

## 44 PORTLAND PLACE

44 Portland Place  
London W1B 1NE  
Tel: 020 7079 2855  
Fax: 020 7079 2856  
www.44portlandplace.org.uk  
info@44portlandplace.org.uk



Photo taken by Danette O'Hara

**Inside this issue**

London Events	2
Business Club	2
A Georgian Evening	2
Complementary Therapies	3
Meet the Staff	3
Art in London	4
The Book Club	4
Club Nights	4

**Members' Day: Fun, French Food and Film**

Have you ever wanted to make your own cards? Are you keen to introduce friends to the Club? Do you fancy a relaxed lunch and the opportunity to watch a film you would not see otherwise? Why not come to our Members' Day on Thursday 25th September?

In the morning there will be a Card Making demonstration hosted by the Craft Group. After a French-themed lunch we will join the Film Club for *The Page Turner* (see below). The cost for the day for members will be £11.00 and guests £13.50. Further information

on our website or from the office. Numbers are limited so book early to avoid disappointment.



Please note there will also be an opportunity to contribute to a collection for MacMillan Cancer Support.

**Club membership**

It's hard to believe that our summer is almost at an end but we need to remind you that unless you are a Gym

Member with a fixed term your Club membership is due for renewal on 1st September. At £10 for an annual membership this must be one of the best bargains in town.

**Trustee vacancies**

As YWCA Central Club is a charity we will shortly be appointing new Trustees to the Board. If you are a Club member with an understanding of finance or law, we would like to hear from you. Please email me at [trustees@44portlandplace.org.uk](mailto:trustees@44portlandplace.org.uk)

Sarah Simpson, Chair, Board of Trustees.

**Film Club** with John Wischmeyer**The Page Turner (Denis Dercourt 2006) 25 Sept 14.00**

Denis Dercourt's stylish, subtle and highly assured film is a cool and witty psychological drama in the style of Hitchcock or early Chabrol. A masterfully crafted work of subtle, unsettling suspense, *The Page Turner* is a story of two pianists whose lives become entwined. During

her entry exam for a music conservatory, Melanie is distracted by the chair-woman of the jury – a well-known pianist. Melanie fails the exam and decides to give up music forever. Years later they are reunited. Melanie's musical talent is soon revealed and she takes on the role as Ariane's personal page turner – little does she know that this is all part of a plot for revenge which will bring around

shocking consequences! The film stars **Déborah François, Catherine Frot, and Pascal Gregory.**

**Creative Writing:**

*Networking for Women*

*Come along and get inspired!*

On **11 September** we will be offering members the opportunity to attend a Creative Writing session. No experience necessary, just lots of enthusiasm!

Join us at 18.30 at 44 Portland Place.  
This is a FREE session.

## London Events in September

### Kathakali Dance Performance Sunday 7 September 15.30–16.15

Solo performance at the Conference Centre, British Library. Kalamandalam Vijayakumar demonstrates the remarkable technique, drama and costume of south Indian Kathakali dance drama. Watch from 14.00 as his distinctive make up is applied. This is a free event with no booking required.

### The Thames Festival 13 and 14 September

Why not say goodbye to the summer with a visit to London's biggest end of summer party in the heart of the capital to dance, make sculptures, listen to music, watch movies, drink, eat, enjoy performances, sing, play on the beach, sail on the Thames and dance in the streets.

This year there will be a healing food ceremony, a fear of flying photographic exhibition, a magical wishing tree, dj's and world music



performances, Japanese games, origami, manga-drawing, storytelling, taiko drumming, kimono, and calligraphy workshops, street theatre acts, river races, and plenty more. The event will take place on the south bank of the Thames, between Westminster

Bridge and Blackfriars Bridge and will run between 12.00 - 22.00.

[www.thamesfestival.org](http://www.thamesfestival.org)

### Last Night of the Proms Saturday 13 September

Famous classical music concert at the Royal Albert Hall, London. Concerts at the same time in Hyde Park and some other places in the UK.

[www.bbc.co.uk/proms](http://www.bbc.co.uk/proms)

### Riverfront Jazz, Greenwich Thursday 18 September – Monday 29 September

A series of jazz events (many of them free) in and around Greenwich.

