



CELEBRATE TOGETHER

INTERNATIONAL
WOMEN'S DAY
BRISTOL 2020

EVENT PROGRAMME

Sat 7th March – 11:00AM to 5:30PM

City Hall, College Green, Bristol, BS1 5TR

BRISTOL WOMEN'S VOICE WELCOMES YOU TO INTERNATIONAL WOMEN'S DAY 2020



Bristol Women's Voice is a powerful voice for women working to make women's equality in Bristol a reality. We bring women together to share ideas and experiences, support campaigns and celebrate success together to make Bristol a showcase for women's involvement, empowerment and equality. Please sign up to find out more at the registration desk.

Celebrate together

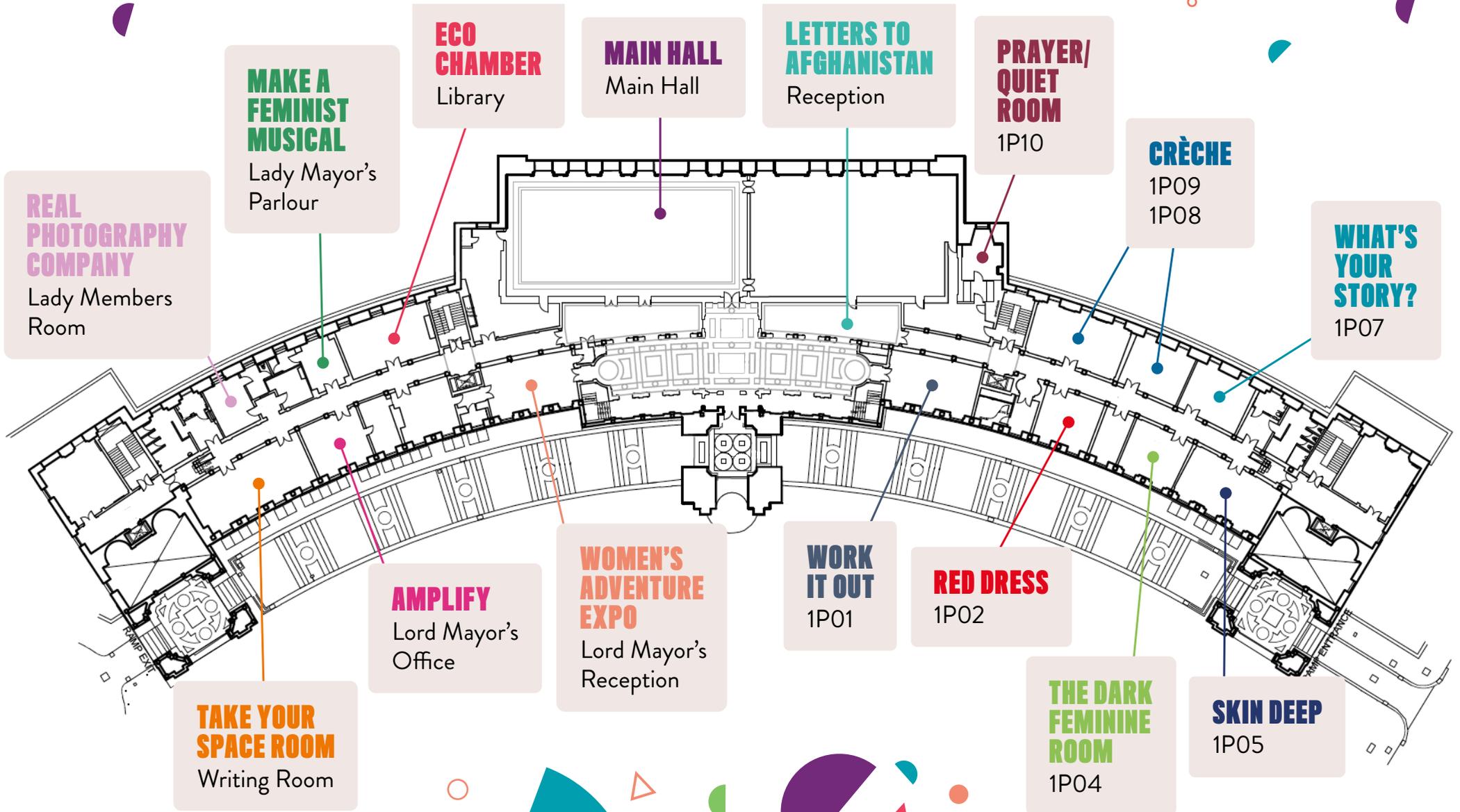
In this guide you'll find details of over 50 amazing events brought to you by the women of Bristol. We'd like to say a huge THANK YOU to all of the contributors who've given their time, energy and enthusiasm to make this happen — you are incredible!

