



# The News at Eighty Eight

We have recently made a significant investment in 88 Rodney Street, Liverpool and completed a major refurbishment of the House.



The work at the House has been finished to a very high standard and offers you and your clients first class facilities in an impressive yet warm and welcoming environment.

The works programme has included:

- ▶ redecoration and re-carpeting of the waiting room and all communal areas
- ▶ relocation of the reception area
- ▶ redecoration, re-carpeting and the opening of 8 new consulting rooms and clinical treatment rooms
- ▶ the complete rewiring of the premises and upgrades to the fire detection and security systems
- ▶ additional bathroom and kitchen facilities

We consider the House to be the premier medical address on Rodney Street. Consulting rooms are available to rent on a totally flexible basis with no minimum usage charge. Other services, including wireless internet access, and the way in which we operate are similar to 10 Harley Street. Concessions are available to users of both locations.

## Eighty Eight Rodney Street making headline news in Liverpool!

As part of our program of refurbishment we uncovered a hidden minstrel's gallery behind a false ceiling. Given the outstanding period features of the room this discovery attracted attention from the local press and English heritage.



This large function room is now available for hire.

## Staff and Services

The team at 88 Rodney Street are here to help:

- Kirsty O'Connell** - House Manager
- Jan Martin** - Receptionist
- Kate Edwards** - Receptionist
- Bridget English** - Receptionist
- Phillipa Mourant** - Receptionist

Eighty Eight Rodney Street also offers flexible conference facilities to the highest level of standards and service. Our friendly staff will ensure we meet the needs of you and your delegates,

whether for training courses, seminars, corporate meetings or events, or informal gatherings.

Should you wish to enquire about renting consulting rooms in Liverpool please contact our House Manager, Kirsty O'Connell on 0151 709 7902 or [info@eightyeightrodneystreet.co.uk](mailto:info@eightyeightrodneystreet.co.uk). Alternatively David Briggs will be able to help in London on 020 7467 8301 or [info@tenharleystreet.co.uk](mailto:info@tenharleystreet.co.uk).

## Referrals

One of the ways we are seeking to grow the business in Rodney Street is through recommendation and introductions from our existing clients. If you know of other professionals who would appreciate working from 88 Rodney Street please do let us know.

## Eighty Eight Rodney Street, or elsewhere?

### What's the difference?

Here are some of the views of our clients:

“ I worked in another building elsewhere in Rodney Street for nearly ten years. Working at 88 is like a breath of fresh air; the building is the most attractive one in the street. The inside is pretty amazing too.”

**K.P. Hypnotherapist**

“ Over the past 30 years it has been sad for the tenants to see such a wonderful building deteriorate through lack of care and investment in its structure and decoration. The past year has seen considerable change and it has been with interest and excitement that we have watched the building gradually being restored. The piece de resistance is the restoration of what was probably the ballroom with its minstrel's gallery and half timbered ceiling.”

**C.P & M.L Registered Osteopaths**

“ The quiet elegance of the waiting and consulting room at 88 Rodney Street is much appreciated by my patients who often make favourable comments on the both the surroundings and the welcome they receive staff.”

**J.W. Occupational Health Practitioner**

# The News at Ten

## A Warmer Welcome and Cooler Rooms



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**We now have air conditioning in all Consulting Rooms in addition to the waiting rooms on the ground and fourth floors and we have been able to set and maintain more comfortable temperatures throughout the House. You should have noticed the true benefit of this investment over the summer, even though it wasn't a particularly hot one.**

In addition to the regular maintenance of all areas in the House, we have:

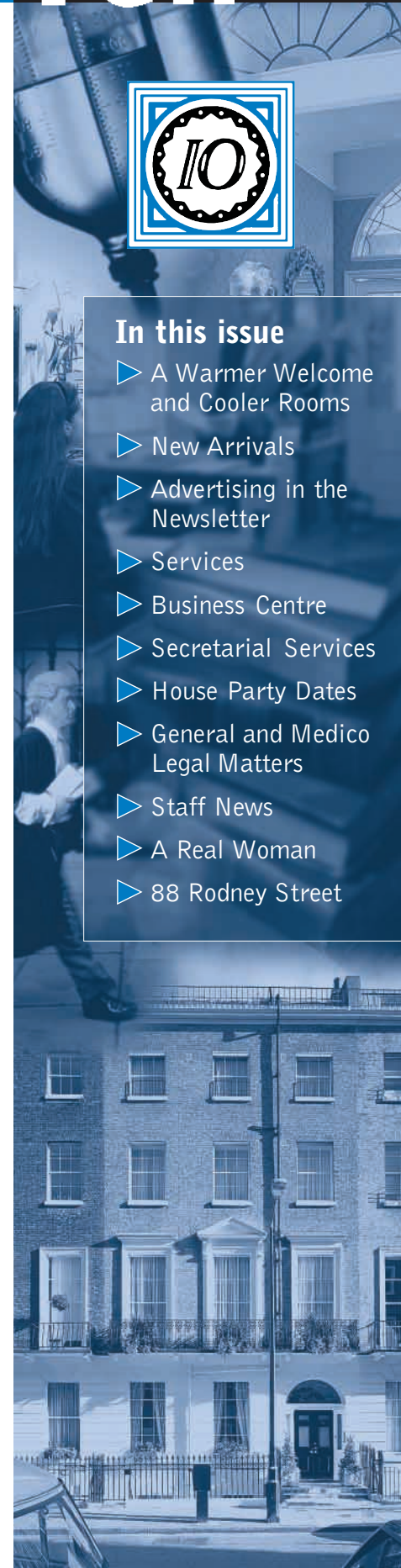
- ▶ Commissioned and installed a new reception area that provides an improved welcome for you and your clients along with improved storage space for your mail and credit card machines.

