

# **YORK INTERNATIONAL WOMEN'S WEEK**

▶ Centenary Programme

**5th – 12th  
March, 2011**



**York International Women's Week**

**[www.yorkwomen.org.uk](http://www.yorkwomen.org.uk)**

**EVENTS****PRE-FESTIVAL AND DURING YIWW 2011****THE SPOKEN WORD: 100 Years of IWD**

Venue: Exhibition Hotel conservatory, Bootham  
Date: Tuesday 1st March  
Time: 7.30 pm Cost: Free  
Contact: Rose Drew 01904 733767



Get an early start on International Women's Week and bring your poems, prose, songs, essays and short-short stories to read out in an open, inviting room. Now in our 6th Year of celebrating YIWW. Level entry, parking available, full service pub.

**IBSEN'S GHOSTS 2nd – 12 March****A new version by Amelia Bullmore**

Venue: The Studio, York Theatre Royal, St Leonard's Place  
Time: 7.45 pm; 2 pm matinee on Sat 12 Mar  
Cost: £12, £7 students & under 25s, £10 concessions  
Contact: Box Office 01904 623568; [www.yorktheatreroyal.co.uk](http://www.yorktheatreroyal.co.uk)

Mrs Alving is preparing for the opening of an orphanage in memory of her late husband. When her son, Oswald, returns to the family home to celebrate the heroic memory of his dead father, she is forced to reveal the ghosts of the past she is desperate to forget. A vibrant new version of Ibsen's powerful and controversial psychological drama presented by the York Settlement Players.

**EVENTS****SATURDAY 5th MARCH, 2011****DANCE MOVEMENT PSYCHOTHERAPY WORKSHOP**

Venue: Briar House, Club Chambers, Museum Street, York  
Time: 11.30 am – 1 pm  
Cost: £15  
Contact: Dr Allison Singer 01904 679868

The workshop will look at the relationship between movement and voice, with a focus on the singing voice.

## EVENTS

**SATURDAY 5th MARCH, 2011**

### **POLITICAL PARTICIPATION**

Venue: Room G33, Kings Manor, Exhibition Square  
Time: 11 am – 12 noon Cost: Free  
Contact: Janet White 01904 433560



A talk and discussion by Professor the Baroness Afshar OBE, AcSS. Long standing assumptions about equalities in the UK may have lulled women into believing that they are equal participants in political processes. In contrast the century long quest for democracy in Iran has seen women politicians and activists focusing on the Islamic rights of women, and the pursuit of the liberation of women has been in the name of Islam rather than

### **CREATING CALM AND ENJOYING PEACE**

Venue: Clements Hall, Nunthorpe Road, York YO23 1BW  
Time: 7 – 10 pm  
Cost: £5 (profits donated to IDAS)  
Contact: Charlie Mitchell 07870 498886



Explore what helps us to find peace, including gentle stretching to suit all, and a world café to help us to answer questions such as: What does peace mean to me? How can I enjoy a more peaceful life? How can I share peace with women locally, nationally and internationally?

## EVENTS

**MONDAY 7th MARCH, 2011**

### **SAME OLD STORY**

Venue: Jacob's Well, Trinity Lane, Micklegate, York  
Time: 10 am  
Cost: £2.50 optional donation  
Contact: F. Mary Callan 01904 653836



New learning from ancient legends. The women of York's WOMEN & WORDS group bring you fresh insights into well-loved myths, Helen of Troy and her sisters, King David and the women of his court. There may even be time for your own insights.

**PILATES WITH LOUISE**

Venue: Fulford Social Hall, School Lane, Fulford

Time: 1.45 – 2.45 pm

Cost: Free

Contact: Louise Bowden 01937 831781 or 07773 794301



Pilates is for everyone from 8 to 80 plus, whatever your level of fitness (or lack of it!). Pilates tones and strengthens muscles, increases flexibility and improves posture. It is also excellent if you suffer from back pain. All equipment provided. Just wear comfortable clothing. The class is free but please book in advance.

