



Elizabeth Blackwell



Elizabeth Garrett Anderson



Florence Nightingale



Mary Seacole



Lady Mary Montagu



Princess Campbell



Princess Tsehai



Kofoworola Abeni Pratt



Sophia Jex Blake

Women in Medicine

13 – 20 September 2021

London – Derbyshire – Bristol



Jon Baines
tours



Visit Cavendish Square to see the Royal College of Nursing and Lady Mary Montagu's house (pictured at No 5)

As in other areas throughout history, women's accomplishments in medicine have been overlooked or ignored. This tour aims to shine a light on the outstanding women who pushed boundaries in health and social care, politics, society and medicine. With a highly experienced tour leader, Janice Liverseidge, and a wide range of visits with expert speakers and guides, this tour delves deep into the rich and under-explored history of women in medicine in the UK. Each day focuses on a particular part of a multi-stranded narrative, encompassing visits in London, Derbyshire and Bristol. This tour can be experienced as a whole, with or without accommodation, or you can book individual days. **There is a discount if you book on all days of the tour.**

The seven tour days focus on **Apothecaries and healers; Nurses and international influences; The military; Florence Nightingale and women and epidemics; Pioneers, politics and women doctors; Midwives and birth; and Bristol and the world.**

Learn about the 1000-bed 'flatpack hospital' Florence Nightingale designed with Isambard Kingdom Brunel and took to the Crimea on the SS Great Britain; the woman who introduced inoculation to Britain; the first female doctors and surgeons, including one who conducted the first successful Caesarean operation; and many other pioneering, determined and visionary women at all levels of medicine.

Tour Leader

Until recently **Janice Liverseidge** was a Director at The Royal Society of Medicine and is now a full time guide and in her spare time a trustee of both the Royal Medical Benevolent Fund and the London Handel Festival. Earlier in her career she worked for the British Medical Association. She is also a registered Blue Badge tourist guide and regularly leads groups in London on medical history walks, tours of the Wellcome Collection and other healthcare locations plus provides music and art tours for the Foundling Museum and the London Handel Festival. Janice has travelled extensively, including an eight month journey around India, South East Asia and Australia, and has led highly successful RSM tours to Vietnam and Cambodia, Sri Lanka, Cuba, South Africa and China.

Janice has the Visit Britain “Good to Go” Industry standard demonstrating that she has shown her compliance with government and industry COVID-19 guidelines, has a



Risk Assessment in place and ensures social distancing including using a phone app when providing tour commentaries.



Day 1: London (Mon, 13 Sept)

Apothecaries and healers

- Am:** Start in Clerkenwell with a visit to The Museum of the Order of St John to learn about the history of the Knights Hospitallers, set up in Jerusalem in 1080 to care for the pilgrims who journeyed to the Holy Land. Both men and women served in the hospital, although the women's histories are not always as centralised or visible. Look around the museum's Cloister Garden, full of flowers and fragrant medicinal herbs. Continue on to The Worshipful Society of Apothecaries. Talk: *'Physicians, livery companies, women healers and widow apothecaries'* by Briony Hudson, president of the Faculty for the History and Philosophy of Medicine and Pharmacy at the Society of Apothecaries.
- Pm:** Visit Chelsea Physic Garden, the oldest botanic garden in London and home to around 5,000 different medicinal, herbal, edible, and useful plants. Tour the beautiful gardens and learn of some women herbalists and medicinal gardeners.

The total cost for Day 1 is £160.00 per person.

Costs include: The services of a tour leader (Janice Liverseidge); all admission fees; talk by Briony Hudson at the Apothecaries; charitable donation; VAT.

Day 2: London (Tues, 14 Sept)

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Nurses and international influences

- Am:** The day begins at Cavendish Square, where Lady Mary Montagu lived. Born in 1689, she was responsible for the introduction of the smallpox inoculation in Britain and Western Europe. Visit the Royal Society of Medicine to meet the RSM Library Archivist and see some of Florence Nightingale's documents. Have a short refreshment break at the Royal Society

of Medicine before continuing on to the Royal College of Nursing and its heritage centre. Talk: *'An Introduction to the history of nursing'*. Learn about the Commonwealth Nurses and Midwives Federation and the contribution of nurses from the Commonwealth to British healthcare. Continue to the Golden Hind in Marylebone Lane for some of the best fish and chips in London, with a history spanning 100 years.

