

# YORK INTERNATIONAL WOMEN'S WEEK

3rd — 10th March  
2012

In association with  
York 800



**York International Women's Week**

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

**Programme sponsored by**





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## **YORK INTERNATIONAL WOMEN'S WEEK 2012**



This programme marks the 15<sup>th</sup> year that York has held its own week-long festival to celebrate International Women's Day (IWD) on 8 March. Last year marked the centenary of IWD and York women offered 48 events for everyone in the city to enjoy. This year we are delighted to have 78 events in the programme – a remarkable increase in the number of women wanting to participate in the festival.

Around the world, IWD marks a celebration of the economic, social, cultural and political contribution of women and highlights the issues that concern them. The 8<sup>th</sup> March is a global day connecting all women around the world and inspiring them to come together to share their vision for a better future and ways of moving forwards on a personal and community level.

International Women's Day has been observed since the early 1900s and its story can be found on our website at [www.yorkwomen.org.uk](http://www.yorkwomen.org.uk).

York's International Women's Week is a grassroots festival with no city or external funding for events and with every event aiming to cover its own costs. If you would like to get involved, email [post@yorkwomen.org.uk](mailto:post@yorkwomen.org.uk). If you use Facebook, you are warmly invited to join our group: International Women's Week York. Or if you would just like to discuss possibilities then phone Sue Lister, YIWW Coordinator, on 01904 488870.

**IT'S SPRING – TIME FOR REVIVAL****on both Saturday 3 & 10 March**

Venue: Millers Yard, Gillygate, YO31 7EB

Time: 9.30 am – 1 pm Cost: £20 for 45 mins

Contact: Sally Chubb 01904 628008 (booking essential)

Website: [www.routemapforlife.co.uk](http://www.routemapforlife.co.uk)

Find out how life-coaching can help you take a fresh look at things, improve your well-being and gain a greater balance in life. Get the kick-start you need with this one-to-one session that will introduce you to a key coaching tool called "The Wheel of Life".

**WOMEN OF PALESTINE IN YORK – WORKSHOPS**

Venue: Temple Hall, York St John University, YO31 7EX

Time: 10.30 am – 12.30 pm Cost: FREE

Contact: Women of Palestine Committee 01904 289250

Website: [www.womenofpalestine-york-workshops.eventbrite.co.uk](http://www.womenofpalestine-york-workshops.eventbrite.co.uk)

These free workshops are part of a day of events giving the people of York the opportunity to meet visiting Palestinian women. Choose between one of two workshops in which the women will discuss the consequences of Israel's illegal occupation for:

1. Refugees
2. Family integrity and women's rights.

**WOMEN OF PALESTINE IN YORK – OPEN HOUSE**

Venue: New School House Gallery, Peasholme Green, YO1 7PW

Time: 2.30 – 4.30 pm Cost: FREE

Contact: Women of Palestine Committee 01904 289250

Website: [www.womenofpalestine-york-open-house.eventbrite.co.uk](http://www.womenofpalestine-york-open-house.eventbrite.co.uk)

This informal reception is part of a day of events involving visiting Palestinian women. In the surroundings of the Gallery's latest exhibition (work by Catherine Sutcliffe-Fuller and Jonathan Newdick), come and meet these inspiring women and discuss the crucial role women play in social and political life in Palestinian society.

**EVENTS****SATURDAY 3rd March 2012****WOMEN OF PALESTINE IN YORK – CIVIC RECEPTION**

Venue: Mansion House, St Helen's Square, York YO1

Time: 6 – 7 pm Cost: FREE (by invitation only)

Contact: Women of Palestine Committee 01904 289250

This civic reception at the Mansion House, by invitation of the Lord Mayor, completes a day of events giving the people of York the opportunity to meet visiting Palestinian women and to build understanding of the crucial role they play in social and political life.

**EVENTS****SUNDAY 4th March 2012****MAKE DO AND MEND: a talk by Meredith Towne**

Venue: York Explore Library Learning Centre

Time: 1.30 – 2.30 pm Cost: £4

Contact: Joel Kerry 01904 552828

Website: [www.feelinginspired.co.uk](http://www.feelinginspired.co.uk)



Recognising the ingenuity of women through history, this talk moves from the Georgian period to the war years of the 1940s showing how women altered and adapted their clothes to keep up with the latest fashions, discovering ever more ingenious ways to celebrate in style and keep their families clothed.