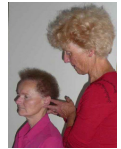
**FIND YOUR POISED BALANCED SELF  
Alexander Technique Taster Sessions**

Venue: York Clinic for Complementary Medicine  
296 Tadcaster Road, York YO24 1ET

Time: 4 – 7 pm

Cost: £5 for 20 minutes (booking essential)

Contact: Mary Greene 01904 709688



Have an enjoyable one to one taster of this world renowned technique. Find out how your posture can be improved, how joint or muscle pain can be relieved, and how stress can be managed to avoid strain on the nervous system.

**AGAINST ALL TRADITION****The Life & Times of Githa Sowerby**

Venue: Oxfam Bookshop, High Petergate, York

Time: 6.30 – 8 pm

Cost: £2 donation for wine / juice

Contact: Rose Drew 01904 733767



PowerPoint presentation by Pat Riley, local actor and author, on the life of Githa Sowerby, whose first play defied the odds – and white male theatre critics – by becoming a West End hit in 1912! Pat's fast-paced book, **Looking for Githa**, available for purchase. Talk repeated on Friday afternoon.

**HELPING YOUR KIDS TO RELAX**

Venue: Denham Room, Priory St Centre, 15 Priory Street

Time: 7 – 9 pm

Cost: £5 (profits donated to IDAS)

Contact: Charlie Mitchell 07870 498886

Helping children to relax has so many benefits including improved confidence, self-esteem and concentration. Find out about the Relax Kids techniques created by Marneta Viegas and how you can use them to help your child relax. Great fun and learning for Mums and Dads!

**HE HE HeART OF LAUGHTER**

Venue: Briar House, Club Chambers, Museum St.

Time: 7.30 – 9 pm

Cost: £10

Contact: Terry Anne Scholes 01904 750880



These workshops are designed to teach the benefits of laughter and how to laugh to gain those benefits. Hypnotherapist Terry Anne delivers another laughter workshop for YIWW. Learn how to belly laugh and live life in the laugh lane. Come for a laugh, you will be glad

**BARBARA DICKSON CONCERT**

Venue: Grand Opera House, 4 Cumberland St, YO1 9SW

Time: 7.30 pm

Cost: £22.50 – £25

Contact: Box Office 0844 847 2322

Globally known for hits including *Another Suitcase* and *I Knew Him So Well*, Olivier Award winning actress/singer, Barbara Dickson, brings her sensational show to York for one night only.

**WEIGHT LOSS YOGA IN YORK**

Venue: Friends Meeting House, Friargate, York

Time: 8 – 9 pm

Cost: £6 / £5 concession

Contact: Anna Semlyen 01904 654355



Aiming to burn up fat and toxins at the cellular level with a focus around the abdominals. Yoga is well suited to anyone who is heavy as there is no impact on the joints. For beginners & experienced.

**HYPNOTHERAPY & STRESS MANAGEMENT**

Venue: The Healing Clinic, Club Chambers, Museum St, York

Time: 8 am – 12 noon

Cost: 10% OFF FOR WOMEN WITH YIWW PROGRAMME

Contact: Sarah Beamish 01904 679868

For full details of the help offered and the prices see

<http://www.thehealingclinic.co.uk/practitioners/SarahBeamish.html>

**YORK WALKS**

Venue: Museum Gardens – main gates

Time: 10.30 am **WOMEN IN YORK HISTORY**

2 pm **LITERARY WOMEN IN YORK**

Cost: £5.50 / £5 students, YorkCard, disabled, YHA

Contact: Warwick or Lynn 01904 651130 / 01904 622303

Walks for all highlighting the contribution of women to York's history.

**ALEXANDER TECHNIQUE TASTER SESSIONS**

Venue: The Healing Clinic, Club Chambers, Museum Street

Time: 12.30 – 4.30 pm

Cost: £5 for 20 minutes (booking advisable)

Contact: Pam Mason 01904 679868

Find out how your posture can be improved, how joint or muscle pain can be relieved, and how stress can be managed.