- Pm:** Guided walking tour exploring Marylebone and Westminster. Hear about Ethel Gordon Fenwick, who lived in Marylebone and campaigned for the professionalism of nursing and the nursing register. See the site of the building on Harley Street where Florence Nightingale secured the role of Superintendent of the Establishment for Gentlewomen During Illness, before she went to serve in the Crimea. Pass Edward VII Hospital, founded by Agnes Keyser in 1899 in the wake of the Second Boer War. Visit No. 2 Garbutt Place, where Octavia Hill began her first housing scheme in 1865. She was one of the three founders of the National Trust and a social reformer who worked to improve housing conditions for the urban poor and held a firm belief in the importance of access to nature for human wellbeing.

The total cost for Day 2 is £156.00 per person.

Costs include: The services of a tour leader (Janice Liverseidge); all admission fees; coffee at the Royal Society of Medicine and a guided tour of the library; talks at the Royal College of Nursing; lunch; charitable donation; VAT.

Day 3: London (Wed, 15 Sept)

The military

- Am:** Start at St Thomas' Hospital to see the statue of pioneering nurse and heroine of the Crimean War, Mary Seacole. Hear



The beautiful Peak District in Derbyshire

of Kofoworola Abeni Pratt, who studied nursing at the Nightingale School at St Thomas' Hospital and was the first black nurse in the NHS. Walk on to Westminster Abbey to learn about the war memorials, which include memorials dedicated to nurses of WWII and Florence Nightingale. Continue on to the Edith Cavell memorial in Charing Cross which pays tribute to the British nurse who saved the lives of WWI soldiers from both sides of the war without discrimination. Next, walk to Covent Garden to see the site that was once Endell Street Military Hospital – the highly successful first world war military hospital set up by Flora Murray and Louisa Garrett Anderson, which was predominantly staffed and run by women.

Pm: Continue to Chelsea to visit Markham Square and see the former home of Dame Maud McCarthy, the most senior nurse on the Western Front during the First World War. Continue to the National Army Museum for a tour of the museum's collection to hear how it relates back to female medics in the military and conflict. Talk: **'Volunteers, in the best sense: women doctors in the armed forces, 1914-1950'** by Jennian Geddes, medical historian.

Costs include: The services of a tour leader (Janice Liverseidge); all admission fees; talk by Jennian Geddes at the National Army Museum; charitable donation; VAT.

Day 4: Derbyshire (Thur, 16 Sept)

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Florence Nightingale, women and epidemics

Am: Meet at Derby Station and take the coach to Whatstandwell Station, the platform to which Nightingale returned from Scutari and the Crimean War; the original train platform is still in use today. Continue to Nightingale's childhood home, Lea Hurst. Talk: **'Nightingale in Derbyshire'** by Pat Smedley, Chair of the Florence Nightingale Association Derbyshire. Lunch at Nightingale's local pub, the eighteenth-century Jug and Glass Inn, which was built by the Nightingale family.

Pm: Drive down to Cascades Garden, a garden for meditation and wellbeing. Talk: **'Gardening, mental health and spiritual wellbeing'** by the owner, Alan Clements. Continue to the village of Eyam to meet Joan Plant, churchwarden and 9th generation descendant of Margaret Blackwell, and learn about the extraordinary history of this village that was shaped around 350 years ago when the village quarantined itself to avoid spreading the plague.

The total cost for Day 3 is £158.00 per person.

The total cost for Day 4 is £176.00 per person.

Costs include: The services of a tour leader (Janice Liverseidge); all admission fees; local coach; talk by Pat Smedley at Lea Hurst; Lunch; talk by Alan Clements at Cascades Garden; talk by Joan Plant at Eyam Church; charitable donation; VAT.

Day 5: London (Fri, 17 Sept)

Pioneers, politics and women doctors

Am: Visit the Elizabeth Garret Anderson Museum to learn about the first woman to practise as a doctor in Britain, setting her struggle in the context of 19th and 20th century social and political history. Discover the great female pioneers of London on a walking tour and stop by the London School of Medicine for Women, the first medical school specifically for females. Continue past the Foundling Museum, which tells the story of the Foundling Hospital whose Royal Charter in 1739 was achieved due to the support of some key women, and the London School of Hygiene and Tropical Medicine to see the names of some recently added women pioneers. Pass by the home of Millicent Fawcett, suffragist and sister of Elizabeth Garrett Anderson, and then the Marie Stopes clinic, the UK's first contraceptive clinic and today one of the world's largest providers of contraception and safe abortion services.

Finish in Fitzroy Square to learn of its many medical connections, including the mid-19th century former headquarters of St John's House nursing sisterhood, who greatly influenced 19th century healthcare and transformed voluntary hospitals.