**“GIRL MODEL” (cert. TBA)**

Venue: City Screen, Coney Street, YO1 9QL

Time: 5.45 pm

Cost: £8.20 adult (£6.20 members)

Contact: Tickets: 0871 902 5726



We follow the complex supply chain for young models between Siberia, Japan and the US in a story of a model scout, Ashley, and a 13 year old hopeful, Nadya. As the girl's optimism about rescuing her family from poverty grows, her dreams contrast with the scout's jaded outlook on the industry's corrosive influence.

**MUM & BABY SPINAL HEALTH CHECK**

Venue: Chiropractic Plus, 34a The Village, Haxby, YO32 3HT  
Time: Throughout the day Cost: FREE  
Contact: Mel Clark 01904 766966 (please book appointment)  
Website: [www.chiropractic-plus.co.uk](http://www.chiropractic-plus.co.uk)

A free 15 minute appointment with a Chiropractor which includes an informal chat, a spinal and postural examination and appropriate advice. Chiropractic treatment can be beneficial for pregnant women, postpartum mums, babies and children of all ages.

**AROMATHERAPY FOR SKIN PROBLEMS**

Venue: Briar House Resources, Club Chambers, Museum St, YO1 7DN  
Time: 10 am – 12 noon Cost: £5  
Contact: Joanna Ingerson 01904 679868

With oils to smell and information and advice on Aromatherapy for common skin problems and other not-so-common ones.

**A TASTE OF WOMEN'S WORK**

Venue: Fairer World Shop, 84 Gillygate, YO31 7EQ  
Time: 10.30 – 4 pm Cost: FREE  
Contact: Moira Bridge 01904 655116



A key characteristic of fair trade is empowering women. A display of crafts from women's groups and a chance to try Palestinian couscous from a women's co-operative around Jericho, coffee grown by women farmers in Uganda and tea from Kenya which includes Mama Fairtrade's (she visited Fairer World last year).

**FEEL EASY AND LIGHT WHEN YOU MOVE  
(Alexander Technique Taster Sessions)**

Venue: York Clinic for Integrated Healthcare, 296 Tadcaster Road  
Time: 4 – 7 pm Cost: £8 for 20 mins  
Contact: Mary Greene 01904 709688 (booking essential)

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.

**EVENTS****MONDAY 5th March 2012****OUR VISION FOR A FEMINIST FUTURE – a discussion**

Venue: The Black Swan, Peasholme Green, York

Time: 7.30 pm Cost: FREE

Contact: Louise Beilby 07752 249434

The women of York Feminist Network invite you to join them for a discussion of the future of feminism – is it still relevant and what are the issues that really matter to you? We're interested in feminism with a local focus – please come along to find out more.

**YOGA IN YORK – KNOW OURSELVES BETTER**

Venue: Clements Hall, Nunthorpe Road, YO23 1BW

Time: 7.30 – 9 pm Cost: £7.50/£6.50 conc. Drop in

Contact: Anna Semlyen 07891 989310

Website: [www.yogainyork.co.uk](http://www.yogainyork.co.uk)

All welcome yoga class with Anna Semlyen BWY Dip for both genders. Stretch, tone, breathe and relax and know ourselves better. Class runs every week in term times. You can just drop in.

**EVENTS****TUESDAY 6th March 2012****YOGA IN YORK – KNOW OURSELVES BETTER**

Venue: Friends Meeting House, Friargate, YO1 9RL

Time: 5.45 – 6.45 pm

Cost: £6.50/£5.50 conc. Drop in

Contact: Anna Semlyen 07891 989310

Website: [www.yogainyork.co.uk](http://www.yogainyork.co.uk)

Anna also has a Thursday class at St Clement's Church Vestry 10-11 am  
For full details of these three classes, see description above.

