

44 PORTLAND PLACE

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Photo taken by Danette O'Hara

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Film Club with John Wischmeyer

At the Height of the Summer (2000, Vietnam/France)
Thursday 25 June 14.00

'At the Height of the Summer' is Tran Anh Hung's third film. He has a great ability to portray a woman's psyche, which is clear in this feature.

'At the Height of the Summer' tells the story of three sisters preparing for the anniversary of their

mother's death, but develops into the hidden depths of their lives, revealing hidden families and long-standing love affairs.

The sisters are close, but they all have their secrets, which unravel in the month between the anniversary of their mother's death and when they mark their father's death.

There is no sense of time or place, and no mention of politics, war, or poverty. It is

an account of life that could happen to anyone, anywhere, making it appealing to all.



Special Events in June

Club Night – Thursday 11 June

We have a new Club Night scheduled for 11 June, Soirée: Perceptions of the Past, which will be presented by Doctor Margaret Knight. In the eighteenth century Europe 'rediscovered' the world of the Ancient Greeks. This evening is dedicated to the romantic interpretation of the classical world.

It is ideally situated in an Adam building, as the Adam Brothers took inspiration from classical antiquity. A perfect opportunity to introduce your friends to the building, so why not bring them along and enjoy some punch and nibbles. Thursday 11 June, 18.00 – 19.45. £9.50 (members), £12.50 (guests)
 Book by Wednesday 3 June.



Craft Group continues on Wednesday 17 June between 13.30 and 15.30.

Bring some recent piece of work to 'Show and tell' or just to continue with while we have a 'cuppa' and a good natter.'

The Spanish Conversation Group

Each meeting will take place on a Thursday at 11.00. The group now has a tutor to help keep them on the right track, the fee (£30) will be divided between the members present.

For details please contact Elaine Smith either by phone: 07940 209 292 or by email:

ms.elain smith@btinternet.com.

London Events in June 2009

Shake, Rattle & Bowl, Bloomsbury Bowling Lanes, 6 and 20 June

A night of retro fun is to be had on the first and third Saturday of each month at Bloomsbury Bowling Lanes.

It combines bowling with dancing, eating, karaoke, pool, table football and a free cinema. So whatever you're into you're bound to have a night of fun.

www.shakerattleandbowl.com/london

Tutor Weekend, Old Royal Naval College, 13 and 14 June

2009 marks the 500th anniversary of King Henry VIII's accession and coronation. Greenwich is celebrating by hosting a range of events throughout the year



including a Tudor weekend in mid June.

You can watch a 15th Century hunting parade, cheer on battling knights, test your archery skills and get involved in Tudor dancing.

There is also plenty to entertain little ones with face painting, flag making, games and entertainment
<http://www.greenwich.gov.uk>

Metamorphosis - Emerging Landscapes 2009, Menier Gallery 22 June – 27 June

The Menier Gallery is host to The Greenwich University's Post-Graduate Landscape Architecture Exhibition. This year's students will exhibit their final projects which include an Eco-town in Uganda, an Earthparc on the Isle of Sheppey, and the regenera-



tion of a former naval base into an Olympic venue.

The exhibition has a total 25 projects on display. It's a great opportunity to scope out some new talent.
www.meniergallery.co.uk

Bloomsbury Women, The Women's Library, 27 June

The Women's Library has a guided walk on Saturday 27 June, from 10.30am. It features women such as Virginia Woolf and Mary Ward, who have lived, loved and worked in Bloomsbury.

Tickets cost £8, and advanced booking is essential

<http://www.londonmet.ac.uk/thewomenslibrary/whats-on/events/guidedwalks/bloomsburywomen.cfm>

Art in London

Review of Picasso: Challenging the Past

On 14 May Francoise Durrance gave us a fascinating insight into the current exhibition at the National Gallery entitled Picasso: Challenging the Past. Picasso as a young man had been heavily influenced by the Old Masters he could view in Madrid, and later those on display at the Louvre in Paris. His aim was to reinterpret the approach of El Greco, Titian and Velasquez in his unique way. A prolific painter, Picasso was also inspired by different lovers who in time became his muse.