Pm: Visit St Bartholomew's Hospital which has provided care on the same site in Smithfield since 1123. Their lovely museum tells the story of the hospital using documents and objects dating back to the 12th century. Visit its Maggie's Centre; the first of these was founded in 1996 in Edinburgh by Maggie Keswick Jencks, who used her own experience of having cancer to create a new type of cancer care.

The total cost for Day 5 is £120.00 per person.

Costs include: The services of a tour leader (Janice Liverseidge); all admission fees; charitable donation; VAT.

Day 6: London (Sat 18, Sept)

Midwives and birth

Am: Midwifery was a developing science in the 18th century with new discoveries being made in anatomy and physiology, new instruments being developed and midwifery schools opening, with courses running in hospitals. Start the morning in Borough Market, London's famous food market for free time to have breakfast.

Clifton, Bristol



Continue on to the Crossbones Garden, a former post medieval burial ground believed to be the last resting place of an estimated 15,000 paupers, many of whom were sex workers and children. Pass the Royal College of Midwives Museum in Southwark. Talk: ***'Women leaders journeying to higher health care'*** by Dame Cathy Warwick, Chief Executive of the Royal College of Midwives from 2008 until 2017. Talk: ***'The journey to Call the Midwife'*** by Terri Coates, clinical advisor to the TV Series *Call the Midwife*.

Pm: Walking tour of Bermondsey to learn of female philanthropists and projects including a former refuge for pregnant women and unmarried mothers. Finish at the Bermondsey Festival, The Village Fete in the City a joyful celebration of the lively and diverse community of residents, businesses, restaurants and artisans which thrives on and around Bermondsey Street. Enjoy food stalls, craft demonstrations, live music and more.

The total cost for Day 6 is £120.00 per person.

Costs include: The services of a tour leader (Janice Liverseidge); all admission fees; talks by Dame Cathy Warwick and Terri Coates; charitable donation; VAT.

Day 7: (Sun, 19 Sept)

Day at leisure

Am: Throughout the course of the week we will be suggesting additional visits to museums and sites that may be of interest.

Pm: Opportunity to travel to Bristol on the train.

Day 8: Bristol (Mon, 20 Sept)

Bristol and the world

Am: Arrive in Bristol and begin at one of the city's most famous landmarks – Clifton Suspension Bridge. Visit Dorset House, headquarters during the 1930s for

the pioneering work of Dr Elizabeth Casson OBE in mental health care and occupational therapy, as well as the site of the first ever school of occupational therapy in England. Elizabeth Casson was the first woman to be awarded the degree of Doctor of Medicine of the University of Bristol in 1929. Continue on to Bristol University to learn of Elizabeth Blackwell's remarkable legacy as the first woman to receive a medical degree in the USA in 1849 and the first woman to have her name placed on the British Medical Register. Continue on to the Bristol docks, walking along part of the Bristol Blitz trail to hear about the nurses that served during that time. See the SS Great Britain, which was used to transport a 1000-bed 'flatpack' hospital designed by Florence Nightingale and Isambard Kingdom Brunel to the Crimean War.

Pm: Drive to Penny Brohn, a national charity founded in 1979 that provides free, integrative care to anyone living with cancer, and learn about the Bristol Whole Life Approach. Have lunch to learn about Penny Brohn's unique approach to food and how it can be used to support one's immune system. Talk: ***'An introduction to Penny Brohn'*** by CEO Julie Worrall. Talk: ***'Integrative medicine – a way forward for people, practitioners and planet'*** by Dr Catherine Zollman, Medical Director at Penny Brohn. Afterwards explore the Grade II listed Georgian building and gardens, specifically developed to allow visitors to explore nature and find peace.

The total cost for Day 8 is £165.00 per person.

Costs include: The services of a tour leader (Janice Liverseidge); services of a local guide; all admission fees; local coach; lunch at Penny Brohn; talks by Julie Worrall and Dr Catherine Zollman at Penny Brohn; charitable donation; VAT.

Speakers

Day 1: Apothecaries and healers:



President of the Faculty for the History and Philosophy of Medicine and Pharmacy at the Society of Apothecaries,

Briony Hudson

is a freelance pharmacy historian, lecturer and museum curator and is published widely. She is a past chair of London Museums of Health and Medicine and of the British Society for the History of Pharmacy. She is an accredited lecturer for The Arts Society, an honorary lecturer at the School of Pharmacy & Pharmaceutical Sciences, Cardiff University and a member of the International Academy for the History of Pharmacy.

