

YORK INTERNATIONAL WOMEN'S WEEK

▶ Programme of Events

**7th – 14th
March, 2009**



www.yorkwomen.org.uk

COMMUNITY WALL HANGING

Venue: York Steiner School, Danesmead, Fulford Cross, York
Email : info@yorksteinerschool.co.uk
Tel: Vivienne 01904 654983
Time: 10 am – 4 pm
Cost: Free – but booking is required



As part of a European community project we are holding two separate full-day workshops on this day, one for Felting and the other for Natural Dyeing – please book for one or the other. Great experience, limited places!

JUST WOMEN 2009

Venue: Park Inn Hotel, North Street, York YO1
Email : women@globalyork.com
Tel: Nicole 07542 939437
Time: 10 am – 4.30 pm
Cost: £30 per delegate, includes lunch and refreshments



'Just Women', the annual women's coaching conference is back again! In this time of uncertainty and limited resources this is your opportunity to take time out and make a great investment in yourself that could help 2009 be a year of personal growth. The day will provide a chance to meet new people and be inspired and motivated to get the most out of every area of your life, whatever the circumstances. Come along and enjoy coaching sessions, interactive workshops and a fantastic makeover sponsored by Browns. To find out more or to book your place for this popular event please visit our website www.globalyork.com/women or telephone Nicole on 07542 939437. We can't wait to see you there.

YORK WOMEN – ENRICHING OUR GLOBAL COMMUNITY

Venue: Kings Manor, Room K/G33, Exhibition Square
Time: 2 – 4 pm
Cost: Free. Donations welcome



Four women from York discuss their projects and how they benefit international grassroots communities. Devi, a retired lecturer, still counts numbers to help her village school in Guyana where she started her teaching career. Florinda designs and sells authentic products that improve the micro economy in her Bolivian town. Thea from Australia makes melody with her International Nursery Songbox project which keeps alive the songs from our past. Sharmini, a regional runner-up of South East Asian cookery, spices her progress in cookery with Neuro Linguistic programming. This interesting and informative event engages us to question our global responsibilities. Please let Sharmini know if you are coming on 01904 490086. All welcome!

As part of ENRICHING OUR GLOBAL COMMUNITY at Kings Manor...

From 2.30 – 3 pm Sharmini will be talking about how Neuro-Linguistic Programming has helped her to discover her authentic self and led her to become a teacher of Indian cookery for the past ten years. See: www.sharmini.co.uk.

She will give a 10 minute workshop on “Discovering your true self” : recognise competence to perform different occupations by identifying your skills and abilities.

AND learn to prepare *Vegetable Crudités with authentic ‘chaat’ hummus dip*.

RICHARD’S WOMEN ~ The Society of Friends of King Richard III

Venue: Jacobs Well, Trinity Lane, Micklegate
Tel: Sandra 01904 790265
Time: 1pm & 3pm
Cost: £2.50



This is a short play based on the women connected to King Richard III (including his wife, mother and his sisters) giving their take on life with a king. King Richard III lived in the North at Middleham for ten years. York was his city. He halved the taxes payable by the city and gave many gifts to the Minster.

VOICE !!! ~ TASTER

Venue: Briar House, Museum Street (next to Pizza Express)
Tel: Maggi 01904 622579
Time: 6.30 – 7.30pm
Cost: £4.30

If you'd like to give sound to your voice and especially if you think you can't... Begin to explore and develop your voice through relaxation and movement. NO PREVIOUS EXPERIENCE OR SKILL NEEDED. Come prepared to move + comfy shoes/ bare feet. “A true Joy!”, “Heart Warming, invigorating...”, “The workshops have been magical...”, “I smiled all the way home!”, “I never thought I would feel so good about my voice...”

JANE MCDONALD IN CONCERT

Venue: Grand Opera House
Tel: Box Office 0844 847 2322
Time: 7.30pm
Cost: £22.50 & £27.50



Together with fabulous musicians and singers, Jane's wonderful repertoire provides a warm and compelling evening's entertainment – a smash hit throughout the UK.

EVENTS

SATURDAY 7th MARCH, 2009

FAIR TRADE MARKET

Venue: Parliament Street, York
Email : yorkfairtrade@yahoo.co.uk
Tel: Charlie 01904 655116
Time: 10 am – 5 pm
Cost: Free



Experience the amazing quality and variety of Fair Trade goods, including food and drink, handicrafts, clothing, bags and fashion accessories; many of the goods produced by women's cooperatives. Don't miss the exciting entertainment programme – check out www.fairtradeyork.org.uk.

