



LONDON  
DECEMBER  
2023  
14<sup>th</sup> – 16<sup>th</sup>

# 7<sup>TH</sup> WORLD CONGRESS

EUROPEAN SOCIETY of  
AESTHETIC GYNECOLOGY



INTERCONTINENTAL®  
LONDON – THE O2

# SCIENTIFIC

PROGRAM

It's not only about  
Cosmetic Gynaecology;  
it's all about modern Women's  
Well-Being, Beauty and  
Quality of Life



## ESAG AFFILIATED SOCIETIES



**SIGO**  
SOCIETA' ITALIANA  
DI GINECOLOGIA E OSTETRICIA



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Cirugía y Ginecología Estética Regenerativa



Sociedad Española de  
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Società Italiana di  
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Ricostruttiva ed Estetica



Sociedad Española de  
Ginecoestética y  
Cirugía Íntima



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## WELCOME NOTE

Dear Friends,

Following ESAG's tradition, I would like to welcome all of you attending ESAG 7th World Congress, taking place in London, UK from December 14th to December 16th, 2023.

Once again, ESAG brings together experts from around the world, to London – one of Europe's most reputed cities, to share inspiring innovation and ideas, to our large community.

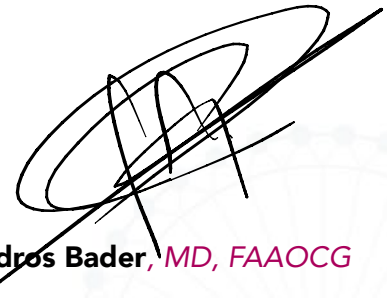
ESAG's Congresses have come to accrue immense prominence in the sector of Reconstructive, Aesthetic & Regenerative Gynecology; an area which has developed greatly in the past years due to the contributions of exquisite professionals coming from various backgrounds and specialties.

ESAG functions as a host in promoting and expanding the knowledge in the field of Women's Health, Beauty and Wellbeing, by inviting Gynecologists, Plastic Surgeons, Dermatologists, GPs, Family doctors, Sexual Medicine Professionals, Anti-Ageing Medical Professionals, Aestheticians, Nurses.

ESAG's Congresses gather prestigious speakers from all over the globe - experts in the field -to share their knowledge and to present the latest in surgical and non-surgical techniques in Reconstructive, Aesthetic & Regenerative Gynecology. Moreover, our society creates a networking environment in which delegates and technology providers may interact productively.

I am looking forward to welcoming you in London.

Sincerely Yours



**Alexandros Bader, MD, FAOOG**

Founder & President of ESAG

# BTL EMSELLA™

SAY NO  
TO INCONTINENCE



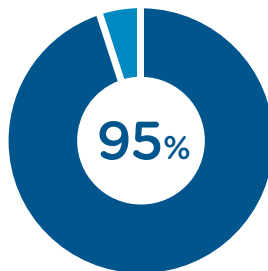
## BTL EMSELLA™

A Breakthrough  
Treatment for  
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95% PATIENT  
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NON-INVASIVE



\* HIFEM Technology Can Improve Quality of Life of Incontinent Patients. Berenholz J., MD, Sims T., MD, Botros G., MD  
Individual results may vary.