**PREGNANCY YOGA IN YORK**

Venue: Friends Meeting House, Friargate, York

Time: 7 – 8 pm

Cost: £6.50 / £5.50 concession

Contact: Anna Semlyen 01904 654355

Pregnancy Yoga for women 14+ weeks after conception. Stretch, tone, breathe and relax to help you to feel more comfortable and prepare for birth. See [www.yogainyork.co.uk](http://www.yogainyork.co.uk)



**HEALING CLINIC DROP IN SPECIAL OFFERS***offers available to any woman producing the YIWW programme*

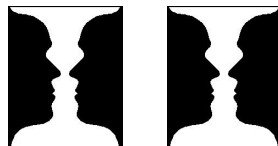
Venue: Briar House, Club Chambers, Museum Street, York  
 Time: 12 noon – 5 pm (30 minutes)  
 Cost: £20 – 2 clients for the price of one; bring a friend!  
 or £30 – care and attention from 2 therapists!  
 Contact: Healing Clinic 01904 679868 (no booking required)  
 Treatments on offer: Acupressure massage; Alexander Technique;  
 Aromatherapy consultation; Back/neck/shoulders massage; Hara  
 Shiatsu; Indian Head massage; Lymphatic facial; Reconnective  
 Healing; Reflexology; Reiki. Your choice! Just drop in.

**WOMEN'S SWIMS**

Venue: Energise, Cornlands Road, York YO24 3DX  
 Time: 7 – 8 pm every Tuesday  
 Cost: Adult YorkCard £3.35, Concession YorkCard £2.20,  
 Adult £4.20, Concession £2.90.  
 Contact: Energise 01904 552424  
 Every Tuesday women can enjoy a quiet swim, and treat  
 themselves to the many other facilities of Energise – a great sports  
 centre for the residents of York and surrounding area.

**REAL PEOPLE THEATRE presents ENCOUNTERS**

Venue: Theatre Studio 1, York St John University,  
 Lord Mayors Walk, York  
 Time: 7.30 pm  
 Cost: £6 (£5 concessions)  
 Contact: Sue Lister 01904 488870



A forum theatre production in which you are invited to intervene – to change negative into positive! Women from different countries, backgrounds, experiences will work with you to make a difference in people's lives. Individual scenes are available for future booking to act as a springboard for discussion for staff training, conferences and workshops. Scenes can be tailor-made to suit your purposes.

**NO HANDS<sup>®</sup> Massage Tasters**

Venue: Treatment Rooms, Millers Yard, Gillygate, YO31 7EB

Time: 9 am – 5 pm

Cost: £5 for 20 minutes (booking essential)

Contact: Joanne Bull 07799 145548



Try this clothed massage taster and discover the deep, relaxing, rejuvenating and nourishing benefits for yourself. Joanne is an Advanced **NO HANDS<sup>®</sup>** Massage Practitioner trained in the UK by its creator, Gerry Pyves. For more information please visit [www.joannebullsimplyholistic.co.uk](http://www.joannebullsimplyholistic.co.uk).

**RELAX KIDS**

Venue: Art Rm, Clements Hall, Nunthorpe Road, YO23 1BW

Time: 2.30 – 3.30 pm

Cost: £5 (profits donated to IDAS)

Contact: Charlie Mitchell 07870 498886



This is a lovely session for Mums and Dads to enjoy with their children aged 2-5 (smaller siblings welcome too!). A well-known children's story will help children to learn how to relax, using the Relax Kids techniques created by Marneta Viegas. Great fun and learning for everyone!

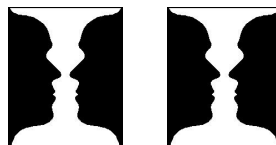
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### **A WALK IN HAGG WOOD**

Venue: Meet at Intake Lane, Dunnington  
 (next to children's swings)  
 Time: 10.30 am  
 Cost: Free  
 Contact: Olwyn Fonseca 01904 489623



Choose between a gentle stroll in Hagg Wood or something more energetic. Come so that you can revisit with friends at bluebell time or come to find out more about our thriving conservation / social group. Someone will meet the no. 10 bus which leaves York Station at 9.59 am (stand under clock). All welcome.

