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**BANK HOLIDAY CLOSURES**  
The Club will be closed on 3 –5 and 24–26 May

Women’s Small Business Club



Inaugural Meeting

The women who attended the first meeting of the Business Club came from a variety of backgrounds – some came with ideas for a business, while others had already taken the ‘big step.’ Businesses included life and career coaching, a recruitment consultancy, a publishing house, an acupuncture practice, a walking and painting tour company and a holistic clinic.

The group has planned events for the whole year and if you would like further information on future events or are interested in joining, contact Elaine Smith at:

**business@44portlandplace.org.uk**

Future Events

**E-Commerce, 1 May**  
Learn tips on how to easily establish an online presence for your business; how to start selling online at minimum cost; how to book a domain name and what you need to consider when building a website.

**Funding, 5 June**  
Alan Badger of J and AB Associates, a funding consultancy/project management company, will talk about how look for funding from various organisations. A representative from Business Link will give advice on funding for small business in London.

Craft Group

The last sessions before the Summer break will be on 17 May 2008. Bring whatever you’re working on or want to try – and a sandwich for lunch.

We’ll be discussing whether to continue next Autumn and a possible group project.

Contributions and suggestions welcome!

Book Club Re-launch



We’re happy to announce that a new member, Angela Broad, is re-launching the Book Club in May. To get us started, Angela has chosen The Kite Runner as the first book but after that the Book Club members will choose.

The Kite Runner, by Khaled Hosseini

Thursday 15 May 14.30–16.00

The Book Club will meet on the 3rd Thursday of every month from 14.30-16.00 (tea and coffee in the cafe from 14.00). There’s no need to book and nothing to pay – simply turn up.

Laugh, share opinions, and make new friends – come and join us!

If you have any questions, email Angela at:

**book club@44portlandplace.org.uk** or contact the office on 020 7079 2855.

## Shopping Secrets

*Lucy Medhurst has agreed to share some of the shopping secrets revealed at last month's Networking Evening*



### Books, CDs and DVDs

Books make great presents and if you're thinking of buying some, especially children's favourites, visit [www.bookpeople.co.uk](http://www.bookpeople.co.uk) (the low costs will surprise you). You can also visit specialist charity shops such as Oxfam Book stores in Strutton Ground and Marylebone High Street. Look at [www.play.com](http://www.play.com) for discounts on books, DVDs and CD's and to rent films at very reasonable rates, try [www.lovefilm.co.uk](http://www.lovefilm.co.uk).

### Charity Shops

When it comes to shopping for clothes we discussed a

multitude of brilliant ideas. Visit your local charity shops: Richmond, St Johns Wood, Chiswick and Notting Hill are very good areas for finding bargains. These shops are especially good if you don't want to spend lots of cash on a hat, bag or even ski wear that you may only use once. These shops provide excellent opportunities to find reasonably priced candles, cards and household goods and contribute to recycling and environment concerns.

### Clothing

In Hampstead High Street we suggest 'The Designer

Agency' for second hand designer clothes at knock down prices. Take a look at [www.clothesagency.com](http://www.clothesagency.com) where you can buy (or sell) on line. Keep your eyes peeled for great deals at Matalan, Primark (clothes and home furnishing), UNIQLO (bright colours and cashmere tops), New Look (summer holiday wear) and TK Max (designer labels).

Take a day trip to Bicester Designer Outlet where you can shop at Burberry, Mulberry, and Agent Provocateur. You can also call them with the stock reference number and still get the discount price by post. We discussed arranging a club outing there; I guess you can sense the interest and desire of the group by this time!

### Markets

Take a weekend visit to the London markets, such as Greenwich, Portobello and

Camden for unique boutiques and antique treasures.

### Cosmetics and Vitamins

Find reduced prices on cosmetics and vitamin supplements by visiting [www.pharmacy.co.uk](http://www.pharmacy.co.uk) and look at [www.hqhair.co](http://www.hqhair.co) to purchase hair products in bulk.