TOUCH FOR HEALTH: LEVEL ONE PART ONE

Venue: Briar House Resources, Club Chambers, Museum Street, York
Tel: June 01904 679868
Time: 9.30 am – 5.30 pm
Cost: Normally £90 per day, including workbook and personal journal.
Second day is April 4th – need to do both to complete the class.
Reduced for IWW participants: £80 per day.

Touch for Health/ Kinesiology is a system of self help healthcare that combines understanding of muscles with acupuncture meridians and gentle massage techniques to help regain your natural vitality and maintain it.
See: www.junetranmer.co.uk for more details.

EVENTS

SUNDAY 8th MARCH, 2009

FAIR TRADE MARKET

Venue: Parliament Street, York
Email : yorkfairtrade@yahoo.co.uk
Tel: Charlie 01904 655116
Time: 10 am – 5 pm
Cost: Free



Experience the amazing quality and variety of Fair Trade goods, including food and drink, handicrafts, clothing, bags and fashion accessories; many of the goods produced by women's cooperatives. Check out www.fairtradeyork.org.uk.

EVENTS**SUNDAY 8th MARCH, 2009****CoMA YORKSHIRE CONCERT AND COMPOSITION WORKSHOP**

Venue: St Helen's Church, St Helen's Square (opposite Betty's), York
Tel: Peter 07864 988300
Time: Composition Workshop: 2pm, Concert: 7.30pm
Cost: Free

Contemporary Music-Making for Amateurs presents a one-hour concert featuring: three world premieres by women composers, including the renowned avant garde Irish composer Jennifer Walshe; a live music score to the 1927 silent film, *Danse Macabre*; a live installation by Yorkshire artist Jackie Felton-Elliot. Also includes a community workshop, based on the composition "...time drops in decay" by York-based composer Emily Crossland. Come along in the afternoon to explore composing for yourself and sing/play your own composition. ALL abilities welcome.

EVENTS**MONDAY 9th MARCH, 2009****BARBARA DICKSON & HER SCOTTISH CLASSICS**

Venue: Grand Opera House
Tel: Box Office 0844 847 2322
Time: 8pm
Cost: £21.50 & 23.50



One of the most versatile performers in the UK and Scotland's best-selling female album artist of all time, Barbara Dickson now brings her sensational show to York.

EVENTS**TUESDAY 10th MARCH, 2009****GREEN GODDESSES**

Venue: Brunswick Organic Nursery, Bishopthorpe
Email : volunteer@yorkcvs.org.uk
Tel: 01904 621133
Time: 10 am – 3 pm
Cost: Free



Attention women of York! Go green! Come and volunteer for a gardening day at Brunswick Organic Nursery, and do your bit for an amazing local charity. Meet new friends, share experiences, learn new skills, get your hands dirty! Indulge your inner green goddess and take part in this unique women-only volunteering project. Equipment and lunch provided.

POSTNATAL YOGA

Venue: Friends Meeting House, Friargate, York YO1
Email : anna@yogainyork.co.uk
Tel: 01904 654355
Time: 11am – 12 noon
Cost: £5.50/£4 concs, per adult



Yoga for parents and babies of 6 weeks plus with Anna Semlyen (British Wheel of Yoga Diploma).

ACTS OF RESISTANCE: THE POETRY OF U.A. FANTHORPE

Venue: The De Grey Lecture, York St John University, Clarence Street
Email : elizabeth.sandie@btinternet.com
Tel: York St John Switchboard, 01904 624624
Time: 6.30pm
Cost: Free

This illustrated lecture on YSJU's module Women and Writing launches Elizabeth Sandie's new book, Acts of Resistance: The Poetry of U.A. Fanthorpe (Peterloo Poets, February 2009). The lecture looks at the particular qualities of Fanthorpe's work in the context of problems affecting the production and reception of poetry by women.