099-79EMSSILEN100  
BTL\_Emsella\_LF\_Stand-Insert\_Letter\_EN100



## CHAIRMAN

Alexandros Bader *MD, FFAOCG*

## ORGANIZING COMMITTEE

Alexandros Bader

Maria Papadopoulou

## FACULTY

Alexandros Bader ( <i>UK</i> )	Maria Papadopoulou ( <i>UK</i> )
Agnieszka Nalewczynska ( <i>Poland</i> )	Abdellilah Lahali ( <i>Morocco</i> )
Ana Cristina Batalha ( <i>Brazil</i> )	Amr Abbasy ( <i>Egypt</i> )
Dawid Serafin ( <i>Poland</i> )	Ariel Luksenburg ( <i>Uruguay</i> )
Eighty Mardiyani Kurniawati ( <i>Indonesia</i> )	Barbara Fernandez ( <i>Spain</i> )
Hassan Soliman ( <i>Saudi Arabia</i> )	Dan Mon O' Dey ( <i>Germany</i> )
Hichem Bensmail ( <i>France</i> )	Diana Mihai ( <i>Romania</i> )
John Miklos ( <i>USA</i> )	Fernando Aznar ( <i>Spain</i> )
Jorge Elias ( <i>Argentina</i> )	Nadia Yousri ( <i>United Kingdom</i> )
Ozgun Leylek ( <i>Turkey</i> )	Ivan Fistoncic ( <i>Croatia</i> )
Nabil Elmahdawi ( <i>UK</i> )	Jorge De Leon Soto ( <i>Guatemala</i> )
Marco Pelosi III ( <i>USA</i> )	Leila Khalili ( <i>Iran</i> )
Marta Recio ( <i>Spain</i> )	Andreas Lenhard ( <i>Germany</i> )
Natalia Markova ( <i>Czech Republic</i> )	Oseka Onuma ( <i>Australia</i> )
Ozgun Aglamis ( <i>Turkey</i> )	Piotr Kolczeswki ( <i>Poland</i> )
Raquel Tulleuda Martinez ( <i>Spain</i> )	Rafal Kuzlik ( <i>Poland</i> )
Stelios Kiosses ( <i>UK</i> )	Prabhu Mishra ( <i>India</i> )
Abraham Delarosa ( <i>Guatemala</i> )	Smit Solanki ( <i>India</i> )
Sara Matthews ( <i>UK</i> )	Victoria Martinez ( <i>Spain</i> )
Vivek Nama ( <i>UK</i> )	



# EMPOWER RF

by INMODE

Empower RF is the most advanced women's intimate wellness solution that addresses a broad range of conditions such as stress, mixed urinary incontinence (SUI), weak pelvic floor muscles, pain during intercourse and blood circulation for full functional optimisation.



STAND 8



# SCIENTIFIC\_

PROGRAM







## The European Accreditation Council for Continuing Medical Education

Institution of the UEMS

### DEAR FRIENDS

With the confers of Council for Continuing Medical Education (EACCME®) it is our great pleasure to announce that The ESAG 7<sup>th</sup> World Congress, 2023 | European Society of Aesthetic Gynecology, London, UK, United Kingdom 14/12/2023 - 16/12/2023 has been ACCREDITED with

### **23,0 European CME credits (ECMEC®s)**

“Each medical specialist will receive only those hours of credit that he/she actually spent in the educational activity.”

Through an agreement between the European Union of Medical Specialists and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME® credits to AMA credits can be found at <https://edhub.ama-assn.org/pages/applications>.

Live educational activities occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC® credits are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

### **Information regarding the conversion of EACCME® credits**

Credit will be converted based on one (1) hour of participation equalling one credit for all activities. Physicians wishing to convert EACCME® credits to AMA PRA Category 1 Credit™ will be required to access the AMA website at <https://edhub.ama-assn.org/pages/applications> to obtain the necessary paperwork and instructions. Physicians and other health care professionals will be required to pay a processing fee to the AMA.

For other countries, please contact the relevant national/regional accreditation authority.

### **CERTIFICATE OF ATTENDANCE**

All participating Physicians to receive their Certificate of Attendance with the relevant awarded European CME Credits (ECMEC®s) must first fill in the required questionnaire (the electronic address will be sent to all participants), and following that, the relevant Certificate of Attendance will be sent electronically by e-mail.