### Crafts and Jewellery

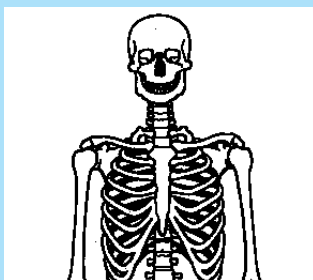
[www.britishcrafts.co.uk](http://www.britishcrafts.co.uk) – British Crafts are an on-line gallery of (British made) fine crafts.

Don't miss the beautiful and reasonably priced jewellery stall at the Club's Christmas Fayre. Yes, I know it's a long way off, however some people started stocking up in the last Christmas sales, and there goes another idea!

Look forward to seeing you at our next Networking Event (see details below).

## Networking for Women

### Who Do You Think You Are?



Thursday 8 May 18.30  
Do you have royal ancestors or do you have skeletons in your cupboard?

A chance to share experiences of researching your family history.

### Help us Celebrate

*The Networking Group celebrates its 4th Anniversary in May. Come and join us for some chocolate cake!*

Networking evenings take place on the second Thursday of each month.

## Games Night

Thursday 15 May, 18.00–21.00



Relive childhood memories, revive forgotten talents and bring out your competitive side.

Dominoes, Snakes and Ladders, Ludo, Boggle, Jenga, Mousey Mousey, Snap ...

**Rounds of quick-fire games, fun and food  
Bring a friend and bring a favourite game!**

**Book before 9 May – call 020 7079 2855**

Tickets cost £8.50 and include a light supper

## Complementary Therapies: Sports Massage

Continuing our feature on complementary therapies available to members at 44 Portland Place, in this issue we look at Sports Massage.

### Sports Massage – for athletes, nearly athletes and couch potatoes alike!

Sports Massage first attracted attention as a specific treatment at the 1924 Olympic Games in Paris. Paavo Nurmi, a runner from Finland, brought a personal massage therapist with him to the games and proclaimed that the special massage treatment he received was a vital part of his training programme. He then went on to win 5 gold medals!

However, that snippet of history does not mean you need to be an elite athlete to treat yourself to a sports massage, and the physical and psychological benefits can be enormous.

The massage works in several ways to aid and improve your flexibility, with



the therapist taking you through a range of active and passive stretches. These enable your muscles to be eased in a way that's impossible to achieve when you undertake a stretching routine yourself. As well as making you feel wonderfully lithe and supple, these techniques can also help prevent injuries such as pulls and other strains.

Feeling the pain? Sports massage practitioners work using deep friction, stroking and muscle release techniques which remove toxins from tight and tired muscles, easing discomfort and improving circulation.

Adhesions and scar tissue can also be broken down which enhances your range of motion and improves your all-round mobility. As an aid to recovery from both sports and non sports related injuries, the treatment can prove invaluable.

And if that hasn't got you booking a session already, don't forget that like many other massage therapies, sports massage also promotes deep relaxation which can improve the quality of both rest and sleep and boost your general energy levels.

A word of caution You should not have a sports massage if you have any open wounds, infections or bruising on your skin in the areas that will be treated. Also, if you have only just suffered an injury, for example a sprain, torn muscle or ligament, you should normally wait until later in

the healing process or check with the practitioner first. If you are diabetic or pregnant, sports massage may still be appropriate for you, but you should inform your practitioner before starting any treatment. Finally, if you have other doubts or concerns about medical issues, consult with your GP before booking your massage.

Finding a practitioner In the UK, you should use a practitioner registered with either the Institute of Sport and Remedial Massage (ISRM) or the Sports Massage Association (SMA).

**Please note** Although YWCA Central Club cannot recommend individual practitioners, we only hire Treatment Rooms to those who have shown us evidence that they are qualified to practise and hold current professional liability insurance.

## Meet the Staff: Sue Fisher



**Sarah Simpson, Chair of the Board of Trustees interviews Sue Fisher, Office and Facilities Manager**

Sue Fisher's smiling face is likely to be one of the first you see if you come into

the Club Office on the second floor. She joined YWCA Central Club at 44 Portland Place in December 2002 as Office and Facilities Manager.

Although Sue lives in Hornchurch in Essex and has a long commute, she has always worked in Central London. Previously she was Centre Administrator at the City Literary Institute in Stukeley St. Sue is a proficient Sign Language user and has worked with deaf people.