- ▶ Commenced the redecoration of the communal areas of the House and including the re-carpeting of the rear stairs, rear landings and basement. We hope to complete the main staircase, landings and entrance hall at the end of this year.

Future plans include:

- ▶ The upgrade of all vanity units,
- ▶ Further improvements to the waiting room on the ground floor, and
- ▶ Complete re-decoration of a minimum of two consulting rooms.

In line with our policy, it is our aim to continually invest in the property and the services we offer to ensure we maintain the highest standards possible for you and your clients.



# The News at Ten

## NEW Arrivals at Number 10

We have many long standing clients and we wish to welcome those who have joined us this year:



- Mr Venkat**  
Orthopaedic Surgeon
- Mr P Cajano**  
Plastic Surgeon
- Dr A Osho**  
General Practice
- Mr Lamba**  
Orthopaedic Surgeon
- Dr M Castle**  
Psychiatrist
- Dr Oremakinde**  
General Practice
- Professor R Douglas**  
Chest Physician
- Mr Nandy**  
Psychiatrist

- Dr Thomas Muehlberger**  
Plastic Surgeon
- Life Works**  
Rehabilitation Clinic
- Style Smile Clinics**  
Dental whitening
- Mr J McAviney**  
Chiropractor
- Ms Vanessa Davies**  
Skin Camouflage Specialist
- Mr Anthony Rhone**  
Psychotherapist
- Mr Spencer McGawley**  
Sports Massage
- Ms Lorreine Archer**  
Psychotherapist

- Ms Madeline Lyons-Appleby**  
Psychotherapist
- Dr A Haq**  
Cosmetic Procedures
- Richmond Diet Clinic**  
Weight Loss Specialists
- Ms Karen Mann**  
Hypnotherapist
- Ms Tilde Motta**  
Psychotherapist
- KTB Physiotherapists**  
Physiotherapy
- MFE Limited**  
Non-surgical cosmetic procedures
- Mr Benjamin Fry**  
Psychotherapist

## Staff News

It has been an interesting and active year for two particular members of our staff:



David Briggs, our House Manager, was married on 10th May and he and Andrea spent their honeymoon in South Africa on safari. Once recovered from reaching this milestone David felt the need for another challenge and on 5th October completed the Great North Run (half marathon) in aid of the 'The Cystic Fibrosis Trust' and is to be congratulated on both achievements.



Meanwhile not to be outdone Phil Tilstone, our General Manager, celebrated reaching another milestone in life – his 60th birthday!



### Dr S Banu General Practitioner

- ▶ Medical examinations for lorry (D4) and taxi drivers.
- ▶ £99 by appointment at weekly clinic.
- ▶ Optician's report may be needed.

**07883 792 437**

**Dr Hugh Koch** is a psychologist with considerable experience in the health management and leisure sectors. Hugh has worked at 10 Harley Street for many years. Dr Koch has published 'Active Steps to Reducing Stress'[published by www.brackenbooks.co.uk [price £9.99] and is also running workshops with James Koch to accompany this work. Further details of these workshops can be found at www.brackenbooks.co.uk or from Lyn Wright on 01242 263715 or lynwright@hughkochassociates.co.uk .

## Advertising in the Newsletter

If you would like to advertise in or provide an article for future editions of our Newsletter please contact David Briggs for details on 020 7467 8301 or by email to [info@tenharleystreet.co.uk](mailto:info@tenharleystreet.co.uk).

## Services

More and more Practitioners are now taking advantage of our wireless Internet facility. This internal computer network will allow you to have high speed wireless Internet access wherever and whenever you are in the House. Unlimited Internet access is available for only £5 per month.

## Business Centre

This facility is available to all practitioners and is located on the 3<sup>rd</sup> Floor. The Centre enables you to access:

- ▶ HIGH SPEED INTERNET
- ▶ EMAIL
- ▶ PRINTING
- ▶ SCANNING
- ▶ ELECTRONIC FAXING

Please contact David Briggs, House Manager: 020 7467 8301 or email to [info@tenharleystreet.co.uk](mailto:info@tenharleystreet.co.uk) for further information.

## Chaperones

In an increasingly litigious world, medical practitioners face the prospect of allegations of sexual assault arising from a one to one consultation with a patient. Such a claim can be damaging to your professional and personal reputations. In order to minimise such risk it is advisable for practitioners to employ the services of a chaperone and we can assist with this from within our own resources. Just ask a member of the reception team if you require this service.