SURGICAL

# MAS TER CLASS

BY THE EXPERTS

PROGRAM



## DAY ONE DECEMBER 14<sup>th</sup>, 2023 – THURSDAY MASTER CLASS DAY

### SURGICAL MASTER CLASS BY THE EXPERTS

#### Dear colleagues please note the following:

- There are limited seats available, early registration is suggested.
- The Masters Class is **not** included within the congress fees; A separate registration required.
- Special registration fees for registering at both the master's Class and the regular Congress.
- On the spot registrations will not be accepted
- All participants will receive CME certificate of participation signed by all the Expert Speakers

<b>08:00 – 17:40</b>	
08:30 – 09:00	Registrations & Welcome

09:00 – 09:30	Step by Step detailed video Precision Sculpted Monsplasty - <i>Dr. Marco Pelosi III</i>
09:30 – 09:45	Q&A – Discussion
09:45 – 10:15	Step by Step detailed video The V-wedge technique of Labiaplasty - <i>Dr. Rafal Kuzlik</i>
10:15 – 10:30	Q&A – Discussion
10:30 – 11:00	Step by Step detailed video Reconstruction after Female Genital Mutilation (FGM) - <i>Dr. Dan Mon O'Dey</i>
11:00 – 11:15	Q&A – Discussion

<b>11:15 – 11:45</b>	<b>COFFEE BREAK</b>
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## DAY ONE DECEMBER 14<sup>th</sup>, 2023 – THURSDAY

### MASTER CLASS DAY

11:45 – 12:15	Step by Step detailed video Assessing & Treating the Clitoral Hood Area - My Technique - <i>Dr. John Miklos</i>
12:15 – 12:30	Q&A – Discussion
12:30 – 13:00	Step by Step detailed video Double-folded Labiaplasty - <i>Dr. Alexandros Bader</i>
13:00 – 13:15	Q&A – Discussion

### 13:15 – 14:00 LUNCH BREAK

14:00 – 14:30	Step by Step detailed video Botched Labia Reconstruction. Labia Majora Flap Technique - <i>Dr. Ana Cristina Batalha</i>
14:30 – 14:45	Q&A – Discussion
14:45 – 15:15	Step by Step detailed video Vulvar Reconstruction on Severe Lichen Sclerosus - <i>Dr. Jorge Elias</i>
15:15 – 15:30	Q&A – Discussion

## DAY ONE DECEMBER 14<sup>th</sup>, 2023 – THURSDAY MASTER CLASS DAY

15:30 - 15:45	COFFEE BREAK
15:45 – 16:15	Step by Step detailed video Treatment and cure of severe (Grade III) SUI after failed TOT/TVT - <i>Dr. Ariel Luksenburg</i>
16:15 – 16:30	Q&A – Discussion
16:30 - 17:00	MASTERS CLASS CERTIFICATION
17:00	End of Master Class





# CON GR ESS\_

PROGRAM



## DAY TWO DECEMBER 15<sup>TH</sup>, 2023 – FRIDAY

### OFFICIAL CONGRESS DAY

08:00 – 08:45 REGISTRATIONS

## SESSION 1

08:45 – 10:45	---
<b>Chairpersons: Alexandros Bader, Marco Pelosi III, Ivan Fistonic</b>	
08:45 – 09:00	Congress opening and welcome speech <i>Alexandros Bader (UK)</i>
09:00 – 09:20	An Overview of Cosmetic Gynecology <i>Marco Pelosi III (USA)</i>
09:20 – 09:40	Indications and Perspectives in Female Intimate Surgery <i>Dan Mon O'Dey (Germany)</i>
09:40 – 10:00	Ethical aspects of reconstructive and aesthetic procedures in Gynecology <i>Ivan Fistonic (Croatia)</i>
10:00 – 10:20	The Ultimate V – Principles and practices <i>Oseka Onuma (Australia)</i>
10:20 – 10:40	Complications in Hoodplasty and Clitoroplasty <i>Ana Cristina Batalha (Brazil)</i>
10:40 – 10:45	Q&A