### **BODY LIGHT TASTER SESSIONS**

#### **Ease through applying Alexander Technique Principles**

Venue: 5 Thorpe Street (off Scarcroft Road), York  
 Time: 12.30 – 3 pm  
 Cost: £5 (20 mins each taster)  
 Contact: Lena Schibel-Mason 01904 651367

Come with any movement or activity you would like to explore to find more ease and lightness in performing it. Get to know a way out of habits that restrict us and pull us down.

**BRIAR HOUSE CHILDREN'S DROP IN: 2 for 1 Offer**

Venue: Briar House, Club Chambers, Museum Street, York

Time: 1 – 5 pm Contact: 01904 679868

Cost: £10 instead of £20 for 30 minute session

Offer available for any children coming for Kinesiology, Acupressure, Herbal products/advice. Still free chats with June or

**TEN EASY WAYS FOR WOMEN TO BE MORE HEALTHY**

Venue: Clifton Parish Church, Clifton, YO30 6BH

Time: 2 pm Cost: Free

Contact: Angela Shepherd 07885 207212



A talk by York personal wellness coach, Angela Shepherd of Love Living Well, on how women can make simple changes to their eating habits and lifestyle that will make a big difference to their health and how they look and feel. See [www.lovelivingwell.co.uk](http://www.lovelivingwell.co.uk).

**BODY LIGHT****Alexander Technique for beginners & experienced students**

Venue: Friends Meeting House, Friargate, York

Time: 4 – 5.15 pm *or* 5.45 – 7 pm

Cost: £7 each

Contact: Lena Schibel-Mason 651367 or Mary Greene 414793

How to access and foster **lightness, ease and balance** will be the theme of these workshops. Elements of body mapping and explorative games will make us more aware of ourselves and our **inbuilt uplifting forces**.

**WOMEN'S SWIMS**

Venue: Yearsley Pool, Haley's Terrace, Haxby Road, YO31 8SB

Time: 5 – 6 pm every Thursday Cost: From £2.20

Contact: Simon Luck 01904 552431

You only need 30 minutes of moderate exercise a day to boost your happiness and health. Why not improve your fitness in our pool? Targeted sessions every Thursday encourage more women to swim. For more details visit [www.york.gov.uk/fit](http://www.york.gov.uk/fit).

### PILATES WITH LOUISE

Venue: Rufforth Primary School, Wetherby Road

Time: 6.45 – 7.45 pm

Cost: Free

Contact: Louise Bowden 01937 831781 or 07773 794301

Pilates is for everyone from 8 to 80 plus, whatever your level of fitness (or lack of it!). Pilates tones and strengthens muscles, increases flexibility and improves posture. It is also excellent if you suffer from back pain. All equipment provided. Just wear comfortable clothing. The class is free but please book in advance.



### LOVE TO LAUGH AT LOVE TO EAT

Venue: Love to Eat, 52-54 Moor Lane, Dringhouses, YO24 2QY

Time: 7 – 8.30 pm

Cost: £15 includes refreshments & take-home toy

Contact: Louise at Love to Eat 01904 778880  
or Terry Anne 01904 750880

Terry Anne delivers another popular laughter workshop especially for Love to Eat. If you missed her on BBC Look North and the BBC Big Screens, come along to Love to Eat. Learn the benefits of laughter and learn how to Live Life in the Laugh Lane!



### GETTING IT TOGETHER

#### Collaborating with another writer

Venue: Millers Yard, Gillygate, York YO31 7EB

Time: 7.30 – 9 pm

Cost: £3 / £2 concessions

Contact: Pauline Kirk 01904 706536

Do you have a prose or poetry project you can't finish? Can't get started? Got writer's block? Writing with another woman may help. Join Pauline who is writing crime novels with her daughter, to consider the pleasures and processes of collaboration. No experience necessary – just a desire to write.



## FIND YOUR POISED BALANCED SELF Alexander Technique Taster Sessions

Venue: York Clinic for Complementary Medicine  
296 Tadcaster Road, York YO24 1ET

Time: 11 – 2 pm

Cost: £5 for 20 minutes (booking essential)

Contact: Mary Greene 01904 709688



Have an enjoyable one to one taster of this world renowned technique. Find out how your posture can be improved, how joint or muscle pain can be relieved, and how stress can be managed to avoid strain on the nervous system.