Your donations are crucial to making this event happen, and importantly for making it free and accessible to women who wouldn't normally be able to attend. So please dig deep — donate and buy raffle tickets!

Things to note:

- Food and drinks will be served all day in the entrance area to the main hall.
- A first come, first served free crèche is available in 2 hour slots in rooms 1P08 and 1P09 see them for more details.
- A buggy park is available in the right hand entry to the council chamber. This area will not be supervised so any items are left at your own risk.
- Room 1P10 is a quiet space reserved for prayer or quiet time.
- Hearing loops are on setting T.

FIND YOUR WAY AROUND



MAIN HALL

Room: Main Hall

Come and join the celebrations!

- 11:00–11:15 • African Sambistas**
Samba fusion drumming group launch the day outside main entrance.
- 11:15–11:35 • Welcome speech**
Penny Gane BWV Chair, Barbara Brown BWV Director, Cllr Helen Godwin and Cllr Asher Craig.
- 11:50–12:20 • Bring your own baby choir**
Songs of unity, protest and hot chocolate from around the world.
Led by Julia Turner.
- 12:30–13:00 • Thangam Debonnaire MP**
The year at Westminster — What will change for women?
The importance of having more women MPs.
- 13:00–13:30 • Sue Mountstevens PCC**
‘Reflections on my time as Police and Crime Commissioner.’
- 13:30–14:30 • Social hour**
Come have a sit down or a mingle, meet each other and chat in an informal setting. Members of the organisation will also be around.
- 15:30–16:30 • Mayoral question time**
Hear the 2020 Mayoral candidates answer questions from the audience on issues of importance to women.

WOMEN'S ADVENTURE EXPO

Room:
Lord Mayor's
Reception

Celebrating, inspiring and empowering women in adventure and exploration.

- 11:00–12:15 • Periods in challenging environments**
Workshop on periods in the context of outdoor activities, sport and adventurous travel, featuring MMiEEP (Managing Menstruation in Extreme Environments Project).
- 12:30–13:30 • From Bristol to the Baltic — A solo cycling adventure**
Jen Claydon presents her recent adventure cycling around the Baltic Sea, with Q&A.
- 14:00–15:15 • She's on an adventure!**
Illustrated talks and short films from, and about, a diverse range of women having adventures large and small. Featuring Jacqui Furneaux, The Bristol Gulls and more.
- 15:30–17:00 • Nurturing an adventurous spirit**
Workshop on aspirations of adventure and making it happen; sharing hopes and fears, inspiration and magic moments.

WHAT'S YOUR STORY?

Room: 1P07

Three one-hour-long fun writing workshops with poet and teacher Liz Cashdan exploring your story or other women's stories in prose or poetry. No previous experience necessary. Paper and pens provided or bring your own laptop, iPad, notebook. Slots available at **11:30**, **13:30** and **15:30**, sign up at the start of the session.

ECO CHAMBER

Exploring the impacts of the environmental crisis on, and by, women.

11:00–11:45 • Mentoring & how can it help young women to save the planet?

A workshop exploring the role mentoring can play to empower and skill the next generation of sustainability leaders and change makers. All ages welcome! Led by Traci Lewis, Bristol hub lead for Women in Sustainability (WINS) and director of Catalyse Change CIC who skill girls and young women as confident change makers.

12:00–12:45 • What women can do to tackle the climate crisis

A short workshop exploring key opportunities for women to fight climate change. With Carla Denyer, Lia-Anjali Lazarus, Zoe Banks Gross, Heather Mack and City to Sea. You will come away with 3 concrete actions you can take.

13:05–13:55 • XR block printing

A space for creation and discussion on the climate crisis and Extinction Rebellion. Come print your own clothing with XR imagery and slogans. We will also provide small swatches of scrap fabric for patches.

14:25–15:10 • Keeping your head above the rising water

Immy Done from Greenpeace tells stories of activism and environmentalism, and staying positive when all can feel hopeless.

15:25–16:05 • Bristol Youth Strike 4 Climate presents 'Climate crisis'

The climate movement is one which is dominated by women. In this session we'd like to explore why this is, focusing on how women are most heavily affected by the effects of the crisis and also on the minority of women represented in politics.

16:20–17:00 • Closing session

A chance to hear all of the contributors reflect on the day.