10:45 – 11:15 COFFEE BREAK

## DAY TWO DECEMBER 15<sup>th</sup>, 2023 – FRIDAY OFFICIAL CONGRESS DAY

### SESSION 2

11:15 – 12:50	---
<b>Chairpersons: Rafal Kuzlik, Alexandros Bader, Diana Mihai</b>	
11:15 – 11:30	PRP indications and protocols in Gynaecology: scar, atrophy, orgasm dysfunction, surgery <i>Diana Mihai (Romania)</i>
11:30 – 11:45	An initial study to evaluate the efficacy and benefits of Injecting Platelets Rich Plasma in combination with Hyaluronic Acid during Vaginal Repair treating SUI. V-Labiaplasty – pursuing an excellence. How to perform it correctly <i>Hassan Soliman (Saudi Arabia)</i>
11:45 – 12:00	The use of PRP–HA for the treatment of pain in Gynecology <i>Agnieszka Nalewczynska (Poland)</i>
12:00 – 12:15	Effect of High Intensity Focused Ultrasound on Vaginal Relaxation Syndrome <i>Amr Abbasy (Egypt)</i>
12:15 – 12:30	5 Years of French experience in magnetic field therapy for pelvic floor rehabilitation. Retrospective Study <i>Hichem Bensmail (France)</i>
12:30 – 12:45	Controversies surrounding Labiaplasty & other FGC procedures <i>Nadia Yousri (UK)</i>
12:45 – 12:50	Q&A
12:50 – 13:50	LUNCH BREAK



## DAY TWO DECEMBER 15<sup>th</sup>, 2023 – FRIDAY

### OFFICIAL CONGRESS DAY

#### SESSION 3

13:50 – 14:50	---
13:50 – 14:35	Innovation and longevity in women's health using HIFEM energy <i>Sara Matthews (UK)</i>
14:35 – 14:50	Q&A

#### SESSION 4

14:50 – 17:20	---
<b>Chairpersons: Alexandros Bader, John Miklos, Marco Pelosi III</b>	
14:50 – 15:10	The Sub-Urethral Spider Web technique. An outpatient office treatment to cure severe (Grade III) SUI <i>Ariel Luksenburg (Uruguay)</i>
15:10 – 15:25	Labia Minora Plasty with Dewedge Technique. Guidelines for a successful Surgery <i>Dawid Serafin (Poland)</i>
15:25 – 15:45	Synchronised Labia Majora Plasty <i>Marco Pelosi III (USA)</i>
15:45 – 16:00	Creation of neovagina with peritoneal flap on patients with RMK Syndrome <i>Rafal Kuzlik (Poland)</i>
16:00 – 16:15	Sutureless Labiaplasty <i>Abdelilah Lahali (Morocco)</i>
16:15 – 16:30	Reverse Perineorrhaphy <i>Leila Khalili (Iran)</i>
16:30 – 16:50	Hidden Scars Labia Majora Lifting <i>Alexandros Bader (UK)</i>
16:50 – 17:10	Clitoral Hood Surgery. Anatomy & Safety <i>John Miklos (USA)</i>
17:10 – 17:20	Q&A

## DAY THREE DECEMBER 16<sup>th</sup>, 2023 – SATURDAY OFFICIAL CONGRESS DAY

### SESSION 5

08:15 – 10:00	---
<b>Chairpersons: Alexandros Bader, Piotr Kolczewski, Rafal Kuzlik</b>	
08:15 – 08:30	Threads in the intimate area: types, techniques and methods for correcting anogenital area, vagina and labia majora <i>Natalia Markova (Czech Republic)</i>
08:30 – 08:45	Experience of using Botulinum Toxin for Vaginismus. The experience in the East Java area <i>Eighty Mardiyani Kurniawati (Indonesia)</i>
08:45 – 09:00	Bioresorbable Polycaprolactone (PCL) based urethral injectable in the treatment of SUI <i>Nabil Elmahdawi (UK)</i>
09:00 – 09:15	An alternative and Effective method of Vaginal Tightening with Threads <i>Leylek Ozgur (Turkey)</i>
09:15 – 09:30	A novel technique of genital rejuvenation using plasma energy plus Nanofat: Dr. Ozgur's genital lifting concept <i>Ozgur Aglamis (Turkey)</i>
09:30 – 09:55	How to Recognize Lichen Sclerosus. Treatment options and Strategies <i>Jorge Elias (Argentina)</i>
09:55 – 10:00	Q&A
10:00 – 10:30	<b>COFFEE BREAK</b>

