

March 2008

Issue 5

44 Portland Place

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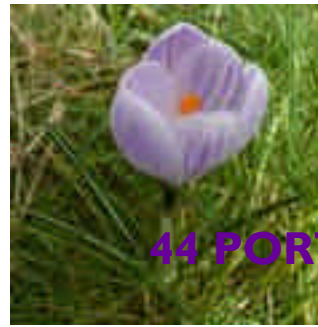
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44 PORTLAND PLACE

The clocks go forward in March, so at last we can say spring's coming and, besides crocuses, there are some events coming up (here and elsewhere) which we thought we'd draw your attention to....hope you enjoy the return of longer, lighter days!

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Lilith Rape Report Launch

On Tuesday 19 February there was a large audience for the launch of the **Lilith Project Representing Rape** report, including reporters, policy makers and representatives from women's organisations.

The report, set up to investigate the portrayal of sexual violence against women and girls in the press, highlights the 'rape myths' which are perpetuated by the media's selection of the rape cases it

covers and in the language that is often used to report them in.

This event was held in partnership with YWCA **Central Club** and it is envisaged that there will be further joint projects.

The **Lilith Project** was established to carry out research and awareness raising on all issues of violence against women (VAW) and enable agencies and individuals to challenge misogynist

practices. They are managed by Eaves Housing for Women and funded by the Association of London Government and the Home Office.

www.eaves4women.co.uk/Lilith_Project/



International Women's Day

To celebrate **International Women's Day** on **Saturday, 8 March**, we've decided to offer a range of **free taster courses for women** to try out between 11.30-15.00.

There's **Italian, Japanese, Pilates, Tai Chi, Creative**

Writing or Drawing, and **free safety workshops** — **Personal Safety in London** or **Safeguarding Children on the Internet**.

Bhauna Patel and **Elaine Smith** from the newly formed **Women's Small**

Business Community will be on hand to answer your questions related to this between **11.30-12.00** and **14.30-15.00**, or see p.3 for details.

Book your free place: call 020 7079 2855, or email info@44portlandplace.org.uk.

Remember

YWCA Central Club is closed for Easter from Friday 21 March – Monday 24 March inclusive.

Networking for Women

There are **regular networking opportunities for women at 44 Portland Place:**

Networking Evenings

There's an evening **networking** event, on the **second Thursday** of each month, providing an opportunity to meet with other women outside of your usual social circle.

This free event is open to all women to come along to discuss subjects ranging from 'Desert Island Discs', to 'Buying and Selling Online'. No need to book, just turn up and join in!

The next event is on **Thursday 13 March**, 18.30–20.00, when the subject is *Women at Work*. Do women and men act differently at work? What about our attitudes to work and what experiences do you have of a 'sticky floor' or a 'glass ceiling'? You are welcome to come along and share ideas. On **Thursday, 10 April** we share *Shopping Secrets!*

Making Connections

There are also free **Making Connections** events for those who work for London based voluntary organisations or charities working with women. The next **Making Connections Networking Afternoon** meeting is on **6 March**, where '**Making Successful Fundraising Bids**' is the topic for discussion. We meet in the Adam Lounge from 16.00—18.00. If you would like to attend this event, please book your place. Contact us on 020 7079 2855 or email:

info@44portlandplace.org.uk

Next meeting: **Thursday, 3 April.**

BBC Tours — Portland Place

Tours of the **BBC Broadcasting House**, Portland Place, have proved to be so popular that the BBC are going to continue them throughout 2008.

The dates for this year are: 2 March, 6 April, 11 May, 8 June. To book direct, visit <http://www.bbc.co.uk/tours/>

or phone the helpline: 0870 6030304.



Art in London



The Dance by Henri Matisse

Art in London on Thursday 13 March at 11.00 looks at works in the '**From Russia**' show at the Royal Academy (26 Jan–18 Apr). Drawn from Russia's principal collections, it includes works by Renoir, Gauguin, Matisse and Kandinsky. Russia cancelled this exhibition before Christmas because of concerns that its paintings might be seized in London. Britain rushed through laws to guarantee against the seizure of foreign state-owned assets in this country and the exhibition was given the go-ahead.

The Dance, (pictured above) painted in 1910 for a Moscow sugar merchant, by **Henri Matisse**, is one of the highlights of the exhibition. The work has never before been seen in this country.

Art in London on **Thursday, 10 April**, looks at the works of **William Blake** on show at **Tate Britain**.

Art in London tickets: £8.50 includes refreshments.

Film Club

Thursday 27 March

14.00–16.30

The Last Resort

Dir: Pawel Pawlikowski

Members £3.50

Day Members £6.00

Engaging, thought-provoking and impeccably acted drama from acclaimed documentarian Pawlikowski.

Musical Easter Bunny

March is the time for rabbits, so I asked Gym manager **Lou Harrison** for a photo of **Ziggy**, her lop-eared rabbit. She tells me that **herbs** are his



favourite food, and his favourite pastime...? "Ziggy plays guitar...." Hmm... thanks Lou!