Day 2: Nurses and international influences: Royal College of Nursing TBC.

Day 3: London - The military:



Medical historian **Jennian Geddes** is past President of the History of Medicine Section at the RSM, a former reader in clinical neuropathology at Queen Mary

University of London and Hon. Consultant Neuropathologist at the Royal London Hospital. Jennian took early retirement from medicine to do an MA in women's history, and now carries out research related to the careers of early women doctors.

Day 4: Florence Nightingale, women and epidemics:



Patricia Smedley is trustee of the Florence Nightingale Derbyshire Association and a history graduate. Formerly she was trustee and guide at the

Florence Nightingale Museum in London and a teacher and nurse. She has been leader of the Collingham U3A Local History Research Group and Chairman of the Collingham and District Local History Society since February 2015.



Alan Clements, the owner of Cascades Garden, has been gardening for over 50 years. He will talk about the 22-year development of Cascades Gardens, a peaceful and

beautiful four-acre garden in Bonsall Derbyshire. Originally a wild gorge under an 80-foot cliff with a canal, stream and woodland, the owner discusses the gardens and gardeners that have inspired him and tracks the construction and planting of the garden in his attempt to create a peaceful and natural garden out of this dramatic landscape.



Joan Plant is a churchwarden and 9th generation descendant of Margaret Blackwell, who was one of the few survivors of the plague that struck the Derbyshire

village of Eyam in 1666. The village famously quarantined themselves from the rest of the country to prevent the disease spreading.

Day 6: Midwives and birth:



Dame Cathy Warwick was Chief Executive of the Royal College of Midwives for 9 years and now works independently. Cathy is also Honorary Professor

of Midwifery and an Honorary Professor of Midwifery at Kings College London. In 2006 she was awarded a CBE for services to Midwifery and Healthcare and in 2017 was made a Dame. Cathy lectures, writes and advises on midwifery issues with a particular interest in the organisation of care and the promotion of choice for women.



Midwife **Terri Coates** is clinical advisor to the TV Series *Call the Midwife*, which is based on the autobiographical novels by **Jennifer Worth**, which were inspired by an

article that Terri had written. Terri also provided editorial and clinical advice for the book.

Day 8: Bristol – Bristol and the world:



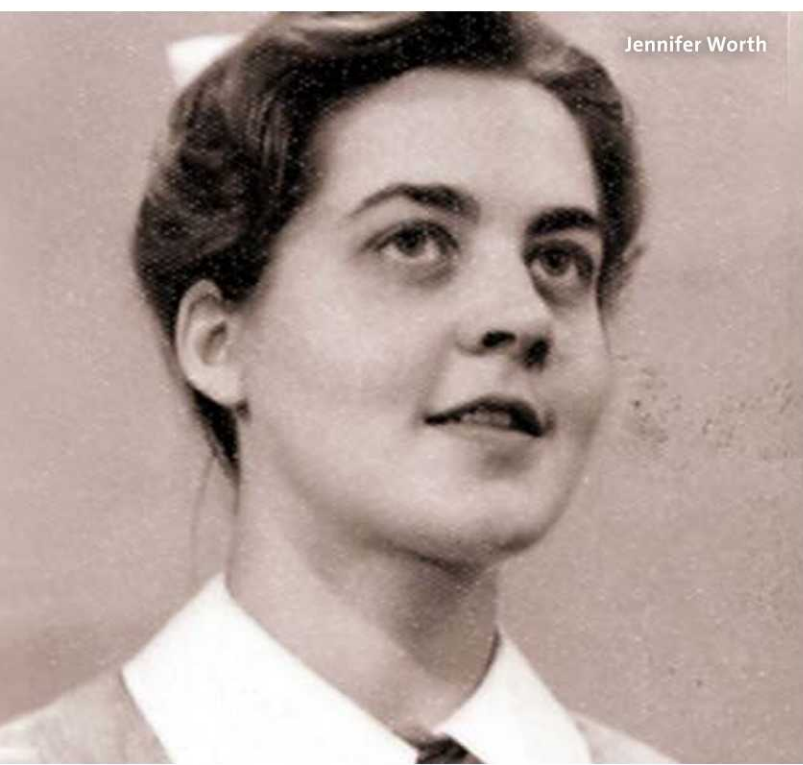
Julie Worrall is CEO of Penny Brohn, which is known for its pioneering Whole Life Approach to cancer that has been helping people thrive for forty years. Their approach is proven

to make a real difference to a person's quality of life by helping them to care for their mind, body, spirit and emotions. Prior to this Julie was Director of Fundraising and Development at *Above and Beyond*, the official charity for the University Hospitals Bristol NHS Trust.



