

44 PORTLAND PLACE

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Photo taken by Danette O'Hara

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Dear member and friend,

I am writing to introduce myself as the new Chair of YWCA Central Club.

I have just started this role and I wish to thank Sarah Simpson, the outgoing Chair, for all her commitment and hard work for 44 over the years.

It is an exciting time for us on the Board and for our colleagues on the staff as we are currently working on a new strategic plan. It will focus on our core role as a charity, dedicated to reaching out to vulnerable women, who may not have access to facilities and health advice that many

of us take for granted and to those who belong to a range of disadvantaged groups in society. We still wish to cater for the needs of long term members and will continue to run parallel events, but our main focus will be on fulfilling our charitable objectives. It is likely our core role will be to expand the health and fitness side of 44 which will encompass a wide variety of activities.

Just a few words about me: I lead and chair 5 trade unions in a public sector medical organisation, the Medical Research Council that has just won its 29th Nobel Prize for medicine. We have 3,500

staff who carry out research both in the UK and internationally and we also fund grants for medical research in universities, medical charities and the NHS. Given my role is full on I will be relying on colleagues at 44 and the trustees of the Board, both current and new, to help me in developing a new vision for 44. I do hope you will join me in thanking both Sarah, the trustees and all the staff for their excellent and often unseen work to make 44 such a great place to visit and access, now and in the future!

Alexandra McAdam Clark

Groups @ 44

The Japanese Conversation Group

Meetings take place on Tuesday evenings between 19.30 and 21.00. The group has a tutor with the fees split between attendees. They are currently working on 'Japanese for Busy People: Book 3'.

For more details please contact the office staff on 020 7079 2855 or info@44portlandplace.org.uk

Craft Group meets on the third Wednesday of each month between 13.30 and 15.30.

This month the group will continue working on Christmas cards. Feel free to bring along any materials you deem suitable.

Knitting Group meets on the second and fourth Wednesday of each month, between 17.30 and 19.30.

If you would like to join the group, just turn up on the night.

The **Craft Group** and **Knitting Group** would greatly appreciate any unwanted materials, such as odd balls of wool and knitting needles. If anyone has any to donate, please drop them off in the office.

If you have an interest and would like to share it with fellow members, you could set up a Group @ 44 and meet in the Adam Lounge, at a time to suit you.

Email Dani for more information, or to make suggestions.

danette.ohara@44portlandplace.org.uk

London Events in November 2009

RAW

The Abbey Tavern

2 November

On the first Monday of each month join a variety of talented people for a poetry workshop and open mic. You have the opportunity to work on your masterpiece in the workshop upstairs from 7.30, then to go downstairs and test it on the crowd between 8pm and 9pm.

www.myspace.com/rawpoetry.ct

Firework Display 2009

Ealing Cricket Club

7 November

'Remember, Remember the fifth of November...'

Celebrate Guy Fawkes' Night with Ealing Cricket

Club this year. Gates open at 6pm, with Bars, BBQs, and rides. The display, which will be set to music, will start at 7.30pm followed by a huge bonfire.

www.ealingcc.co.uk

Remembrance Sunday

Whitehall

8 November



Remembrance Sunday London Parade is a time-honoured tribute in memory of those who lost their lives in the two World Wars. It

features a full formal parade of Royal Family members joined by former and current service men and women. It takes place between 10am and 12pm.

The parade will include a special wreath-laying ceremony led by the Royal Family and a two minute silence held at 11am.

Sleep Out

Old Spitalfields Market

12 November

Spend the night in Old Spitalfields Market to raise money for Centrepoin, a youth homeless charity. You will experience the discomfort of trying to sleep on boxes on a hard cold floor amongst the bright lights of

the city night and the noise of street cleaners, public transport and late night revellers.

The next day, when you'll be thinking of going home to a hot bath, a satisfying meal and comfy couch, you will begin to understand some of the practical realities of being homeless in London. You may even wonder how you would have coped aged 16.