Women's Small Business Community

Offers for Club Members

In last month's Club Newsletter we featured a **10% discount offer** for Club members who were interested in holidays in Andalucia (www.walk-andalucia.com). This month we are delighted to announce that the restaurant **Ozer** is offering **10% discount (food and drink)** for Club members who produce their Club membership cards. The restaurant, serving Ottoman and Turkish food, is in Langham Place, just 5 minutes from the Club. So if you enjoy plates of delicious meze (and we can recommend the 'healthy option!'), it's worth booking a table by phoning 020 7323 0505.

If you run your own business why don't you consider offering discounts to our Club members?

We now have over 600 members and that's increasing every week! Please contact our Events Manager, Elaine Townson or email info@44portlandplace.org.uk

The Craft Group's postponed Card Making session will now take place from 11.00 to 14.30, on **15 March**. All welcome.

Join the **Women's Small Business Community** at 44 Portland Place to learn, share and grow your business. Would you like to:

- know how best to market your business?
- learn how technology can transform your business?
- have a resource that can offer advice, support and guidance in a friendly and convenient location?
- network and meet a pool of potential clients?

We are setting up the **Women's Small Business Community** at 44 Portland Place as a networking group created to inspire enterprising women and to build alliances in a fun interactive environment. There will be opportunities to learn, share and let off steam.

Our aim is to offer a place for women who have business ideas or who run businesses to network, discuss solutions to business issues and support one another by pooling ideas, knowledge, expertise and experience. Guest speakers will offer information, advice and guidance about the business topics that you want to hear about.

The Club will be run by its members for its members!

Come along and meet us!

First meeting will be held on **Thursday, 3 April at 18.30.**

What do we do?

So we know who everyone is and why they're there, we will kick off each meeting by letting everyone have a two minute slot to introduce themselves and their products or services.

Then, we will either have

- a speaker to talk for an hour or so about topics as varied as advertising, personnel management, tax, computer technology, the Internet, personal and company image, etc., or
- a workshop on topics of particular interest or concern to Club members.

Every fourth meeting will be reserved for a social event such as a quiz night, darts, bowling or whatever takes your fancy.

The club will also produce an email newsletter – and a web-based business register of Club members.

Why you should join us

- Make friends and become known in the local business community
- Benefit from the help and support of other like-minded women
- Enjoy a varied programme of events, including monthly meetings and social functions
- Make use of the publicity initiatives organised for Club members

Other Benefits

- Promote your business in our monthly Newsletter and in our Membership Directory – free to all members
- Practical help and advice is available from informed fellow members and entertaining speakers
- Organise your own seminars for fellow members
- Make the most of networking opportunities amongst Club members
- By joining together we can increase our purchasing power and enjoy bigger discounts from suppliers.

If you would like to find out more about joining the Club, email Elaine Smith on ms.elain smith@btinternet.com.

Opportunities to work with the NMC

There are opportunities for lay people to work as panelists or assessors for the **Nursing and Midwifery Council (NMC)**.

Lay Panel Members to join the team of Fitness to Practise Panelists. Fitness to Practise Panels consider allegations of impairment of

fitness to practise made against nurses and midwives on grounds including misconduct, lack of competence and ill health.

Local Supervising Authority Reviewers

Lay people wanted as Local Supervising Authority (LSA) Reviewers, required to un-

dertake reviews of Local Supervising Authorities, to see if they meet NMC standards for the supervision of midwives.

For information, or to apply, use the following link:

<http://www.nmcruitment.com/>
www.nmc-uk.org

Women & the Global Economy

The Gender and Development Network is holding an evening panel discussion and reception celebrating International Women's Day 2008 on **Tuesday 4 March** at 18.30. The topic is **Women's Rights and the Global Economy**.

The Chair will be **Sarah Montague**, Radio 4 Today

Programme Presenter. Speakers will be **Wangari Maathai**, 2004 Nobel Peace Prize Winner, pioneering environmental activist and founder of the Green Belt Movement and **Gita Sen**, Professor, Centre for Public Policy, Indian Institute of Management, Bangalore and Adjunct Professor of Population and International

Health, Department of Population and International Health, Harvard University.

The event (Lewis Media Centre, Millbank Tower, SW1P 4RS) is free, but places are limited. If you would like to attend, email policyandcampaigns@actionaid.org or call **Sarah Palmer** on 020 7561 7611.

Top Tips for Heart Health

Further info: The British Heart Foundation **08450 70 80 70**

The **February Networking** session was on **Looking after your Heart**. Here are the top tips (compiled from British Heart Foundation and BUPA info) on how to keep your heart healthy. **Regular physical activity** Just 30 minutes of moderate intensity activity, most days of the week, halves the chance of developing heart

disease. You can break up the 30 minutes into shorter sessions. It's the **total** time you exercise per day that counts.

Stopping smoking reduces your risk of developing heart disease. No matter how old you are, it's not too late to stop.

Moderate drinking People who drink heavily are

more likely to die of heart disease than those who don't. Between 1 and 2 units of alcohol a day *may* help to reduce the risk of ischaemic heart disease in certain people. If you drink, do so in moderation.

Healthy eating — i.e. a low fat, low salt diet including fruit and vegetables. Grill, bake, steam or microwave

meat and remove skin from chicken.

High blood pressure increases your chances of developing heart disease. If you are middle-aged or older, have your blood pressure checked annually.

The **British Heart Foundation** has more info at www.bhf.org.uk