At weekends Sue is a full-time 'Nan' and enjoys taking her grandchildren to football and ice skating. She also enjoys decorating, cycling and found our belly dancing classes fun but exhausting! Preferring to take holidays abroad during the winter, Sue had a relaxing time in the sun in the Canary Isles in March.

In her role at the Club she is responsible for the reception and administration staff as well as venue hire. She loves showing organisations around our

beautiful building and helping to facilitate a variety of events from graduation and birthday parties to training events for charities such as Cancer Research UK and Eaves Housing.

If you are interested in hiring rooms, information is available on our website or in our latest Club brochure – and of course Sue would be happy to show you around!

## Art in London

### Wallace Collection Highlights

Thursday 8 May,  
11.00–12.30

This talk will guide you through the highlights of the Wallace Collection, which boasts magnificent displays of French 18th century painting, furniture and porcelain, superb Old Master paintings and a world class armoury.

Anyone who plans to visit the Wallace Collection on 8 May and who wishes to see the Louis de la Caze Exhibition of painting from the Louvre can have a free guided tour (tour starts at 13.00).

The Wallace Collection is a national museum in an historic London town house

with 25 galleries. Admission is free and the museum is open 7 days a week, 10.00–17.00

The Wallace Collection  
Hertford House  
Manchester Square  
London W1U 3BN

### Constable and British Romantic Landscape

Thurs 12 Jun

Constable revolutionised landscape painting by bringing it closer than ever before to a representation of the natural scene as we actually perceive it. This talk, by James Hicks, will focus on his work and that of other landscape artists whose works can be seen at Tate Britain.

## Film Club

**The River (1951)** Jean Renoir  
Thursday 29 May, 14.00–16.30



Colonial India, during the last days of the Raj and a young girl starts on the journey to adulthood... a visual feast, shot on the banks of the Ganges with unforgettable images.

**A story of "childhood, love and death."**

### Coming soon

**Carmen Jones** (Otto Preminger 1954)  
Thursday 26 June

An outstanding score by Oscar Hammerstein and a narrative filled with love, passion and uncontrollable jealousy. Soldier Joe falls for free spirited Carmen and runs away with her, but when she leaves him for another man his uncontrollable jealousy is triggered and tragedy follows.

## The Student Voice

### Have you ever thought of learning a language?

We run a number of language courses here at 44 and we think our tutors are some of the best around. Here's what one of the student thinks ...

### Japanese Course Review

I enrolled on the Japanese beginners A course at 44 Portland Place to help develop my ability to communicate with my colleagues in Tokyo in a more informal and light-hearted manner. Having looked at several courses, it seems that at 44 PP, the classes would be relatively small and the conversation covered would be more than just your basic 'where is the post office?' style phrases.

I am now onto Module 4 and have enjoyed every moment so far. The tutoring is of top quality and the small class of students of varying ages and abilities have really been encouraged to build a supportive and team-based atmosphere. One of the great things about the class is that something new crops up every lesson and Chieko-San encourages the students to bring in new words and try new phrases – so the course and tutoring is flexible and not too rigid. This has helped the class develop a more confident and fluid style of talking and thinking.

*Nicholas Battersby, current student*

### Learn a language

If you need to develop your language skills for your summer holidays, join one of our courses. We have beginners' courses in Russian, Spanish, French, Japanese and Arabic starting in May – phone the office for start dates (or look on the calendars. If you're tempted to learn Japanese, the next beginners course starts Wednesday 28 May (18.00-19.30) and runs for 7 weeks. Fee £67.50. Sayonara, or should I say, ブ(月)デル(火).

## Member Discounts

**Eating Out**  
**Ozer 10% discount**  
**Ottoman & Turkish**  
☎ 020 7323 0505

**Pizza Express**  
**12% discount**  
**Italian**  
☎ 020 7580 3700

**Dentist**  
**Weymouth Street**  
**Dental Practice and Spa**  
**10% discount**  
☎ 020 7323 4441

**Clothing and Jewellery**  
**Indialinks 10% discount**  
☎ 020 7637 1070

**Walking Holidays**  
**Walk Andalucia & Paint Andalucia**  
Single supplement waived for Club members.  
www.walk-andalucia.com  
020 8385 2024 (Elaine)

To claim your discount, present your current membership card.