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

### Davis Cup – Tennis 19–21 September

There will be world group semifinals and play-offs in this international tennis competition. Great Britain play Austria at Wimbledon in one of the play-offs.

[www.daviscup.com](http://www.daviscup.com)

### London Open House Saturday 20 September–Sunday 21 September

During this weekend you can visit many buildings in London which are not normally open to the public. For the most popular buildings it is necessary to book in advance. For a full list of buildings open to the public please visit:

[www.openhouselondon.org](http://www.openhouselondon.org)

### Houses of Parliament Summer Opening September (until Saturday 27 September)

During the summer break for Parliament it is possible to buy a ticket for a 75-minute guided tour of the House of Commons and the House of Lords.

[http://www.parliament.uk/about/visiting/summer\\_opening.cfm](http://www.parliament.uk/about/visiting/summer_opening.cfm)

## 'Speed Networking'

### Small Business Club

On 4 September there will be a joint event of the Small Business Club and the Women In Management Network. The Speed Networking event will be led by Jane Mann, the founder of Maple Consulting, which helps people to use their skills and talents within organisations. For further information please email Elaine Smith at: [ms.elain smith@btinternet.com](mailto:ms.elain smith@btinternet.com)

## A Georgian Evening *written by Lucy Medhurst*

Many of us are so used to rushing into the Club for a course or a meeting that we forget to notice the beautiful buildings we pass on the way.

Our first Georgian Evening on 26th June gave us a chance to pick the brains of Stephen Astley, Drawings Curator of the Sir John Soane Museum.

The evening started with a glass of gin or fruit punch and light refreshments in the Adam Lounge. We then went for a short walk

around the area and learnt the stories behind the architecture of different properties near and around Portland Place. His enthusiastic descriptions really brought the area and its history to life.



There are still a few tickets left for our second Georgian Evening on Friday 12 September starting at 18.00. Members can purchase two tickets each at a cost of £8.50 for members and £10.00 for guests. Booking forms are available from the Club Office.

## Complementary Therapies: Herbs and Your Health

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

Many plants have been used medicinally for thousands of years and have been proven to be useful to the maintenance of health in humans and animals. We have selected some popular herbs below with their medicinal uses to provide you with some information.

**Garlic** is known to help lower high blood pressure and cholesterol, helps to fight off colds and boosts the immune system.

**Hawthorn** aids the heart's pumping action by opening the coronary arteries to nourish the heart muscle. The herb can also slow a rapid heart rate and strengthen a failing heart.

**Ginkgo Biloba** from the ginkgo tree has been shown to benefit visual function by improving microcirculation to the eyes. It also benefits

ailments such as vertigo, tinnitus, inner ear disturbances, memory impairment, ability to concentrate, anxiety, depression, and neurological disorders.

**Licorice** is a soothing anti-inflammatory and is used for any gastrointestinal ulcers, including mouth ulcers. It is also used for chronic coughs and bronchitis.

**Milk Thistle** strengthens liver functions and protects the liver from damage caused by viruses, toxins, and alcohol.



**Echinacea** boosts the immune system and fights infections and is very effective in treating common colds.

**Bilberry** is a powerful anti-inflammatory. It is also used to treat diarrhoea, varicose veins, swollen ankles, and mucous membrane inflammation. The herb is beneficial in the treatment of eye health, including cataracts, night blindness, and poor or fading vision.

### Treatments @ 44

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

The National Institute of Medical Herbalists (NIMH) have completed a thorough training of at least three

years in anatomy and physiology, botany, pharmacology, nutrition and conventional medical treatments appropriate to the practice of herbalism. They carry the letters MNIMH or MCPP.

The National Institute of Medical Herbalists adheres to formal codes of ethics, professional conduct and good practice. These codes and procedures are regularly reviewed to ensure that NIMH-registered Medical Herbalists at all times work to the highest possible professional standards.

Members are covered by Medical Malpractice and Public/Products Liability Insurance.

<http://www.nimh.org.uk/home>

## Meet the Staff: Janet Cattini interviewed by Lou Harrison



Janet has worked as Senior Administrator at Central Club since September 2004 and enjoys meeting and greeting visitors and the Film Club Events. She previously worked at the City Lit for fifteen years as Programme Area

Administrator for the Centre for Deaf People and found her role very rewarding, particularly her involvement in the Deaf Day Events aimed at helping people to further their education and employment prospects.