## DAY THREE DECEMBER 16<sup>th</sup>, 2023 – SATURDAY OFFICIAL CONGRESS DAY

### SESSION 6

<b>10:30 – 12:05</b>	---
<b>Chairpersons: Ivan Fistonic, Alexandros Bader, Fernando Aznar</b>	
10:30 – 10:45	Laser Applications in Gynecology <i>Ivan Fistonic (Croatia)</i>
10:45 - 11:00	Efficacy of Transcutaneous temperature-controlled radiofrequency for overactive bladder - <i>Smit Solanki (India)</i>
11:00 - 11:15	HIFU and its place among EBD <i>Piotr Kolczewski (Poland)</i>
11:15 - 11:30	Combination of HIFEM and Laser for Female SUI and FSD <i>Andreas Lenhard (Germany)</i>
11:30 – 11:45	Overview of the role of regenerative Gynaecology in managing cancer treatment-induced vulvovaginal atrophy (VVA) - <i>Nabil Elmahdawi (UK)</i>
11:45 – 11:50	Q&A

### SESSION 7

<b>11:50 – 12:50</b>	---
11:50 – 12:35	Breaking Barriers with RF empower <i>Vivek Nama (UK)</i>
12:35 – 12:50	Q&A
<b>12:50 – 13:45</b>	<b>LUNCH BREAK</b>

### SESSION 8

<b>13:45 – 14:45</b>	---
<b>Chairpersons: Stelios Kiosses, Alexandros Bader</b>	
13:45 – 14:00	Aesthetic and regenerative Gynaecology go hand in hand with sexuality: Menopause, sex and gynaecologists - <i>Raquel Tulleuda Martinez (Spain)</i>
14:00 - 14:25	Addressing Anxiety and Fear in Aesthetic Gynecology Patients <i>Stelios Kiosses (UK)</i>
14:25 – 14:40	Menopause, sex and gynaecologists <i>Raquel Tulleuda Martinez (Spain)</i>
14:40 – 14:45	Q&A

## DAY THREE DECEMBER 16<sup>th</sup>, 2023 – SATURDAY OFFICIAL CONGRESS DAY

### SESSION 9

14:45 – 16:00	---
<b>Chairpersons: Maria Papadopoulou, Prabhu Mishra, Jorge Elias</b>	
14:45 – 15:05	Loss of sexual drive in Menopausal women. Reasons, Investigation and Therapy Plan Protocols <i>Maria Papadopoulou (UK)</i>
15:05 – 15:25	Stem Cells & Regenerative Medicine in Gynecological Disorders <i>Prabhu Mishra (India)</i>
15:25 – 15:40	Bio-Identical Hormones, where we are and where we are going? <i>Abraham Delarosa (Guatemala)</i>
15:40 – 15:45	Q&A

15:45 – 16:00	COFFEE BREAK
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### SESSION 10

16:00 – 17:20	---
<b>Chairpersons: Jorge Elias, Fernando Aznar, Victoria Martinez</b>	
16:00 – 16:15	Vaginoplasty. Methods and differences <i>Victoria Martinez (Spain)</i>
16:15 – 16:30	The importance of therapeutic orgasm with medical Vulvo-Vaginal toys <i>Barbara Fernandez (Spain)</i>
16:30 – 16:45	Exosomes in Regenerative Gynecology. A new horizon is born <i>Fernando Aznar (Spain)</i>
16:45 – 17:00	Combined Regenerative Treatment for Lichen Sclerosus <i>Marta Recio (Spain)</i>
17:00 – 17:15	Conservative Management of sagging Labia Majora <i>Jorge De Leon Soto (Guatemala)</i>
17:15 – 17:20	Q&A

17:20	END OF THE CONGRESS
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# SPONSOR ACKNOWLEDGMENTS





## GENERAL INFORMATION

### THE VENUES

#### **ESAG 7<sup>TH</sup> WORLD CONGRESS | CONGRESS VENUE – LONDON, UK - DECEMBER 14<sup>TH</sup> TO 16<sup>TH</sup>, 2023**

It is our pleasure to announce that ESAG 7<sup>th</sup> World Congress 2023 will take place during the dates December 14<sup>th</sup> to 16<sup>th</sup>, 2023 in London, UK.