**A TASTE OF WOMEN'S WORK**

Venue: Fairer World Shop, 84 Gillygate, YO31 7EQ

Time: 10.30 – 4 pm Cost: FREE

Contact: Moira Bridge 01904 655116



A key characteristic of fair trade is empowering women. A display of crafts from women's groups and a chance to try couscous, coffee and tea from Palestine, Uganda and Kenya (see Monday 5 March).

**ALEXANDER TECHNIQUE TASTER SESSIONS**

Venue: The Healing Clinic, Club Chambers, Museum St., YO1 7DN

Time: 12.30 – 4.30 pm Cost: £5 for 20 mins

Contact: Pam Mason 01904 679868 (booking essential)

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

**JUST ONE STREET**

Venue: St Olave's Church Hall, Marygate Lane

Time: 1 – 2 pm Doors open at 12.45 pm

Cost: £2 on the door (includes tea)

Contact: Elizabeth Sandie 01904 643129

Website: [www.elizabethsandie.com](http://www.elizabethsandie.com)



Elizabeth Sandie will give an illustrated talk about her book of contemporary interviews and historic research *Just One Street*. She will focus on the major contrasts in the life of one Edwardian terrace in Bootham between the first decades of the twentieth and the twenty-first century. The greatest change has been in women's lives.

**DANCE HALL & CINEMA POST-WAR MAGIC**

Venue: The Reading Rooms, Church St, Dunnington, YO19 5PW

Time: 2 – 3.30 pm Cost: FREE

Contact: Brenda Mackfall 01759 371900

Come along and join in the talk and discussion. Bring your memorabilia with you. Cinemas, dance halls and The Empire from 1945 – 1970. After the drab years of the War it was wonderful to have the freedom and magic of those wonderful places.

**CHINESE FOOT REFLEXOLOGY**

Venue: Touch Tuina Clinic, 61 Micklegate, York YO1 6LJ

Time: 2 – 6 pm Special Offer: £10 for 20 mins;

£30 for 1 hr (£10 off regular price) OR FREE foot soak (worth £15)

Contact: Karen Michaelsen 01904 788058

A lovely way to relax, reduce stress and eliminate toxins. We use several massage techniques to stimulate the reflex areas of the feet that correspond to the various organs and systems of the body. Give your feet a treat and enjoy the benefits!

**WOMEN'S SWIMS**

Venue: Energise, Cornlands Road, York YO24 3DX  
 Time: 7 – 8 pm  
 Cost: Adult YorkCard £3.55 (conc £2.30); Adult £4.40 (conc £3.05)  
 Contact: Reception 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.

**LOVE TO BUILD YOUR CONFIDENCE AT LOVE TO EAT**

Venue: Love to Eat, 52–54 Moor Lane, Dringhouses, YO24 2QY  
 Time: 7 – 9 pm Tickets: Love to Eat: 01904 778880  
 Cost: £15 (includes workshop, handouts, & refreshments)  
 Contact: Terry Anne Scholes 01904 750880

A workshop to build your confidence with hypnotherapist Terry Anne. Learn how to set goals, overcome lack of confidence & self-esteem and demonstrate the body language of a confident person.

**THE SPOKEN WORD OPEN MIC 101 YEARS OF IWD**

Venue: Exhibition Hotel Conservatory, 19 Bootham  
 Time: 7.30 – 9.30 pm Cost: FREE  
 Contact: Rose Drew 01904 733767



Join us on the 101<sup>st</sup> International Women's Day, bringing poems, prose, songs, essays and short-stories to read out in an open, inviting room. Our 7th year of celebrating YIWW. Level entry, parking available, full service pub, sign up on the night for 5 min slot, or just listen...

**“TILLING” 6 –10 March at St Nicholas Fields**

Venue: York Environment Centre, Rawdon Ave, York YO10 3ST  
 Time: 7.30 pm (2.30 matinee Wednesday & Saturday)  
 Cost: £8/£6 conc. Tickets: Theatre Royal 01904 623568  
 Contact: Anna Rose James 07540 231544

A short play by Roxanna Klimaszewska following a mother, neighbour, babysitter, bank, damp shoulder and grieving widow. The only true companions in her life are her plants.

