in the park watching Shakespeare?

A professional cast of seventeen actors plus dancers will perform A Midsummer Night's Dream in Church House Gardens, Bromley. This iconic and much loved Shakespeare comedy of lovers, fairies and fun is in keeping with the tradition of the piece, as the role of

'Bottom' will be played by a leading comedy circuit and 'Jongleurs' headline comedian. (A role that was historically played by the jester type).

The production will be all seated, and costs £15.00 – £17.50

[www.shakespeareinthepark.co.uk](http://www.shakespeareinthepark.co.uk)

### Matthew Ord at The Cross King

Kings Cross  
 16 August

A dedicated musician, Matthew Ord is playing at

the Cross King on 16 August. With his fresh take on the traditional music of the British Isles and North America and a deep passion for folk music from an early age, his repertoire reflects the length and breadth of these traditions, drawing together the Delta and Piedmont Blues, Scots and English Ballads, jigs, reels, slow airs, nursery rhymes and protest songs, all skilfully performed with warmth and conviction.

[www.folkandroots.co.uk](http://www.folkandroots.co.uk)



Cartoon by Penny Haynes [www.bluebeancartoons.co.uk](http://www.bluebeancartoons.co.uk)

# MESSAGE BOARD

## Women's Business Club

The next meeting will take place on Thursday 1 July from 6.30pm.

'Assertion Skills' – How being assertive can help you to achieve your goals in your business and personal life. The guest speaker this month is Shan Rees; Trainer, Facilitator, Life Coach & Style Coach  
www.livingexcellently.co.uk

## Full Picture

After a successful start, the Full Picture will be back again to host their fortnightly discussions in the Adam

Lounge. Sessions this month will be held on 5 and 19 July from 6.00pm.

The Full Picture is a news club that brings together a network of female thought leaders with the aim of discussing issues that make headlines on a national or global scale. The discussions are thought-provoking, stimulating and robust with the aim of involving more women in the pressing issues of the day.

All discussions are held under 'chatham house rules'.

Regular contributors include individuals from various

media outlets including, The New Statesmen, The Guardian, The Independent, Channel 4, and Press TV. The Club also attracts contributors from corporate, think tanks and NGO backgrounds.

Attendance is strictly via RSVP. Please contact [contact@nabilapathan.co.uk](mailto:contact@nabilapathan.co.uk)

## Book Group

The Book Group has now disbanded for the Summer. They will meet again on 16th September where they will discuss 'My Childhood' by Maxim Gorky.

All are welcome to join and talk about the novel in the Adam Lounge between 2.30pm and 4.00pm.

## Photography Group

This is a new group, to share hints, tips and resources for developing your photography skills and abilities.

They meet once a month, discussing a project and sharing their progress.

The next meeting is on Tuesday 13th July from 6.30pm. We hope to see you there.

## Member Discounts at Your Choice Training

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Location: 44 Portland Place

To book, call: 07737 793 047 or 07943 845 479, and ask for June

• Email: [info@yourchoice-training.com](mailto:info@yourchoice-training.com)

## The Fear Factory – Thursday 29th July at 2pm, 44 Portland Place

The Fear Factory's argument is simple: two decades of politicians 'talking tough' on crime, and media panic-mongering about spiralling crime levels, has created a criminal justice crisis in the UK.

Despite clear evidence that crime has actually been falling since the mid-1990s, and the high reoffending rates for those released from prison – proof, surely, that prison doesn't work – as a society, we continue to lock up increasing numbers of people, including children. It is fear of crime, the film contends, whipped up by the hyperbole of politicians and the media, that has legitimated a policy of mass incarceration, as costly as it is ineffective.

Since 1995, the prison population in England and Wales has increased by over 60%. It now stands at around 85,000, giving us one of the highest imprisonment rates in Western Europe. The rise in the number of children imprisoned is even more troubling: between 1991 and 2006, the number of children sentenced to custody more than tripled, and we now have

one of the highest child custody populations in the world. Official government policy insists that only those convicted of the most serious offences are given custodial sentences, but the figures tell another story.

Locking children up, the film argues, is not simply ineffective; by sucking those as young as 10 into a harsh and unforgiving system, it actually creates more of the very thing we fear ... criminals. A bold, thought-provoking, and sometimes very moving film, The Fear Factory exposes the destructiveness of 'law and order' approaches to youth crime, and asks for a better way.

Refreshments will be available from 2pm. A member of The Fear Factory's production team will give a short talk about the film at 2:15pm. The film will start at 2:30pm, and will be followed at 3:30pm by a talk/question and answer session by a guest speaker (to be announced). There is no charge to attend this event, but we will be collecting donations for the Prison Reform Trust. If you would like to attend, please RSVP to [gemma@cast-women.org.uk](mailto:gemma@cast-women.org.uk), or call 0207 631 3795.

## Osteoarthritis – by Bernadette Bostic

Osteoarthritis is the most common arthritis affecting 8.5 million people in the U.K.

It is a chronic inflammatory condition that causes the articular cartilage covering the end of the bone to degenerate. The most common joints to become affected are the weight-bearing joints such as the knees, hips and spine. The fingers can also be affected.

There are a few theories on the development of primary osteoarthritis, but no specific cause has been identified. Although degenerative changes are associated with ageing within the bone and cartilage, it does not appear

to be simply a result of wear and tear. It seems to be a combination of a variety of factors such as genetic predisposition and biomechanical factors, placing excessive stress on a joint, as well as lifestyle. Secondary osteoarthritis arises from specific joint trauma, usually through injury or disease.