Make a stand against youth homelessness today. Commit to joining Centrepoin on Thursday 12 November and help Centrepoin to raise £250,000 to continue providing services for homeless young people in 2010.

www.centrepoin.org.uk/sleepout

London Reviews – written by Samantha Hulass

The Comedy Store

7 Oxendon St

Even though this comedy club has been going since 1979, when I last went in 1993, it was still very rough and ready, with new (often untested) talent who were either amazingly good or cruelly heckled off the stage. You can imagine my surprise then, when I went along in 2009. No more amateurish acts being slated by a blood thirsty audience. No more tetchy MCs with anger-management issues. Instead, it was a far slicker venue, with friendly bar staff (yes, friendly) very high calibre acts, and a rather likable MC (Stephen Grant) who ribbed and talked to members of the front row audience almost

like someone at a holiday camp. Having said that, the jokes were obviously light years from any holiday camp – very much of an adult content, with a particular emphasis on American culture and generally punctuated by expletives. No, the Comedy Store cannot be confused with a holiday camp!

The night opened with Kevin Bridges, a rather understated, but highly intelligent Glaswegian, whose dry humour came very much from his unique perspective of the Scotsman living in the south e.g. He described a southerner as "someone who has clearly never been punched in the face before"!

Next was Steve Gribbin,

from Liverpool. He is described as a "diminutive, guitar-wielding satirist" but his hilarious comedy songs and observations had the whole place in hysterics. Incredibly witty and enormously likeable, he's possibly the only person able to rhyme the word "spermatozoa"!

Then came Mike Gunn – also very funny – but his unrelenting, cynical attitude towards women, which smacked of a man who is upset with someone in his personal life, grew tiring after a while. No doubt all comedians draw from their personal experience, but he caused offence to some of the people I went with.

Finally, there was Rob Rouse

– a twitchy, nervy, Irishman, who talked in great detail about his personal life, but in a most amusing way. He described a scene from Xmas Day in his family home, which I cannot really do justice to here, but it involved a rather amorous dog. He somehow built up a very simple scenario into such a crescendo, that it totally brought the house down, and was a tremendous way to end a fabulous night. I would definitely go to the Comedy Store again.

www.thecomedystore.co.uk



Boosting Immune Strength – Foods, Drinks and Supplements

Add Extra vitamin C to Your Diet

Adding extra vitamin C to your diet can help your immune system fight viruses before they make you sick and may help breakdown stress hormones.

Foods packed with vitamin C include:

- Red bell peppers
- Strawberries
- Tomatoes
- Broccoli
- Citrus
- Sweet potatoes

Add Colour to Your Plate

To help nourish the thymus gland, which is responsible for much of the immune-system function, eat two servings a day of foods rich in carotenes. Foods high in carotenes include coloured vegetables and dark greens,

such as:

- Yellow and orange squash
- Carrots
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Kale
- Berries
- Garlic

Drink your lemons

Lemon is the ideal food for restoring acid-alkali balance. Drinking freshly squeezed lemon juice in water, or adding it to tea, salad dressings (in place of vinegar), baking or cooking, can help maintain the body's internal "climate" at a PH which supports healthy bacteria, instead of the viruses and harmful bacteria which thrive in more acidic environments.

Garlic

Garlic contains allicin, ajoene and thiosulfates – three powerful compounds that may help the body prevent and fight infections.

Water

Drink at least eight glasses of clean, pure water a day. Water has many vital functions and among them is to transport nutrients and oxygen to our body cells. It also detoxifies the body.

Cut down on coffee

Caffeine robs your body of minerals and vitamins, and it dehydrates you. If you drink coffee, make sure you add an additional two glasses to your water intake per cup of coffee.

Drink alcohol only in moderation (if at all)

While one drink does not

appear to affect immune response, having three or more drinks in a short period starts to impair white blood cells' functioning.

Eat chilli peppers

Chilli peppers that are fresh can help to keep your blood free of toxins and create more oxygen in your blood stream to flow into your cells and thus maintain proper bodily health.

Herbs

Echinacea can assist the body in the formulation of "interferon", which blocks replication of virus proteins. Echinacea has been known to also increase levels of "properdin", a protein in the body that helps the immune system destroy and suppress virus cells.

Steady Exercise or Interval Training? – Gemma Hill

The health benefits of regular physical activity have been well documented with the government encouraging all of us to Get Active in all aspects of our lives.