Congress Days Overview:

**December 14<sup>th</sup>, 2023: ESAG Surgical Master Class 2023**, by the World Experts (*separate registration is required*)

**December 14<sup>th</sup>, 2023: ESAG Master Class on BHRT and PRP application in Regenerative & Functional Gynecology** (*separate registration is required*)

**December 15<sup>th</sup>, 2023: 1st Official Congress Day**

**December 16<sup>th</sup>, 2023: 2nd Official Congress Day**

**December 16<sup>th</sup>, 2023: Gala Party & Awards Night**

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#### **ESAG SURGICAL MASTER CLASS 2023 – DECEMBER 14<sup>TH</sup> 2023**

We are delighted to announce that ESAG Surgical Master Class 2023 will take place at **InterContinental London – The O2 hotel** which is conveniently located on the stunning Greenwich Peninsula, right next to the majestic River Thames.

**The Surgical Master Class will start at 08:30 and end approximately at 17:00.**

InterContinental London – The O2 has a long-established reputation for customer service, hospitality and superb conference facilities. Located on the tip of the Greenwich Peninsula in the Royal Borough of Greenwich in London's East, this luxury hotel offers a truly exceptional conference and meeting space that combines sophistication, functionality, and picturesque surroundings. With an expansive 4,500 square meters, its purpose-built conference center is designed to accommodate up to 3,000 guests, making it an ideal venue for conferences, exhibitions, and grand-scale events.

[InterContinental London – The O2](#) is located at One Waterview Drive, Greenwich Peninsula, SE10 0TW

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#### **ESAG MASTER CLASS ON BHRT AND PRP APPLICATION IN REGENERATIVE & FUNCTIONAL GYNECOLOGY – DECEMBER 14<sup>TH</sup> 2023**

We are delighted to announce that ESAG Master Class on BHRT and PRP application in Regenerative & Functional Gynecology will take place at **20 Cavendish Square, Room: "Jean McFarlane"** which is conveniently located on the well known Medical district of London 20 Cavendish Square, London W1G 0RN

**The Master Class will start at 11:00 and end approximately at 18:15 and will focus on Bioidentical Hormonal Replacement Therapy (BHRT) and Platelets Rich Plasma (PRP) applications in Regenerative and Functional Gynecology.**

[Jean McFarlane room](#) is located at 20 Cavendish Square, London W1G 0RN

## ESAG 7<sup>th</sup> WORLD CONGRESS – DECEMBER 15<sup>th</sup> & 16<sup>th</sup>, 2023

We are delighted to announce that ESAG 7<sup>th</sup> World Congress 2023 will take place at **InterContinental London – The O2 hotel** which is conveniently located on the stunning Greenwich Peninsula, right next to the majestic River Thames.

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[InterContinental London – The O2](#) is located at One Waterview Drive, Greenwich Peninsula, SE10 0TW  
T: +44 20 8463 6868

Find how you can get to InterContinental London – The O2  
[InterContinental London – The O2 Information](#)

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## GALA PARTY & AWARDS NIGHT - DECEMBER 16<sup>th</sup>, 2023

[London Tower Bridge](#) is located at Tower Bridge Rd, London SE1 2UP, United Kingdom

We are delighted to announce the **ESAG 7<sup>th</sup> World Congress Gala Party & Awards Night will be held on Saturday December 16<sup>th</sup>, 2023 at the world-famous London Tower Bridge Walkways.** Join us to celebrate and party with drinks, dining with music entertainment and dancing, at one of London's most iconic sights, making ESAG 7<sup>th</sup> World Congress Gala Party & Awards Night a truly memorable evening. As the sun sets over London and the skylight becomes illuminated with city lights, the Walkways become a truly magical setting offering a unique experience and the thrill of seeing London life through the Glass floor. An event not to be missed!