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

Venue: York Natural Health, 36 York Road, Acomb

Time: 10 am – 8 pm

Cost: £10 for 20 minutes (includes consultation)

Contact: Joanne Bull 07799 145548 – booking essential



Discover the deep, relaxing, rejuvenating and nourishing benefits of this “Gentle Giant” of massage. It’s almost impossible to describe... which is why I invite you to take time out and just feel it! Consultation required; clothed treatments without the use of oils or elbows!

**LITERARY WOMEN IN YORK with Yorkwalk**

Venue: Main Gates, Museum Gardens, Museum Street, York

Time: 10.30 am Cost: £5.50 (£5 students, Yorkcard, disabled, YHA)

Contact: Lynn Harper 01904 622303 / 651130

Website: [www.yorkwalk.co.uk](http://www.yorkwalk.co.uk)



Walks for all highlighting women’s contribution to literature – women who lived in and who were inspired by the City of York.

**EFT – MAGIC AT YOUR FINGERTIPS!**

Venue: York Natural Health Centre, 36 York Road, Acomb, YO24 4LZ

Time: 7.30 – 9 pm Cost: £10

Contact: Debbie Pogson 07949 174359

Website: [www.yorknaturalhealth.co.uk](http://www.yorknaturalhealth.co.uk)



What is EFT Tapping? Join this fun interactive workshop to find out. Learn why you should “try it on everything” from pain to procrastination. Take away tapping techniques you can use anywhere to reduce tension and help you feel calm and relaxed! Booking is essential. 50% of profit donated to IDAS.

**COOKERY DEMONSTRATION – MERINGUES**

Venue: Tea on the Green Café, 37 The Green, Acomb, YO26 5PT

Time: 7.30 – 9 pm Cost: £5.50 includes meringue & drink

Contact: John & Rachel Parker 01904 789380

Welcome to our second cookery demonstration. This time we will be making raspberry pavlova, orange and cointreau meringue, plus winter spices Eton Mess meringue. Enjoy the demonstration, a meringue and a hot or cold drink with like-minded friends.

**“MISS YESTERDAY” 7 – 17 March****York Settlement Community Players**

by Alan Ayckbourn, directed by Sue Skirrow & Graham Sanderson

Venue: Studio, York Theatre Royal, St Leonard's Place, YO1 7HD

Time: 7.45 pm (2 pm matinee on both Saturdays)

Cost: £7 – £12 Tickets from Theatre Royal 01904 623568

Box Office: [www.yortheatreroyal.co.uk](http://www.yortheatreroyal.co.uk)

Contact: Beryl Nairn 01904 792723

This serious comedy is one of Alan Ayckbourn's plays for young people and families. Life in your teens, as Tammy discovers, can be unfair and even cruel. School is a disaster and at home she can do nothing right. Then something really terrible happens. When she gets the chance to undo the tragedy, she grabs the opportunity. But is it possible to change the world around you without changing yourself?

**“PAPER BAG PEOPLE”****Real People Theatre Company – 7 & 8 March**

Venue: Theatre Studio 3 (Quad West), York St John University, Lord Mayor's Walk, YO31 7EX

Time: 7.30 pm

Cost: £5 (£3 concession) on the door

Contact: Sue Lister 01904 488870

Website: [www.realpeopletheatre.co.uk](http://www.realpeopletheatre.co.uk)



Too many people in our society put on a socially-acceptable mask and dare not be themselves for fear of the prejudices of one form or another in our communities. Through the stories of women and poetry we will be looking at the well-kept secrets of domestic violence, mental health, homophobia, addiction and hidden disabilities. We will discuss the presentations and seek a greater understanding of different life experiences. These stories are available for future bookings by groups working with these issues.

**FACIAL REJUVENATION MASSAGE TASTER**

Venue: Treatment Rooms, Miller's Yard, Gillygate, YO31 7EB

Time: 10 am – 8 pm Cost: £15 for 20 mins (includes consultation)

Contact: Joanne Bull 07799 145548; [www.simply-holistic.co.uk](http://www.simply-holistic.co.uk)

Banish the winter blues and escape to enjoy a Facial Massage taster! This holistic treatment incorporates highly effective Western and Eastern Massage techniques aimed to improve circulation, balance energy points and soothe your mind. Consultation required and included in the time. Oils / creams used. Walk in and drift out!