One theory assumes that as people age, the formation of new cartilage replacing damaged cartilage slows down, therefore leading to more cartilage being destroyed than formed. The shrinkage of cartilage allows the ends of the bone to become exposed, causing bony spurs to develop. Movement of the

joint causes the bone to roughen, which causes the joint to swell, leading to the joint becoming stiff and painful. In chronic cases the ligaments supporting the joint can often become damaged, causing the joint to lose its stability.

Individuals with this condition can participate in regular activities to improve their CV fitness, strength, endurance, and flexibility as well as overall health. Physical activity has proven to increase social contact, reduce depression and anxiety as well as being a tool in pain relief. Strength training will also enable the person to focus on posture, which is

beneficial for functional activity and decreasing risk of falls.

It is important to focus on activities that protect the joint. It is vital to select low impact activities such as swimming, aqua classes, cycling and walking. Recommendations also include participation in Tai Chi or Pilates style classes to improve balance, stability and strength. Avoid excessive stair climbing, contact sports and activities requiring prolonged one-legged stance or stop and go actions. It is also best to minimise kneeling positions, impact work and extreme stretching.

## Are you ready to take your clothes off??? – by Dede Foley

Summer's here and the mobile thinks it's Christmas – it hasn't stopped ringing/texting with friends and associates wanting advice on how to look good for the summer. So I say..., if you had worked out continuously over the winter, we wouldn't be having this conversation.....would we?

Well maybe we would because training is all about progression. When you first signed up at the gym, a fitness instructor will have put together a personal fitness programme for you. If you had told the fitness instructor you would be using the gym 2-3 x week, the instructor would have advised you to change your programme after 4-6 weeks. How many of you have done this and why is it so important?

If your first beginner programme reads like this:

Leg extension 2 x 12

Leg Curl 2 x 12

Lateral Pulldown 2 x 12

Shoulder Press 2 x 12

Seated Bicep Curl 2 x 12

Tricep dip (90 degree angle) 2x12

And the second programme reads like this:

Squats 2x12

Bent over Row 2x 12

Push ups 2 x 12

Dumbbell standing Shoulder press

Standing Bicep curls 2 x 12

Tricep Dips (straight leg) 2 x 12

You are progressing!

The difference between these programmes are the first one isolates the muscle so usually you would be sitting on a machine performing the exercise only using one muscle, the second programme is more compound exercises using more muscles to perform the exercise without the aid of a machine.

The importance of changing your exercises is two fold. Firstly the novice programme will get your body used to training and secondly it will keep you safe especially if you train without a personal trainer. Once the body adapts to the exercises, you need to stimulate it to progress and avoid stagnation.

The above is just an example and there are many different

variables you could use to progress, these could be changing the number of exercise you do, the number of repetitions, number of sets, rest periods, etc...

If you can relate to the above article, then I strongly suggest you speak to one of our fitness instructors or book a few sessions with a personal trainer to get you back on track.

## Human Kind



**Tip:** If like me you collect rain water from your drainpipes, fasten an old pair of tights to the bottom of the pipe before it goes into the butt. This will collect any debris and stop them clogging up the butt.

**Fact:** A dripping tap can waste as much as 5000 litre of water a year, so what are you waiting for, get that tap fixed.

I hope you have a lovely summer  
Will

## Water Waste

When I suggest tips on saving water, I am often met with comments such as 'but it's always raining'. So I have decided to dedicate this issue to reducing water wastage. And that is the point; reduce water wastage, not restricting water use.

### Why

The UK has less water available per person than most other European countries. The South East of England even has less water available per person than Sudan.

The UK is experiencing water shortages, and if people continue to use water in the same way, i.e. wasting as much as they do, it will put a huge strain on resources, and could lead to water stress in the future.

With both a change in climate and a growth in population expected, there will come a reduction in water available per person. It is therefore necessary to act now and adapt our behaviours so we no longer waste water.

The average UK citizen uses

150 litres of water each day for, cooking, cleaning, washing and flushing. This figure is not constant and has increased on average one percent every year for the past 80 years. We need to make a start on decreasing it.

Yes the water cycle is continuous and rain will replace water that has been abstracted for use in the home, however there is no guarantee where or when the rain will fall, and with climate change becoming more drastic and unpredictable, we cannot be sure that we will be able to keep up with the demand in times to come. There has already been a significant reduction in water availability shown by the lowest rainfall, groundwater and reservoir levels for decades.

### Benefits

Saving water has many other benefits. If you are on a water metre, you will save money on your water bills. If you reduce your hot water consumption, you will also save money on your energy

bills.

Staggeringly, the energy used to pump, treat and heat water in the average family home, is enough to fly from London to New York and back again. That is something to think about the next time you leave the hot water running!

### What you can do

As previously mentioned in an earlier article, when purchasing new products, always go for the energy efficient ones. This also relates to their water consumption.

Another action previously mentioned is turning the tap off when brushing your teeth, which can save six litres of water a minute.

Do not use the toilet to dispose of cotton wool, face wipes and other pieces of rubbish, place them in the bin instead. If everyone stopped doing this, the UK would save 27 million litres of water a week.

Do not tip water down the drain, just because you consider it to be waste. Use

water that washed the spuds to water your plants. This also goes for left over water from the night before.

If you do have a garden, then installing a water butt will be such an investment. Simply connect it to your drainpipe to collect rainwater, which can be as much as 85000 litres every year. The water can also be used to clean the car, porch or windows.

If you do not have a dual flush toilet, you can install a cistern displacement device. They can usually be obtained from your water company free of charge. They reduce the amount of water used in each flush.

### If you would like to go one step further...

Just consider all the water that has gone into making your products. The amount of water needed to help our food grow, the amount of water need in the production of clothes and other material things. For example it takes 1350 litres of water to produce 1kg of wheat.

Illustrations by Andrew Kay