

## Ladies@Lunch blog

Find out what's been going on in the Radio Theatre with those feisty Ladies@Lunch...

- [Watch the Ladies@ Lunch on our webcam! >](#)

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TUESDAY 11TH NOVEMBER

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Silence can be awkward, it can be also be lonely or a time of solace. For 525,598 minutes a year we get on with our lives, trying to fit everything in but for 2 minutes each November the country stops and recognises all those that have died in conflicts. Today the Radio Theatre fell silent, what is normally a vibrant environment was hushed as the audience listened to the silence following the peal of Big Ben.

11:02 and the show must go on...and go on it did. Picking up on the back of the war to end all wars we meet Glyn Strong who has spent time in Bosnia working for the Ministry of Defence covering a war. She has just returned from a trip to Afghanistan – another war. With such a soft voice you wouldn't dream Glyn has lived such a life, she also works at a veteran's charity but held the audience in the palm of her hand with her astounding remarkable tales of foreign dealings.

Michelle Clarke runs the 'Step Up Foundation with a purpose to educate and excite teenagers the world over about the possibilities for their futures in business and in life. They wish to contribute to world peace and Michelle told us stories of life changing events.

A day of looking in all directions – back, to times of hostilities and forward to potentials and expectations. Maybe not all directions