**CARERS ART & CRAFT**

Venue: City Mills Lounge, Skeldergate, York YO1 6DB

Time: 10.30 am – 1 pm Cost: donation for refreshments

Contact: Katie Smith 01904 422437; [www.yorkcarersforum.org](http://www.yorkcarersforum.org)

Unpaid carers in York can take a break from their caring roles at this monthly art and craft meeting for carers. Bring your own project to work on or just see what the others are doing. Today we're taking a look at the work and lives of some female artists.

**TEA PARTY FUNDRAISER FOR OXFAM**

Venue: Briar House Resources, Club Chambers, Museum St, YO1 7DN

Time: 11 am – 1 pm Cost: £5

Contact: The Healing Clinic 679868; [www.thehealingclinic.co.uk](http://www.thehealingclinic.co.uk)

June Tranmer invites you to a Tea Party to raise funds for Oxfam in support of their work with women in developing countries. There will be a variety of teas and goodies and recipes to take away.

**GETTING BACK INTO GARDENING**

Venue: Deans Garden Centre, Stockton Lane, YO32 9UE

Time: 12 noon Cost: FREE

Contact: Melanie Clark 01904 766966; [www.chiropractic-plus.co.uk](http://www.chiropractic-plus.co.uk)

Chiropractic advice for gardeners. Back problems affect people of all ages and can make gardening a painful experience. By following some simple advice you can weed out aches and pains and help prevent any future problems.

**'LOOSE WOMEN' PANEL**

Venue: York Explore Library Learning Centre

Time: 12.30 – 2 pm Cost: FREE

Contact: Gillian Holmes 01904 552828

Website: [www.york.gov.uk/leisure/Libraries](http://www.york.gov.uk/leisure/Libraries)

York Explore will be hosting a 'Loose Women' event where Kersten England, Janet Barnes, Sonja Crisp, Julie Gunnell and Fiona Williams will be our panel. You will get the opportunity to meet these ladies who hold prominent positions within our City and present your burning questions to them.

**WOMEN'S SWIMS**

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

Time: 5 – 6 pm Contact: Reception 01904 552424

Cost: Adult YorkCard £3.55 (conc £2.30); Adult £4.40 (conc £3.05)

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.

**HE HE HEART OF LAUGHTER**

Venue: Briar House Resources, Club Chambers, Museum St, YO1 7DN

Time: 7 – 8.30 pm Cost: £12 (booking essential)

Contact: Terry Anne Scholes 01904 750880

Website: [www.terryanne.com](http://www.terryanne.com)

A workshop designed to teach the benefits of laughter and how to laugh to gain those benefits. Come along for a laugh – you will be glad you did!

**PARTNERS IN CRIME**

**(mother & daughter co-writers as PJ Quinn)**

Venue: Dringhouses Library, Tadcaster Rd

Time: 7 – 8.30 pm Cost: FREE

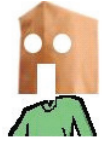
Contact: Dringhouses Library 01904 706046



How do you co-write a crime novel with your mother/daughter without killing each other or visualise a scene when your co-author lives 300+ miles away? Meet Pauline Kirk and Jo Summers who will read from *Foul Play* and their forthcoming *Poison Pen* and give tips on getting published.

**EVENTS****THURSDAY 8th March 2012****“PAPER BAG PEOPLE”**

**Real People Theatre Company – 7 & 8 March**  
**7.30 pm Theatre Studio 3, York St John University**  
 (for details see Wednesday 7 March)

**EVENTS****FRIDAY 9th March 2012****YORK FESTIVAL OF FAIRTRADE – FAIR TRADE MARKET****Friday 9th – Sunday 11th March**

Venue: Parliament Street  
 Time: 10 am - 5 pm  
 Contact: Richard 07923 915724  
 Website: [www.fairtradeyork.com](http://www.fairtradeyork.com)



The climax of the two-week Festival of Fairtrade with street entertainment all day on Saturday 10th. Come and find out about Fairtrade working with women's co-operatives in the developing world and find out how you can 'Take a Step for Fairtrade' in 2012.