Find how you can get to London Tower Bridge [London Tower Bridge](#)

## SIGHTSEEING RECOMMENDATIONS

### WESTMINSTER ABBEY

<http://www.westminster-abbey.org/home>

The Church of St Peter at Westminster, better known as Westminster Abbey, is one of the most important Gothic buildings in the country, has been the coronation church since 1066 and is the final resting place of seventeen monarchs. Benedictine monks first came to this site in the tenth century, establishing a tradition of daily worship which continues today. At its centre is the medieval shrine of an Anglo-Saxon saint.

### THE PALACE OF WESTMINSTER

<http://www.parliament.uk/visiting/>

The Palace of Westminster, better known today as the Houses of Parliament, is the oldest royal palace in London, a world heritage site and one of most recognized buildings in the world. Built on the site of a medieval palace, and possibly a Roman Temple dedicated to Apollo, the palace has been in continuous use since the first half of the 11<sup>th</sup> century.

Today the oldest existing part of the Houses of Parliament is Westminster Hall, dating back to the reign of King William II. Built in 1097, it is the oldest ceremonial hall in Britain and was the largest hall in Europe. Other historic parts include the 1297 Edward I Chapel of St Mary Undercroft and the Jewel Tower, built by Edward III in 1366.

The present Gothic palace, re-built in 1854 by Charles Barry, has over 1100 rooms, 100 staircases, 11 courtyards and a 200m riverside terrace used for entertaining.

The most famous part of the building is the Clock Tower, which houses Big Ben. Victoria Tower, the southern tower, is 102m high and was once the largest and tallest tower in the world. On top is a 15m flagpole which flies the Union flag when parliament is 'sitting'.

### BIG BEN

<http://www.parliament.uk/visiting/visiting-and-tours/tours-of-parliament/bigben/>

The Clock Tower at the Palace of Westminster is probably the most famous clock in the world, a place from which time is measured. Big Ben is not the 100m tower, but the 13<sup>th</sup> 'great' bell in the tower which strikes the hour.

With each face nearly 7m wide, the minute hands over 4.2m long and the hour hands weighing 300kg each, it is the largest four faced chiming clock in the world.

Although the clock was stated on 31<sup>st</sup> May 1859, Big Ben rang for the 1<sup>st</sup> time over London a month later on 11<sup>th</sup> July.



## CHURCHILL WAR ROOMS

<http://www.iwm.org.uk/visits/churchill-war-rooms>

The Churchill War Rooms, deep beneath the HM Treasury buildings, was the secret underground command and control centre used by the British government during the Second World War. Abandoned in August 1945, the complex of rooms and corridors house the Cabinet War Rooms, which have been kept as they were left, and the Churchill Museum.

## BUCKINGHAM PALACE

<https://www.royal.uk/search?tags%5B0%5D=Buckingham%20Palace>

The Churchill War Rooms, deep beneath the HM Treasury buildings, was the secret underground command and control centre used by the British government during the Second World War. Abandoned in August 1945, the complex of rooms and corridors house the Cabinet War Rooms, which have been kept as they were left, and the Churchill Museum.

## THE NATIONAL GALLERY

<http://www.nationalgallery.org.uk/>

The National Gallery in Trafalgar Square was built in 1838 to house the growing national collection of Art and to be a venue comparable with other national art galleries, such as the Louvre in Paris.

Displaying Western European paintings from the 13<sup>th</sup> to the 19<sup>th</sup> century the National Gallery was built with the aim of showing them freely to people of all social classes. The pictures, most of which used to belong to private collectors, have been either bought or gifted to the collection.

Originally the building's design was criticized. It was only one room deep and very cramped. King William IV called it "a nasty pokey little hole". Since then, there have been many alterations and additions with large architectural spaces arranged on a Greek-Cross plan.