## THE TEMPEST from 11 March onwards

Venue: City Screen Picturehouse, Coney Street

Time: TBA See [www.picturehouses.co.uk/york](http://www.picturehouses.co.uk/york)

Cost: (depends on the time of day)

Contact: Box Office 0871 902 5726



In Julie Taymor's version of Shakespeare's play, the main character is a woman named Prospera, but women practising the magical arts of alchemy ran the risk of being accused of witchcraft.

Prospera is usurped by her brother and banished. Her island exile presents a *tabula rasa* and so the mother figure becomes a father figure to Miranda. This leads to the power struggle between Caliban and Prospera, a struggle less about brawn, but about intellect.

## AGAINST ALL TRADITION

### The Life & Times of Githa Sowerby

Venue: Millers Yard, Gillygate, York YO31 7EB

Time: 12.30 – 2 pm

Cost: £2 – tea & biscuits included

Contact: Rose Drew 01904 733767



PowerPoint presentation by Pat Riley, local actor and author, on the life of Githa Sowerby, whose first play defied the odds – and white male theatre critics – by becoming a West End hit in 1912! Pat's fast-paced book, **Looking for Githa**, available for purchase. Presentation also offered on Monday evening.

**HEALING CLINIC DROP IN SPECIAL OFFERS**

*offers available to any woman producing the YIWW programme*

Venue: Briar House, Club Chambers, Museum Street, York

Time: 1 – 4.30 pm (30 minutes)

Cost: £20 – 2 clients for the price of one; bring a friend!  
or £30 – care and attention from 2 therapists!

Contact: Healing Clinic 01904 679868 (no booking required)

Treatments on offer: Acupressure massage; Alexander Technique;  
Aromatherapy consultation; Back/neck/shoulders massage; Hara  
Shiatsu; Indian Head massage; Lymphatic facial; Reconnective  
Healing; Reflexology; Reiki. Your choice! Just drop in.

**RELAX & UNWIND FOR THE WEEKEND!**

Venue: The Loft, Millers Yard, Gillygate, YO31 7EB

Time: 6 – 7.30 pm

Cost: £3 donation to York Independent Domestic Abuse Service

Contact: Joe or Sally 07799 145548 or 07910 705272

Come and enjoy a relaxed informal workshop and discover simple and effective techniques to raise energy, balance stress and improve your well-being. Let Joe (Massage therapy), Sally (Nutritional therapy) and Debbie (Hypnotherapy) ease you into your weekend.

**WOMEN'S HAFLA DANCE PARTY**

Venue: Priory St Centre, 15 Priory Street, YO1 6ET

Time: 7.30 pm (doors open at 7 pm)

Cost: £8 / £6 concession

Contact: Susan 01904 672168



An evening of performances and tasters in Egyptian, circle dance and zumba. Authentic music, fun and good company. A benefit for York Community Circle Dance Association, supporting circle dance projects in the community. Market of second-hand dance clothes, jewellery and scarves. Donations welcome. Live music by Purple Delta. Women only. All women welcome.

**EASTER WOMEN**

Venue: Trinity Methodist Church  
 Time: 10 am – 12 noon  
 Cost: Free admission; refreshments from 50p  
 Contact: Ed Cooke 08447 043586

A drop-in café event including monologues from some of the female characters in the Bible. Tea, coffee and light refreshments on sale.

**DUNNINGTON WI COFFEE MORNING**

Venue: Dunnington Reading Room, Church Street,  
 Dunnington, YO19 5PW  
 Time: 10 am – 12 noon  
 Cost: £1 including coffee or tea  
 Contact: Janice Kay 01904 488357



A coffee morning to promote the Women's Institute with local and national information about the organisation. Also a cake stall, raffle, display of handicrafts and friendly company!

**YORK WALKS**

Venue: Museum Gardens – main gates  
 Time: 10.30 am **WOMEN IN YORK HISTORY**  
 2 pm **LITERARY WOMEN IN YORK**  
 Cost: £5.50 / £5 students, YorkCard, disabled, YHA  
 Contact: Warwick or Lynn 01904 651130 / 01904 622303



Walks for all highlighting the contribution of women to York's history.