**FEEL EASY AND LIGHT WHEN YOU MOVE****(Alexander Technique Taster Sessions)**

Venue: York Clinic for Integrated Healthcare, 296 Tadcaster Road  
 Time: 11 am – 2 pm Cost: £8 for 20 mins  
 Contact: Mary Greene 01904 709688 (booking essential)

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.

**EKTA PARISHAD (film)**

Venue: Friends Meeting House, Friargate, YO1 9RL  
 Time: 2 – 3.30 pm  
 Cost: £2 to cover room hire, any extra will go to Ekta Parishad  
 Contact: Margy Vernon 01904 489162



Ekta Parishad is a non-violent social movement in India, the majority of members being women. The film shows an inspiring 340 kilometre march to Delhi by over 25,000 people which forced the government to take action on land reform and forest rights.

**RELAX & UNWIND FOR THE WEEKEND!**

Venue: Miller's Yard, Gillygate, YO24 4JQ  
Time: 7 – 9 pm Cost: £10 pre-booked; £15 on the door  
Contact: Sally Duffin 07910 705272

Tired? Tense? Stressed? Looking for calm, energy and vitality? Join our qualified experts in Hypnotherapy (Deborah Pogson), Massage (Joanne Bull) and Nutritional Medicine (Sally Duffin) as they guide you through simple, effective relaxation and stress management techniques designed to enhance your well-being and put you in control! Pre-booking recommended, contact Sally at Calmworks NOW! Fee includes raffle ticket. Profit goes to IDAS.

**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 (booking essential)  
Contact: Susan 01904 672168



An evening of performances and tasters in Egyptian, circle dance and others. 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. Women only. All women welcome.

**WEIGHT LOSS THAT REALLY WORKS**

Venue: Fulford Social Hall, School Lane, Fulford YO10 4LS  
Time: 7.30 – 9.30 pm Cost: £6  
Contact: Belinda Levy 01904 671692 or 0754 101 2100

This workshop and talk will fascinate you if you definitely want to lose weight. Inspirational motivational talks to inspire you. How to take the difficulty out of losing those unwanted pounds so you can regain that beautiful figure underneath the fat. NLP workshops that can help to change your unwanted habits.

**EVENTS****FRIDAY 9th March 2012****SONGS FROM THE SISTERHOOD**

Venue: City Screen Basement Bar, Coney Street

Time: Doors 7.30 pm Music from 8 pm

Cost: £5 tickets from City Screen or on the door

Contact: Union Jill 07780 608858



Union Jill present some of Yorkshire's finest female singer-song-writers. The evening includes the sublime Holly Taymar, the powerful Gina Dootson and the brilliant Jess Gardham as well as Union Jill (Helen Turner & Sharon Winfield) with the great banter you only get when women share a stage. Not to be missed.

**EVENTS****SATURDAY 10th March 2012****FIND YOUR VOICE WITH RED BOX IMPACT!**

Venue: Poppleton Centre, Main Street, Poppleton, YO26 6JT

Time: 10 am – 1 pm Cost: £15

Contact: Andrea Morrison 07722 663559; [www.redboximpact.co.uk](http://www.redboximpact.co.uk)

Develop your confidence and learn essential skills to speak with confidence for either formal or informal settings. This workshop is great fun, involving participation and interaction in a safe, positive space, aimed at all abilities from the very quiet to the outspoken.

**GARDENING DELIGHT – Alexander Technique for Gardeners**

Venue: Brunswick Organic Nursery, Appleton Rd, Bishopthorpe

Time: 10 am – 1 pm Cost: £15 (tea/coffee included)

Contact: Mary Greene 01904 414793 (booking essential)

Has gardening lost its appeal? Does digging do your back in, or barrowing give you a pain in the neck? If so, this enjoyable popular course is for you! Learn to use muscles and joints correctly in many gardening activities. Maintain energy as you work. Relax afterwards!

**RAG RUGGING WITH EBOR RUGGERS**

Venue: Bar Lane Studios, corner of Bar Lane &amp; Micklegate

Time: 10.30 am – 3.30 pm Cost: FREE

Contact: Jenny Barnes 01904 652222; [www.eborruggers.com](http://www.eborruggers.com)

Members of Ebor Ruggers will be demonstrating how to recycle old clothes into wonderfully colourful rugs, cushions, wall hangings and more. Visitors can have a go, share memories, stories and skills. This social enterprise venue also offers great coffee and cake to buy!