Janet is proficient to Level 2 in CACDP British Sign Language and is also qualified in guiding deaf blind people. Her other employment experiences include waitressing, catering, and secretarial work.

Janet was born in Hampstead Heath and grew

up in Stoke Newington. She now lives in North London and loves decorating her home, with the intention of studying Interior Design one day.

In Janet's spare time she enjoys going shopping, socialising with her friends, and visiting family in Tuscany. Her all-time aspirations include white water rafting, bobsleighting, and hot air balloon riding.

Of all the places she has visited, her favourite is California. In 1989 Janet went on a road trip around

the West Coast and found the vastness of the beaches mesmeric and the Californian people very welcoming. The highlight of Janet's trip was undoubtedly her visit to the Grand Canyon.

Janet likes to exercise when she can, whether it be a walk around the shops or a visit to the gym! Eventually Janet would like to retire in Italy to make the most of her family home in the Massa Carrara region.

**Art in London: Tina Baty writes on the July talk on the 18th Century 'Bluestocking Circle'**

On Thursday 10th July, Rebecca Drew, the exuberant curator of The Wallace collection, made a welcome return to the Club to speak to us about the **Blue Stocking Circle**, following the exhibition at the **National Portrait Gallery - Highlights: 'Brilliant Women'**.

The Blue Stocking movement took place during the second half of the 18th Century and was named after the botanist Benjamin Stillingfleet's blue stockings (worn to a social gathering, rather than the more

acceptable white silk). Rebecca gave us a fascinating introduction to the accomplished women who comprised the movement. She described not only the achievements of the circle but also the scandals! For example, Catherine Macauley, the historian, eloped with the 21 year old brother of her "quack" doctor at the age of 47.

The lecture was illustrated by slides from the exhibition showing portraits not only of those women in the original movement but also of those women regarded as

'blue stockings' in their time; from Jane Austen's portrait by her sister Cassandra to the portrait of Germaine Greer by Paula Rego. Rebecca's lively romp through the lives of these women and the artists who painted them left us wanting to know more about these characters, seen as an important step on the way to female emancipation. Although no longer on display as a single exhibition, the works can still be seen at the National Portrait Gallery.

Art in London resumes in the Autumn with a talk giving insights into the exhibition, **'Hadrian: Empire and Conflict'**, at the **British Museum**. The presentation focuses on the life, love and legacy of Rome's most enigmatic emperor.

Charo Rovira, an assistant curator at the British Museum, will provide fresh insight into the sharp contradictions of Hadrian's character and challenges faced during his reign.

Thursday, 11 September at 11.00.

**'The Lovely Bones': Book Club Meeting**

with *Angela Broad*

**The Lovely Bones**  
**Thursday 18 September**  
**14.30 – 16.00**  
 (Adam Lounge)



came out a couple of years ago, and has been a great hit with book clubs in both countries. The subject matter sounds grim - the story of a murder narrated from heaven by its victim but actually it is engaging, moving and very positive in its feel. The victim is in heaven after all...

No need to book – just turn up, but if you have any questions about joining, email Angela Broad at [bookclub@44portlandplace.org.uk](mailto:bookclub@44portlandplace.org.uk) or phone the office on 0207 079 2855.

This was a bestseller in both the US and the UK when it

**Lounge in style**

Watch out in our next newsletter for a new member discount at Hush, a company selling 'lounging' clothing. Check out their website at <http://www.hush-uk2.com/>

**CLUB NIGHTS ....**

**A Thoroughly British Evening**

*(The first of a series of cultural evenings)*

Friday 17 October 18.00-21.00

**18.00-18.30 Thoroughly British Quiz**  
 Test your knowledge against our quiz champions

**18.30-19.45 Supper**  
 Bangers & Mash\* followed by a Pud

**19.45-20.00 Quiz Results**

**20.00-21.00 Entertainment: Music and Readings**  
 A combination of Readings and Songs.  
 Piano accompaniment by Rachel Furness (gym instructor at 44).

\*Vegetarian option available

**Tickets**  
 Members £10.50  
 Guests £13.50

Numbers limited – book before 3 October  
 Call 020 7079 2855