SUNNY SIDE UP

Venue: Drama Studio 2, York St John University, Lord Mayor's Walk, York
Tel: Sue 01904 488870
Time: 7.30 pm
Cost: £5 (£4 concession) at the door or phone Sue

A light-hearted look at life's rich pageant through the eyes of women. Women actors, dancers, singers, poets, story tellers, and performers of all kinds have gathered together to share their unique experiences – a veritable feast flavoured with spicy humour. Audience discussion after the show. The 10th Real People Theatre show for IWW in York. Let's celebrate!

**YOGA FOR PREGNANCY**

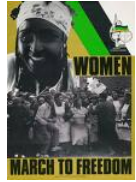
Venue: Friends Meeting House, Friargate, York YO1
Email : anna@yogainyork.co.uk
Tel: 01904 654355/ 07891 989310
Time: 7 – 8 pm
Cost: £6/£4 concs, per adult



Yoga for pregnancy for women 14+ weeks after conception with Anna Semlyen (British Wheel of Yoga Dip) also TENS machine hire for labour (£20 for 6weeks).

EVENTS**TUESDAY 10th MARCH, 2009****KNOCKING ON
MOTHERS AND DAUGHTERS IN SOUTH AFRICAN STRUGGLE**

Venue: The Loft – Millers Yard, Gillygate, York YO31 7EB
Email : claire@millersyard.co.uk
Tel: 01904 655550
Time: 7 – 9 pm
Cost: Free



An open session for all women interested in human rights. Find out about the amazing work of the Human Rights Media Centre in South Africa (and the women involved) from women who have been working there. Also there will be the opportunity to view and buy this inspirational book sent directly from the HRMC which is a collection of stories from women activists living through apartheid.

UNITED IN STYLE

Venue: Tru, 5 Toft Green, York YO1 6JT
Tel: Natasha 01904 621133
Time: 7 – 10pm
Cost: £3 (£1 for under 16s)



Fantastic community event! A fashion show of donated designer clothing, plus speakers on women's issues in York....all welcome. Money raised goes to charity.

EVENTS**WEDNESDAY 11th MARCH, 2009****YOU CAN DO IT!
VOLUNTEERING TO SUPPORT FAMILIES IN YOUR COMMUNITY**

Venue: York CVS, Priory Street Centre, 15 Priory Street, York, YO1 6ET
Email : volunteer@yorkcvs.org.uk
Tel: 01904 621133
Time: 2.30 pm – 4.30 pm
Cost: Free



A specially themed drop-in event; open to anybody interested in volunteering with local organisations that work specifically with women, families, children and young people. A chance to find out more, meet those already involved to discover how you can help, and have all your questions about volunteering answered by the Volunteer Centre team. Refreshments provided.

EVENTS**WEDNESDAY 11th MARCH, 2009****SISTERS ON THE PLANET**

Venue: Room K223 – in the Skell building at York St John University
www.yorks.j.ac.uk (see campus map) or ask at Reception
Email : yorkintransition@talktalk.net
Tel: Merran 01904 651323
Time: 7.30pm
Cost: Free



Climate change is hitting the world's poorest women hardest by exacerbating existing inequalities. But *Sisters on the Planet* tells four women's stories of hope. Brought to you by the Centre for Global Education and York in Transition, this is a chance to be inspired and find out how you might get involved in preparing for transition to a low carbon future. Act locally, think globally!

EVENTS**THURSDAY 12th MARCH, 2009****POSTNATAL YOGA**

Venue: Friends Meeting House, Friargate, York YO1
Email : anna@yogainyork.co.uk
Tel: 01904 654355/ 07891 989310
Time: 11am – 12 noon
Cost: £5.50/£4 concs, per adult



Yoga for parents and babies of 6 weeks plus with Anna Semlyen (British Wheel of Yoga Diploma).

PALESTINIAN WOMEN ~ LIVING UNDER OCCUPATION

Venue: St Martin's Church, Coney Street, York (in front of City Screen)
Email : carolpearman@googlemail.com
Time: 12.30 – 2.00 pm
Cost: Donation



An opportunity to share illustrated stories of the lives of Palestinian women living in Gaza and the occupied West Bank and to discuss ways of making practical links with them. We will also look at shared peace initiatives by Israelis and Palestinians. Palestinian crafts will be on display and for sale. Drop-in discussion, powerpoint pictures, etc (bring your own sandwiches).