Dr Catherine Zollman is Medical Director at Penny Brohn. Catherine trained to registrar level in Medical Oncology before qualifying as a GP in 1995. She

completed a Fellowship in Integrative Medicine at University of Arizona in 2010. She works part-time as an NHS GP and as GP Cancer Lead for the local Clinical Commissioning Group.



Jennifer Worth



Penny Brohn

Supported Projects

We donate a percentage of each day of this 7-day tour to our chosen supported projects:

Royal College of Nurses Nursing Foundation

Our primary supported project is the Royal College of Nurses Nursing Foundation. This independent charity is committed to supporting and strengthening nursing to improve the health and wellbeing of the public, through individual grants, investment in the nursing profession and increasing public understanding of the importance of nursing.

We support the Foundation with proceeds from **Day 1: Apothecaries and Healers, Day 2: Nurses and international influences, Day 3: The Military and Day 4: Florence Nightingale, Women and Epidemics.**

The Benevolent Fund of the Royal College of Midwives Trust

This is a charity whose main aim is to support midwives and maternity support workers in times of financial need, helping to get lives and careers back on track. They work in partnership with Cavell Nurses' Trust to meet this aim.

We donate proceeds from **Day 6: Midwives and birth** to The Benevolent Fund.

Penny Brohn UK

The Bristol Whole Life Approach lies at the heart of everything Penny Brohn does. The Bristol Approach is based upon the research into Psychoneuroimmunology (PNI), the study of the connections between our mind (psycho), nervous system (neuro) and immune system (immunology). PNI shows that emotions such as fear, anger or shock can result in increased levels of the stress hormone cortisol in the body, which can stop the immune system from working at its best.



Penny Brohn National Centre in Bristol

This approach provides a powerful combination of physical, emotional, psychological and spiritual support that is designed to help anyone affected by cancer, at any stage of the disease.

Proceeds from **Day 8: Bristol and the world** are allocated to support Penny Brohn.

Maggie's Centres

Maggie Keswick Jencks used her experience of cancer to create a new type of cancer care – centres offering professional support, bringing people together in a calm, friendly, uplifting space. Maggie's idea was that with the right support, nobody would “lose the joy of living in the fear of dying” when diagnosed with cancer. Together with her husband, Charles, Maggie designed the blueprint for the centres, enlisting the help of some of their friends from the architectural world. The first Maggie's opened in Edinburgh in 1996 and there are now centres across the UK and abroad.

A percentage of the cost for **Day 5: Pioneers, politics and women doctors** is donated to Maggie's Centres.



The Foundling Museum, London (top); Visit Maggie's Barts, London; Brunel's SS Great Britain, Bristol (above)

There is a discount for those who book all days of the tour.

The cost to join the whole tour excluding hotel accommodation is £995 per person.

The cost to join the whole tour including hotel accommodation is £1,587 per person sharing.

The whole tour cost without hotel includes:

- The services of a tour leader (Janice Liverseidge)
- Breakfast daily
- Lunches on day 2, 4 and 8
- All admission fees and experiences mentioned on itinerary
- Services of a local guide in Bristol
- Talks from specialist speakers
- Local coach in Derbyshire and Bristol
- Charitable donations
- All tips

The cost with hotel also includes:

- 7 nights' accommodation in twin-bedded rooms with private facilities in medium grade hotels, 6 nights in London 13 – 19 September 2021, 1 night in Bristol, 19 September 2021

The single room supplement is £285

- Return train journey to Derby and to Bristol

The cost excludes:

- Meals not mentioned
- All optional excursions, tours and visits
- Travel insurance
- Visa (if required)
- Public transportation costs throughout the tour, please use your oyster or contactless card.
- Travel to Derby and Bristol (unless booking whole tour package including hotel)

Additional nights in the Copthorne Hotel, Kensington, London is £56 per person sharing. The single supplement is £44.

Additional nights in The Bristol Hotel, Bristol is £44 per person sharing. The single supplement is £28.

Please do contact the office if you require additional nights, nights booked for individual days or if you would like us to arrange the travel to Derby and Bristol from London via train on your behalf.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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House of Parliament, London (top); St Thomas' Hospital, London; The Peak District, Derbyshire; Bristol Docks (credit Jim Cossey) (above)



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