Book Club – Thursday 18 June

with Angela Broad

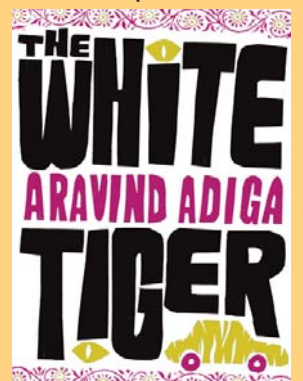
Aravind Adiga The White Tiger 14.30 – 16.00pm

For the June meeting of the Book Club we will be reading "The White Tiger" by Aravind Adiga. This is Adiga's brilliant debut novel and was the surprise winner of Man Booker Prize for 2008.

One of the most accessible winners for some time, it is a compulsive page-turner and takes the form of a series of letters from Balram Halwai, the self-styled 'white tiger' of the title, to the Chinese premier, Wen Jiabao, on the eve of a state visit. Balram uses the story of his own rise from the 'darkness'

of rural poverty to explain India and 'entrepreneurship' to Jiabao. It is not a flattering picture but it makes very lively reading. Before very long we begin to suspect why Balram is wanted for questioning by the police – is Balram a murderer?

You are welcome to join us – coffee is available in the cafe from 2.0pm



Health

Paget's disease of the breast appears as an eczema-like change in the skin of the nipple, and 90 percent of women who have it have an underlying breast cancer as well. Paget's disease occurs in about 2% of women with breast cancer. Its onset is most common in women in their 50s, but can occur before or after this. It can also affect men, but this is extremely rare.

The first sign is usually a scaly, red rash or eczema-like rash affecting the nipple. The rash always affects the nipple first, and may then affect the areola (the dark area of skin surrounding the nipple). Crusting, bleeding, fluid discharge, ulceration, itching and burning are all common symptoms, as are nipples turning inwards and possible lumps being found.

It has been known for Paget's disease to be confused with other skin conditions

such as eczema, dermatitis or psoriasis, as they can look very similar. This can make Paget's disease difficult to diagnose. Paget's disease usually affects the nipple, and then spreads to the surrounding tissue. Whereas skin conditions usually affect the areola first, and then spread into the nipple.

The cause of Paget's disease is still unknown, but as with most forms of breast cancer, certain women seem to be at a higher risk. This includes women who have a strong family history of breast cancer, those who have never had children or had them late in life and women who either started their periods young or who had a late menopause.

Paget's Disease can be diagnosed from a variety of tests, including: Mammogram, Ultrasound scan, Biopsy, Imprint or scrape cytology. The main treatment for

Paget's disease is surgery. Removal of the breast (mastectomy) may be recommended, especially if the cancer is extensive (affecting a wide area), is close to the nipple, or if there is ductal carcinoma in situ (DCIS) in a number of areas in the breast. There is also a chance that some of the lymph nodes in the under-arm area are removed. If you have a mastectomy, it may be possible to have a breast reconstruction operation, either at the same time, or as a second operation some months later. Breast-conserving therapy (surgery involving removing as little of the breast tissue as possible), may be possible.

Some people will not need any further treatment after surgery. However, others may need to have radiotherapy, hormonal therapy or chemotherapy. These additional treatments may be used separately or together.



A **stroke** is caused by a disrupted blood supply to the brain. Most strokes occur because of a blood clot has blocked the flow of blood to the brain or from bleeding in or around the brain caused by a burst blood vessel.

There has been a huge campaign by the Stroke Association – FAST

FAST requires an assessment of three specific symptoms of stroke.

Facial weakness – can the person smile? Has their mouth or eye drooped?

Arm weakness – can the person raise both arms?

Speech problems – can the person speak clearly and understand what you say?

Time to call 999

If a person fails any one of these tests, you must call 999. A stroke is a medical emergency which can be helped by calling 999. If someone reaches hospital quickly and receives the early treatment they need, further damage to the brain can be prevented and they can make a full recovery. If treatment is delayed, they can end up with major long-term disabilities, such as paralysis, severe memory loss, communication problems (aphasia), and it can even be fatal.

Polycystic ovary syndrome

(PCOS) is the name of a syndrome whereby women produce cysts on their ovaries. It affects about 10 % of the women of reproductive age. It can affect women in different ways including but limited to:

- Disrupting menstrual cycle
- Fertility
- Hormone levels
- Weight gains
- Hirsutism (Increase in hair growth)

• High blood pressure
Women with PCOS have difficulty in producing mature eggs, which can lead to infertility and increases in male hormones.