Exhibition Runs from 7th-14th March 10.30 am – 4.30 pm

EVENTS**THURSDAY 12th MARCH, 2009****WOMEN AND PEACE ~ PROFESSOR THE BARONESS AFSHAR OBE**

Venue: Kings Manor, Room K/133, Exhibition Square

Time: 12.30 – 1.30 pm

Cost: Free

Women have not had effective representation in peace negotiations around the world – Haleh will suggest that this is a key issue which needs to be addressed.

EVENTS**FRIDAY 13th MARCH, 2009****A CUPPA AND SOME PEACE AT ST BEDE'S**

(supported by the Anchor Foundation)

Venue: St Bede's Pastoral Centre, 21 Blossom Street, York,

Tel: Diane or Carol, 01904 262900

Email : admin@stbedes.org.uk

Time: 12 noon – 3 pm

Cost: Free



Is life asking a lot of you at the moment? Caring for someone a lot of the time? Just surviving at work? Feeling low? Join us for some rest and creativity, or just a chat! Bring your own sandwiches if it is your lunch time, the cost is by donation and drinks are provided. Creative activities include: hand massages, creative activity tables, relaxation and meditative activities at 2.30 pm for people of any or no belief.

VAGINA MONOLOGUES

Venue: Grand Opera House, Cumberland Street, York YO1 9SW

Tel: Box Office 0844 847 2322

Time: 7.30 pm

Cost: £20

As sharp as Sex and the City and as unmissable as Friends, bring your mum, your best friend, your sister or even your granny – this is the ultimate girls' night out – trust us! SPECIAL OFFER: the first 5 people to book on Monday 16 Feb, in person or by phone, will receive a pair of free tickets by quoting "IWW".

EVENTS**SATURDAY 14th MARCH, 2009****WI COFFEE MORNING**

Venue: Dunnington Reading Room, Dunnington

Tel: Janice 01904 488357

Time: 10 am

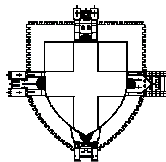
Cost: £1 entry

A Coffee Morning in a friendly and informal setting to highlight the role of the Women's Institute (the largest women's organisation in the country) both locally and internationally.



WOMEN IN YORK

Venue: Museum Gardens gate, Museum Street
 Email : admin@yorkwalk.fsnet.co.uk
 Time: 10.30 am
 Cost: £5.50 (£5 students, disabled, Yorkcard)



As part of International Women's Week, a walk for all highlighting the contribution of women to York's heritage and history. Featured on BBC Radio 4's 'Women's Hour'.

WOMEN'S DANCES AND MUSIC FROM AROUND THE WORLD

Venue: Heworth Church Hall, Melrosegate, York
 Email : info@circledanceinyork.co.uk
 Time: 11 am – 4.30 pm
 Cost: £14-£24 self select. **WOMEN ONLY**



A day workshop learning traditional women's circle dances from around the world. Enjoy the sound of women singing and their traditional dances. Previous experience of circle dance is not needed. A special treat in the afternoon will be dancing to live singing! Please book in advance with a £10 deposit.

THRUMMING: THE MAGIC OF RHYTHM WORKSHOP

Venue: Briar House Resources, The Healing Clinic, Museum Street, York
 Email: lesleyeastman@hotmail.com or filo@fullcircle.uk.net
 Tel: Lesley Eastman: 07892894053 or Filomena Lanna: 01422 845155
 Time: 11 am – 5 pm
 Cost: £45, some concessions – booking essential as places are limited

Come and discover inner and outer rhythms and how they influence your life and relationships. Through the skin of your chosen hand drum explore your own unique rhythm and how to weave this with others in the spirit of community. Let us show you how the ancient art of hand drumming invites you to have fun, be creative and increase your physical, psychological and emotional well-being. This workshop is open to all, men and women, as we hope to honour the mutual efforts of masculine and feminine energies to work together towards understanding and respecting our inherent differences and embracing our common humanity.

You are invited to join in the **25-year celebrations** for the **Centre for Women's Studies**, University of York. We're giving talks, planting a Grove, hosting a conference, planning an 'older women' community event and much more. See <http://tinyurl.com/cws-25>. There is also still time to apply for October 2009 entry to study for a PG Diploma, MA or PhD in Women's Studies. Contact: hb14@york.ac.uk, tel: 01904 433671. Informal enquiries welcome.

Programme produced by Loveday Redgate

For info on YIWW: Sue Lister 01904 488870 or email: post@yorkwomen.org.uk