For most physically active individuals out there the relative risk of death from cardiovascular disease may be reduced by up to 35%. In addition, physically active individuals with one or more symptoms of heart problems such as hypertension, diabetes or high cholesterol can reduce their risk of premature death by up to 52%! Therefore, the benefits of regular exercise is indisputable and doesn't just

include looking great, but can also reduce the risk of chronic disease such as obesity, osteoporosis and depression.

What does this mean for me?

First and foremost keeping active in your day to day activities and committing to regular exercise is essential for your health. Increasing the intensity of your workouts (the part that gets you out of breath and all hot and sweaty) will give you faster results and will help to protect you from developing chronic ill health.

So how do I do this?

The easiest option is to include intervals sessions into your cardio workouts.

When walking/running or cycling, up the pace for 30-60 seconds, to a level where you wouldn't be able to hold a conversation, then take a recovery break where you continue moving at a pace where you could comfortably chat to your friend. So a 30 minute treadmill session could look like this:

- 5 minute warm up
- 3 minute brisk jog
- 1 minute quick run
- 3 minute brisk jog



- 1 minute quick run
- 3 minute brisk jog
- 1 minute quick run
- 3 minute brisk jog
- 1 minute quick run
- 3 minute brisk jog
- 1 minute quick run
- 5 minute cool down

Have a try next time you exercise and enjoy the rewards!

Complementary Therapies – Hypnotherapy

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

When you think of hypnosis it is common to think of people such as Paul McKenna and his popular 1990s television programme, and to think of situations whereby people walk like a chicken or stand up and sing naked in the street.

In reality that is the kind of practice you may see in stage hypnotism and not by a hypnotherapist. Hypnotherapists can access the unconscious mind and help a person overcome a vast variety of obstacles. All the while the person relaxes in a similar state to that of a meditation class. You can normally remember everything; most people can even

vocalise their experience while they go through hypnosis.

In my experience when someone unearths the core reason behind a personal issue they would like to deal with, be it mental or physical then they are over half way towards eliminating it. Hypnotherapy is the most direct way I have witnessed to do this. After an exercise called a Deepener to induce the hypnotic state, the general practice for a therapist is to locate the event(s) in a person's life that has created the problem they are concerned with. The task of the therapist is to work with the client to overcome what

they are going through, whether it is a past event or something they are experiencing in their present environment. The therapist then works on incorporating ways in which they can overcome this situation in the future.

Normally less than 6 sessions will help the client clear any issue they want to work through. However, this can depend on its severity. The simplicity of hypnotherapy is what makes it an easy choice for anyone wanting to understand the patterns in their life; whether it is to quit smoking, lose weight, stop a phobia, increase confidence or sports performance, the list is endless!

I would recommend contacting such organisations as the General Hypnotherapy Register, the British Society of Clinical Hypnosis or The Hypnotherapy Association for a reputable therapist. These groups publish online lists of recommended therapists. Hypnotherapists have to abide by strict ethical and confidential guidelines and should have carried out a large number of case studies before gaining their qualification. So relax and enjoy this thoroughly successful and insightful therapy.

MESSAGE BOARD

Cartoon by Penny Haynes www.bluebeancartoons.co.uk.



44 Portland Place Member Discounts

Holistic Treatments!

The Holistic Coach, Gemma Petherbridge is a Specialist in Kinesiology and Hypnotherapy. She would like to offer Members £10 off their initial consultation, so that is just £65 for 90

minute, and then £5 off subsequent treatments, which means £55 for 1 hour.

To contact Gemma, email info@theholisticcoach.co.uk, or call 0778233950. www.theholisticcoach.co.uk

Tea and Crafting

Jane Gois is offering members 10% off Tea and Crafting workshops, on production of a membership card. She has the following workshops scheduled:

Crochet Granny Squares
2 November 6.30–8.30pm

Beginners Knitting
7 November 1.30–4.30pm

Chain Maille Bracelet
9 November 6.30–8.30pm

Crochet Flower Brooch
18 November 6.30–8.30pm

Quick Knit Socks
25 November 6.30–8.30pm

www.teaandcrafting.co.uk

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