**SPORT, GENDER AND MEDIA CONFERENCE**

Venue: Berrick Saul Building, University of York

Time: 10 am – 6 pm Cost: £15 including lunch & refreshments

Contact: Amy Pressland 07545 540693

Website: [www.sportgendermedia.blogspot.com](http://www.sportgendermedia.blogspot.com)

Are you interested in women and sport? Come along to the Sport, Gender and Media one-day conference to listen to fascinating papers and discuss key issues of gender and sport, particularly relevant in the coming London Olympics.

**CARERS INFORMATION & FUND RAISING**

Venue: Main Foyer, York Teaching Hospital, Wigginton Road

Time: 11 am – 4 pm Cost: FREE

Contact: Katie Smith 01904 422437

Website: [www.yorkcarersforum.org](http://www.yorkcarersforum.org)

Might YOU be an unpaid carer? York Carers Forum will have an information table in the hospital foyer to raise awareness about unpaid carers. Books, cards and small items will be for sale to raise funds towards respite for carers. Please drop by for a chat!

**DANCE YOUR INNER FIRE WITH GYPSY/ROMA DANCES**

Venue: Heworth Church Hall, Melrosegate

Time: 1.30 – 5 pm Cost: £10 – £15

Contact: Karen Michaelsen 01904 788058



Enjoy sensual and expressive dance, the meditative and energising moods of Gypsy/Roma music from Eastern Europe and experience the joy of dancing in a circle. Dress up with anything that sparkles, jingles or jangles! Women only. All women, including beginners, are welcome.

**YORK'S ALTERNATIVE HISTORY: TELLING FEMINIST TALES**

Venue: Clement's Hall, Nunthorpe Road, YO23 1BW

Time: 2 – 4 pm Cost: FREE

Contact: Helen Graham & Laura Potts 07855 790347

Website: [www.yorkalternativehistory.wordpress.com](http://www.yorkalternativehistory.wordpress.com)



Come along and tell your tales of feminism in York past and present and contribute to York's Alternative History project which is aiming to put the politics and the feminism into the York 800 celebrations. Bring along any and all memorabilia for sharing, discussion and scanning. All women of any age welcome.

**EVENTS****SATURDAY 10th March 2012****AGNES OF GOD by John Pielmeier**

Venue: St Mary's Church Bishophill, York YO1 6EN

Time: 7.30 pm Cost: £8 inc. programme &amp; refreshments

Contact: Pat Riley 0113 2300312

When the body of a newborn child is found in a convent the court appoints a psychiatrist to investigate but Sister Agnes, in whose room the baby was found, can remember nothing. The Music Room Players from Leeds bring this fascinating 3-women play to York.

**DURING AND POST-FESTIVAL EVENTS****"TILLING" 6 –10 March****Six Lips Theatre**

OPENING Tues. 6 March

(for full details see TUESDAY of this programme)

**"MISS YESTERDAY" 7 – 17 March****York Settlement Community Players**

OPENING Wed. 7 March

(for full details see WEDNESDAY of this programme)

**EVENTS****SUNDAY 11th March 2012****IYENGAR YOGA TASTER FOR WOMEN**

Venue: Clements Hall, Nunthorpe Road Time: 1.30 – 3 pm

Cost: £6 Contact: Laura Potts 01904 634159

Explore the benefits of yoga at different life stages with an experienced teacher.

**WOMEN IN YORK HISTORY**

Venue: Main Gates, Museum Gardens Time: 2.15 pm

Cost: £5.50 (with some £5 conc.) Contact: Lynn 01904 622303

Highlighting the contribution of women to York's heritage. All welcome.

**EVENTS****MONDAY 12th March 2012****MAIN STREET SOUND LADIES BARBERSHOP CHORUS  
CHARITY CONCERT + Refreshments**

Acomb Baptist Church, 7.45 pm, FREE, contact Pam Lydiate 07833 697662. Donations to Lollipop and Joseph Trust for young people.