RED DRESS

The Red Dress, a decade-long embroidery project 2009–2019 by British artist Kirstie Macleod, is centered around a single red dress. The dress has travelled the world being continuously embroidered onto by over 120 women artisans in over 26 countries to date. Countries include South Africa, Japan, Kenya, Sweden, Kosovo, Rwanda, India, Colombia, France, DR Congo and Peru.

The dress, a dialogue of identity and merging of borders, seeks to connect women from around the world to create a meaningful platform for expression, unity and empowerment.

Ahead of the dress heading to Mexico to be exhibited in its finale exhibition at the Museo Des Arte Popular, Kirstie will be exhibiting the dress and with the support of the Bristol Embroiders Guild inviting willing participants to come and embroider their own motif onto the dress.

LETTERS TO AFGHANISTAN

Come and have your photo taken, sending a message to a woman in Afghanistan on International Women's Day. We have worked with Afghanaid — who are holding an IWD celebration in Lal wa Sarjantal, a remote village in the mountains of Ghor Province — to put together this very special opportunity for a conversation between the women of Bristol and Afghanistan. Photography by www.chloedwards.photography.

REAL PHOTOGRAPHY COMPANY

Pioneering women in early photography. Have a go at alternative printing techniques and find out how early women photographers broke through. Presented by Wendy Leocque and Ruth Jacobs Sign up on the door for half an hour sessions throughout the day. **11:30, 13:00, 14:30 and 16:00.**

TAKE YOUR SPACE ROOM

Physical empowerment and insights for self defence and assertiveness
Presented by Imogen Thomas & Jess Hunter. Sign up for sessions on the door.

Please note this is a **WOMEN ONLY** space.

- 11:00–11:30** • **Introduction & discussion**
A gathering to introduce the day and themes
- 11:30–12:15** • **Conflict management: assess, acknowledge, act workshop**
Workshop identifying both support and risk in our environment to empower our physical and mental safety.
- 12:15–13:15** • **Krav Maga workshop**
Learn practical self-defence techniques to empower and embolden you to take up space.
- 13:15–13:45** • **Reading body language; how to spot the predator**
Workshop on behaviours that can be used to predict potential sexual harassment.
- 13:45–14:15** • **Putting the boundaries back in**
Workshop on using physical presence and communication to challenge and halt harassment.
- 14:15–15:15** • **Krav Maga workshop**
- 15:15–16:15** • **Krav Maga workshop**
- 16:15–16:30** • **Fight dirty**
Quick tricks for tight corners — practical workshop.
- 16:30–17:00** • **Closing discussion**

THE DARK FEMININE ROOM

Merging ancient myth with modern day feminism.
Presented by The Dark Feminine www.thedarkfeminine.co.uk.

! **WARNING: ADULT WOMEN ONLY session — unsuitable for children.**

- 11:00–11:15** • **Philosophy of Her — Kimberly Rogers**
An introduction to the ancient mythology of the Dark Feminine by Kimberly Rogers www.thedarkfeminine.co.uk.
- 11:15–11:35** • **Intersectionality & the Dark Feminine — Dr Dagmar Wilhelm**
- 11:35–11:55** • **Women's rights & the Dark Feminine — Dr Jessica Elliott**
- 11:55–12:30** • **Group discussion**
- 12:45–13:45** • **Voicing the Dark Feminine with Bex Baxter !**
Workshop nurturing the dark feminine 'call' through the medium of group harmony singing. Bex will guide us to connect to a deeper more authentic voice.
- 14:00–15:00** • **Sexual sovereignty !**
Feel a sense of power, confidence and ownership in your sex life and in your body, by Nikki Armytage-Foy founder of Electricwoman.com.
- 15:15–16:15** • **The Dark Feminine & the workplace**
A session looking at creative and constructive ways to incorporate women's cycles into our working practices. Lara Owen and Bex Baxter are the co-founders of Cyclical Consulting, working with organisations to integrate embodied wisdom into working life.
- 16:30–17:00** • **Closing circle — Kimberly Rogers**
An end of day reflection on all of the Dark Feminines talks and sessions.

AMPLIFY

Room: Lord Mayor's Office

Amplifying women's voices and stories.