**SCRAPBOOK JOURNALING**

Venue: Briar House, Club Chambers, Museum Street  
 Time: 1.30 – 3 pm  
 Cost: £9 including refreshments and materials  
 Contact: Sharon Emery 07817 408877



*"Let your life speak."* (Quaker saying)

Scrapbook Journaling is a creative way to write about all the things which make up your unique life story. At this introductory session you will have the opportunity to start gathering together thoughts, ideas and inspiration – and to plan your own Scrapbook Journal.

**DANCE YOUR INNER FIRE**

Venue: Heworth Church Hall, Melrosegate,  
Time: 1.30 – 5 pm  
Cost: £10-£15 (please book in advance)  
Contact: Karen Michaelsen 01904 788058  
or mail@circledanceinyork.co.uk

An afternoon workshop to explore and express the fire within with Gypsy/Roma circle dances. Enjoy the sensual and expressive dance movements and the meditative and energising moods of the music. You are invited to dress with anything that jingles, jangles or sparkles. This workshop is for women only. All women are welcome.

**FILM MATINEE: *GAS FOOD LODGING***

Venue: Clements Hall, Nunthorpe Road, York YO23 1BW  
Time: 2 pm  
Cost: £4 (members £3)  
Contact: Charmian Walter 01904 412296

In the boring desert of New Mexico, a single mother raises her two teenage daughters, whose deepest desire is to leave the dead calm town. Shade is the type to escape in her extravagant fantasies, while Trudi is so rebellious it could drive her away. Directed by Allison Anders, 1991. All welcome!

**SPECIAL OFFER FOR THE WHOLE OF MARCH****THE HEALING CLINIC**

Club Chambers, Museum Street, York

10% off private sessions with CATHERINE WALLACE for any woman with the YIWW programme

Treatments on offer:- massage – lymphatic drainage  
Indian head massage – Hopi ear candles  
reconnective healing – reflexology

**AND MORE...** to celebrate the centenary of –



**a carnival of  
feminist cultural activism**

**Thursday 3rd - Saturday 5th March**

Venue: various in York City and University  
Contact: Ann Kaloski 01904 433671

Cost: some events free, also 1-day, 3-day, and individual tickets.

An exciting local and global festival and conference which brings together people from many nations to learn from each other, celebrate activist creativity, and advance feminist work. Come along for craft workshops, papers, performances and exhibitions, which explore ways in which art in many forms can open up spaces for thinking and for action, All welcome. Full programme and ticket sales: [www.feminist-cultural-activism.net](http://www.feminist-cultural-activism.net)

**YORK FESTIVAL OF FAIRTRADE – FAIR TRADE MARKET**

**Friday 11th – Sunday 13th March**

Venue: Parliament Street  
Time: 10 am - 5 pm  
Contact: Richard 07923 915724



The climax of the two-week Festival of Fairtrade is again the Fair Trade Market, with street entertainment all day on March 12th, and the launch of Fairtrade Yorkshire. Come and find out about Fairtrade working with women's co-operatives in the developing world. See [www.fairtradeyork.com](http://www.fairtradeyork.com) for the full programme of events.

**GUIDED CYCLE RIDE – CYCLE CHIC™ SUNDAY  
20 March 2011**

Venue: Meet at University of York Sports Centre, Heslington, York YO10 5DD  
Time: 11 am (30-45 mins cycling time)  
Cost: Free  
Contact: Loretta Spyers-Ashby 01904 553440



Riding to the cycle Hub Station, visit **Judy's Affordable Vintage Fair** at the Hospitium in the Museum Gardens. Refreshments will be available and admission to the fair is free for Cycle Chic™ participants. See [www.cyclingcityyork.org.uk](http://www.cyclingcityyork.org.uk) for more information. You can choose when you'd like to return home. This ride is suitable for women of all levels of cycling ability. All you need is a roadworthy bike, a pump, lock, suitable clothing and a drink.