The cause of PCOS is not known, although researchers believe it develops due to a number of factors, including genes and insulin.

There are a number of tests which are used to diagnose PCOS. The doctor will take a medical history, conduct a physical exam, take your blood pressure, and observe/note any changes you have noticed. It is also possible that the doctor will want to do a pelvic exam or a vaginal ultrasound

Because there is no cure for PCOS, it needs to be managed to prevent problems arising. Treatments are based on the individual, and will depend on their individual circumstances. Treatments can include birth control pills, diabetes medications, fertility medications, medicine to combat increased hair growth or a combination of the above.

Changes to lifestyles can help to restore a normal menstrual cycle. If a healthy diet and active lifestyle are adopted, women can stabilise their hormone levels and their blood sugar levels, as well as returning to a more regular cycle.

Women with PCOS are more at risk of developing a number of serious life threatening diseases, including cardiovascular disease, cancer and type 2 diabetes. Controlling PCOS at a young age can greatly reduce the chances of having these complications.

A healthy lifestyle including eating right, exercising, and not smoking will all help to reduce your chances of having other health problems.

Complementary Therapies: Shiatsu

Continuing our series focusing on the complementary therapies available to members at **44 Portland Place**

Shiatsu originates from Japanese shi, meaning finger, and atsu, meaning pressure. It is a traditional hands-on therapy, which uses hand pressure and manipulative techniques to realign the body's physical form as well as its natural inner energy. This then helps to defend against illness and maintain general well being.

According to Oriental tradition, the world can be described in terms of energy. Everything is linked to a vital universal force, called 'Ki', which is the core and purpose of life. The aim of Oriental medicine is to achieve harmony of Ki within the human body as it is

conceived as being essential to health.

Shiatsu is a holistic therapy, stimulating the immune system and a natural healing power. This in turn activates the mind and body to find internal and external harmony.

Shiatsu uses only a few techniques, and appears as a relaxed therapy, with slow or still pressure being applied to various parts of the body. This calm pressure causes the body's internal energy to get to work, healing itself from the inside out.

There are many variations of Shiatsu, as many practitioners have developed and

taught their own style. Some focus on "acupressure (acupuncture) points", whereas others concentrate on pathways of energy which influence Ki. All are based on traditional Chinese medicine, which has a circulatory logic, where events are mutually conditioned, and arise together.

Zen Shiatsu was devised by Masunaga, who combined his knowledge of Shiatsu with his research of Western psychology and Chinese medicine. His approach includes special exercises called "Makko Ho", which stimulates the flow of Ki. He also constructed a set of guiding principles which made techniques more effective.

The Shiatsu Society (UK) is the governing body for Shiatsu in the UK. It requires its members to follow a high standard of training, having to complete 3 years training, 500 hours and an assessment. They are also required to be fully insured and follow the code of conduct and ethics.

http://www.shiatusociety.org/public/about_shiatsu/about_shiatsu.shtml

Treatments @ 44

Central Club has copies of practitioners' current professional liability insurance, and checks that practitioners have qualifications from reputable training organisations.

MESSAGE BOARD

44 Portland Place Member Discounts



Hush Clothing sell clothes for chilling out in! Get 10% discount by entering promotion code YWCA when ordering online.
www.hush-uk.com
tel: 0844 800 4108

India Links is a local shop selling evening wear, silks, hand embroidered clothing, pashminas, shawls, jewellery and accessories. They offer a

10% discount on production of a YWCA Central Club Membership Card.
317 Regent Street, London W1B 2HT
tel: 020 7637 1070

Momiji Tree, a clinic-spa for organic face and body treatments, massage and complementary therapies has a special upgrade promotion at the moment...

'Save £35 when you upgrade from 60 to 90 minutes on a treatment ~ usually £115, now £80. Select from the five-a-day facial, knot free massage, body facial, sporting an injury massage or any of our other one hour treatments.

200 Regent's Park Road,
Primrose Hill, London NW1 8BE
tel: 020 7586 6625
www.momijitree.com

We are now on Facebook.
'The YWCA Central Club –
44 Portland Place'
Add us to your groups list.

Would you like to contribute to our newsletter?

You can review a course or event that you have attended.

Alternatively, would you like to offer our members a discount for a product or service that you can provide?

email any contributions to Dani:
danette.ohara@44portlandplace.org.uk