- 11:30–13:30 • Talking about menopause & pelvic floor awareness**

An interactive, engaging and informative session offering women the opportunity to share their experiences and take ownership of this phase of their lives. From peeing when you sneeze to experiencing a whole new zest for life, we'll be talking about everything that isn't talked about enough.
- 12:35–13:05 • Issues related to menopause, with Rachel Nightingale**
- 13:05–13:30 • Question time with Hazel**

Nurse Practitioner Hazel Hayden leads a question time; participants can ask advice on either menopause, incontinence, HRT or any other women's health issue.
- 14:00–17:00 • City Listening Project**

Come along and join in the City Listening Project. We are crafting bunting as well as discussing 'what are our dreams? And what blocks us to make them happen?'. We have been gathering women's voices around the city, and have a preview of women's voices amplified and themes so far.
- 15:00–16:00 • Lift your voice: singing workshop**

Kim Samuels of kimunitymusic.com, Renewal Choir and The Kingdom Choir lead a session which aims to help you find and express your power through song. No previous experience necessary. Come expecting a fun-filled, inspirational hour of singing.

SKIN DEEP

Room: 1P05

Celebrating women's brilliant bodies.

- 11:00–12:00 • Divine life drawing**

A fun one-hour drop-in session, drawing iconic female archetypes. Our models will be partially clothed in costumes of their chosen Goddess. Come and practice your art or try a new skill and feel empowered and emboldened! Materials will be available for use.
- 12:20–13:00 • Herbs for women**

Herbalist Becs Griffiths from Rhizome Clinic explores the feminist framework around women's health and herbal allies that can help women of all ages.
- 13:20–14:20 • Celebrating our female body: theatre workshop**

Come and get involved in this brilliant interactive and fun session from Breathing Fire, the UK's only Black Women's Playback Theatre company.
- 15:00–15:00 • The politics of hair**

A panel conversation exploring how our hair can affect our identity, the way we are perceived and how we move through the world – with contributors Ifeoma Fox and Farah Hasson.
- 16:15–17:00 • Celebrating women's bodies: belly dancing & tai chi qigong**

A fun and relaxing workshop for all bodies and abilities with Marcia Walker, health and wellbeing motivator. Chair-based practise welcomed.

WORK IT OUT

Empowering women in the workplace.

Room: 1P01

11:30–13:00 • Opportunities & challenges facing women in business

A panel event, featuring women from different stages in their careers talking about their experiences in business, and the opportunities and challenges they've faced. Questions welcome from the audience, plus the chance to connect directly with members of the Women in Business Task Group (part of the Bristol Women's Commission) and panellists to discuss your own career or business.

13:15–13:55 • Happiness & humanity at work

What we say and what we do can have a huge effect on our happiness at work. This interactive talk will help us think about how we can work together better, stand up for what we need and what the science says about happiness to feel more joy in our day. Delivered by Chloe Foy, a certified ACC coach, specialist in behavioural science from the London School of Economics and strategist at Synergy Creative consulting in employee engagement.

14:10–15:10 • Know your maternity rights!

Gain an understanding of your rights within the workplace with Saira Anwar of Bristol Law Centre.

15:20–16:00 • Black women in leadership

African Voices Forum present a round table discussion with Inspirational Women following their 2018 publication.

16:15–17:00 • Menopause at work: why it pays to talk

Women of a Certain Stage present a workshop on menopause at work, with Lauren Chiren.

MAKE A FEMINIST MUSICAL!

Room:
Lady Mayor's
Parlour

Bristol-based company Sharp Teeth Theatre and Marie Hamilton recently created an intersectionality feminist musical called **Polly: The Heartbreak Opera**. It was born from a desire to ask whether telling the same old stories really helps us move forward, and to investigate what stories they wanted to tell about intersectional feminism. Now they'd like to invite you to help them imagine a new musical, expect a collaborative and conversational space where you can throw your ideas in, draw, write, collaborate to create a song or more. No experience needed, only a desire to connect and share. The idea for the show will be presented at the end of the session. Available between **13:00–14:30** and **15:00–16:00**.

Room: The Vestibules

#BEHEARD EXHIBITION

An inspiring exhibition of painting, sculpture, poetry and craft created by courageous victims and survivors helped on the road to recovery by local victim services commissioned by Avon and Somerset Police and Crime Commissioner.

Survivors hope the exhibition will encourage others to come forward and seek help. It is also a reminder that support is available to victims whether they choose to report the crime to the police or not, no matter how long ago it took place.

Bristol Central Library Foyer

KIN

A creative community is an exhibition of female portraits by Bristol-based visual artist Sophie Sherwood, in collaboration with Real Photography Company.

SHARE YOUR STORY

#bristolibd2020



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www.bristolwomensvoice.org.uk

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