## Secretarial Services

If you require secretarial support, such as:

- the typing of reports,
- the services of a dedicated diary secretary,
- the collection of patient accounts,
- the provision of business cards, and stationery, or
- temporary assistance when your own secretary is on holiday,

then please contact Kathy Marshall on 020 7467 8424

## House Party Dates

The next House Party will be held on Thursday 11th December 2008; House Parties provide excellent opportunities to meet your colleagues in a social environment. Those of you who have attended previous parties will know that they are relaxed and informal occasions where you are welcome to introduce colleagues who may be considering joining us.

If you have not previously received an invitation to a party or wish to bring along a guest then please contact Kathy Marshall on 020 7467 8424.

## General and Medico Legal Matters

We are often asked for advice on HCC, medico legal and other such matters and are happy to suggest the following specialist organisations that may be able to assist you:

- **The Independent Doctors Forum** - For regulation type issues Email: [Rachel@TheIDF.org](mailto:Rachel@TheIDF.org)
- **Bond Solon** - For medico legal courses and training [www.bondsolon.com](http://www.bondsolon.com)
- **Professional Solutions Ltd** - For medico legal training, particularly in respect of report writing [www.prosols.uk.com](http://www.prosols.uk.com)
- **The Expert Witness Institute** - Medico Legal training courses [www.ewi.org.uk](http://www.ewi.org.uk)

# The News at Ten

## A Real Woman

**Dr Anu Sayal-Bennett**, Clinical Psychologist working from 10 Harley Street, recently became involved in the "Dove" soap television advertising campaign. Because of her professional interest in eating disorders and self esteem, Dr Sayal-Bennett shares her experience with us.

### How did you become involved in the campaign?

A friend of mine who works for a charity rang me and asked if I wanted to go on a pampering day in London at short notice, as "Woman and Home" were looking for 50+ Asian lady for a feature. Never one to turn down an opportunity for self-care (a sure way to self esteem) I did not hesitate and rescheduled my diary. Shortly afterwards "Dove" was sponsoring the photo shoot. I was both reassured and pleased, recalling Dove's advertising campaign which featured real women and challenged the usual skinny stereotypes which my eating disorder patients tell me impact on their body dissatisfaction.

### Why did you want to take part?

As a mother, I am so aware how important it is to help instil a sense of confidence. Knowing that "Dove" is trying to change the way we view beauty gave me the confidence to join the campaign; I had a sense that not only would this be fun for myself but could help to change people's attitudes.

I know as a mother as well as a psychologist that children today are force fed unattainable images of what is perceived as beauty. The readers of magazines do not see what the models have had to go through to look the way they do, nor

do they see the airbrushing of images. We are forcing people to try to achieve the impossible and then we wonder why more and more young people are not happy with themselves, have low self esteem and often end up with eating disorders and/or depression.

### Did you enjoy your experience of being a real woman model?

I thought no more about the day (apart from the early start) until I arrived at the venue. There, I was perturbed to be greeted by a vast array of people: make up artists, stylists, photographers and magazine representatives. There were rails of silver dresses, shoes and jewellery and a maroon backdrop. I was quickly whisked away for the makeover.

My fellow models arrived and, as I eavesdropped, I realised that this was to be the launch for a new range of Dove Pro-Age products for the older woman. Suddenly my anxiety increased somewhat. The other models had been to Prague as part of the campaign and would appear shortly on TV adverts. They were excited and by now I thought to myself "in a for a penny in for a pound" as I am always ready to meet new challenges and extend my comfort zone which is another way to grow self-esteem. I thought I CAN do this and help to challenge the limited stereotypes of female "beauty" so that diversity is celebrated rather than devalued.

The rest of the day was a whirlwind as cameras clicked, makeup was refreshed, and I luxuriated in an atmosphere of laughter. We watched, as the photos that had been taken were viewed on the computers. They said our photos would not be airbrushed, altered or touched up, so that the end results were true pictures, representing true beauty. This reinforces the fact that many photographs have been changed; people are made skinnier and

signs of ageing eliminated. Readers of magazines are often not given a true vision of what the human body is supposed to look like.

### How do you feel about the end results?

After I saw the photos at the end of the shoot, I gave no other thought to the final outcome. Then, a few weeks later, I walked into the Cardinal Clinic's nursing office and there it was, pinned up on the wall. A patient had come across the picture and showed it to my colleagues. Tentatively, I squirmed and made eye contact with the picture. A blush came to my face but I thought "there you are woman, celebrate yourself and all other real women in the world."

### Do you feel that the campaign is changing attitudes towards beauty?

The more images of natural everyday people we see, the more comfortable we will become with ourselves. We are all beautiful. Let's have more images of real women around us. Hopefully the "Dove" campaign will contribute to women's self-esteem and their self acceptance.

#### **Dr Anu Sayal-Bennett**

Consultant Clinical Psychologist

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