

# YORK INTERNATIONAL **WOMEN'S WEEK**

▶ Programme of Events

6th – 13th  
March, 2010



**York International Women's Week**

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

## THE SPOKEN WORD

Venue: Exhibition Hotel Conservatory, Bootham  
Date: Tuesday 2nd March  
Time: 7.30 pm Cost: Free  
Contact: Rose Drew 07914 271871



For the 5th year the Spoken Word celebrates International Women's Week in their monthly Open Mic on the first Tuesday of the month. Writers can read their own work or you can bring your favourite poetry. Friendly environment – all welcome.

EVENTS

SATURDAY 6th & SUNDAY 7th MARCH, 2010

## YORK FESTIVAL OF FAIR TRADE – FAIR TRADE MARKET

Venue: Parliament Street & St Sampson's Square  
Time: 11 am - 4 pm  
Contact: Mark 620279 or Charlie 655116



A chance to learn about – and buy! – the amazing and growing variety of Fairtrade products, with many goods produced by women's cooperatives. Featuring stalls, music and talks with local celebrities. The climax of the two-week Festival of Fairtrade: over 100 events to celebrate and promote the success of Fairtrade.

EVENTS

SATURDAY 6th & SATURDAY 13th MARCH, 2010

## TAI CHI FOR FUN FITNESS AND FRIENDSHIP

Venue: Museum Gardens next to the ruins  
Time: 11 am – 12 noon  
Cost: Free  
Contact: Lorna Welsh 07729 812896



Come and try some Tai Chi for fun fitness & friendship, open to all to exercise and enjoy in the surroundings of Museum Gardens every Saturday.

**WOMEN IN YORK HISTORY**

Venue: Museum Gardens – main gates  
 Time: 10.30 am  
 Cost: £5.50/£5 students, YorkCard, disabled, YHA  
 Contact: YorkWalk 01904 622303 / 01904 651130



As part of International Women's Week, a walk for all highlighting the contribution of women to York's heritage.

**LITERARY WOMEN IN YORK**

Venue: Museum Gardens – main gates Time: 2 pm  
 Cost: £5.50/£5 students, YorkCard, disabled, YHA  
 Contact: YorkWalk 01904 622303 / 01904 651130

**A new walk** highlighting women's contribution to literature in and inspired by the city of York.

**ALEXANDER TECHNIQUE TASTER SESSION**

Venue: York Clinic for Complementary Medicine,  
 296 Tadcaster Road, York YO24 1ET  
 Time: 5 – 8 pm  
 Cost: £5 for 20 mins. (booking essential)  
 Contact: York Clinic 01904 709688

Have an enjoyable 20 minute, 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.

**PREGNANCY YOGA IN YORK**

Venue: Friends Meeting House, Friargate, York  
 Time: 8 – 9 pm Cost: £6.50 / £5.50  
 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)

**ALEXANDER TECHNIQUE TASTER SESSIONS**

Venue: 5 Thorpe Street, York

Time: 3 – 5 pm

Cost: £5 for 20 mins (booking essential)

Contact: Lena Schibel-Mason 01904 651367

Explore aspects of seeing, breathing and ease in everyday movements.

**FILM SCREENING & DISCUSSION – “SNOW”**

Venue: City Screen Time: 6 pm

Cost: £7.50 / concessions available

Contact: Box Office 0871 7042054; [www.picturehouses.co.uk/york](http://www.picturehouses.co.uk/york)  
Sanja Kurd 01904 431210



“Snow”, directed by Aida Begic, is the winner of numerous international awards and the Grand Prix at Cannes' Semaine de la Critique 2008. The film deals with the aftermath of Bosnian war on women and children. This IWW event is a collaboration between the Centre for Women's Studies (University of York) and City Screen. The screening will be followed by a panel discussion/question & answer session on the topic of "Women, Violence and Conflict". The panel will include the film's director, Aida Begic, and an academic from the Centre for Women's Studies.

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**WOMEN'S SWIMS**

Venue: Energise, Cornlands Road, York YO24 3DX  
 Time: 7 – 8 pm  
 Cost: Adult YorkCard £3.25, Concession YorkCard £2.10, Adult £4.10, Concession £2.90. Those over 60 or under 16 years swim for FREE  
 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. Extensive improvements have taken place over the last few years - a fitness gym, climbing wall and dance studio have been added to our existing facilities of indoor sports hall and outdoor pitches, and our brand new 25m pool, hydrotherapy pool, and crèche are now open.

**THREE SISTERS by Anton Chekhov**

Venue: York Theatre Royal  
 Time: 7.45 pm  
 Cost: £10 – £12 / £5 students & under 25s  
 Contact: Box Office 01904 623568



In celebration of the 150th anniversary of Anton Chekhov's birth, York's premier amateur theatre company, York Settlement Players, is staging Chekhov's *Three Sisters* at the Theatre Royal. At the dawn of a new era, 3 sisters, exiled to a provincial backwater, long for a return to Moscow and its vibrant culture. But time passes, dreams fade and the meaning they so desperately seek slips away. With Chekhov's comic intent rediscovered and recreated in Michael Frayn's (*Noises Off, Democracy*) version, York Settlement Players are proud to present this classic play with a universally resounding story. See [www.yorksettlement.org.uk](http://www.yorksettlement.org.uk)

Book securely online at [www.yorktheatreroyal.co.uk](http://www.yorktheatreroyal.co.uk)

**EQUALITY BILL IN FOCUS**

Venue: Room G33, Kings Manor, Exhibition Square, York

Time: 10.15 am – 11.30 am

Cost: Free

Contact: Sue Lister 01904 488870

A talk and discussion by Professor the Baroness Afshar OBE. Women in the UK have been fighting for equality throughout the 20<sup>th</sup> century and as yet have not achieved it. We will consider the barriers, the offers in the current Equality Bill, and the way forward. All welcome.

**WHY THE IWOKRAMA RAINFOREST PROJECT BENEFITS  
WORLD CLIMATE**

Venue: Room G33, Kings Manor, Exhibition Square

Time: 6 – 6.45 pm

Cost: Free

Contact: Devi Sorefan 07737 983479

The native Amerindian Indian tribes of Guyana's rainforest in the upper Amazon Rainforest live with the seasons of the land, thus preserving the fauna and flora. The Iwokrama Rainforest project is a world model for sustainable economic rainforest development for the Amerindians, the land and maintaining world climate.

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 Time: 3 – 5 pm  
 Cost: £5 for 20 mins (booking essential)  
 Contact: Lena Schibel-Mason 01904 651367  
 Explore aspects of seeing, breathing and ease in everyday movements.

**YOGA FOR WEIGHT LOSS**

Venue: Friends Meeting House, Friargate, York  
 Day & Time: Thursdays 11.05 – 12 noon  
 Cost: £5  
 Contact: Anna Semlyen 01904 654355  
 Dynamic yoga and breathing to raise inner fire and burn fat.

**HE HE HeART OF LAUGHTER**

Venue: Briar House, Club Chambers, Museum St.  
 Time: 7 – 9 pm  
 Cost: £10  
 Contact: Terry Anne Scholes 01904 750880  
 Terry Anne presents another popular laughter workshop incorporating her most up-to-date ideas about Laughter being an Art expressed from the Heart.

**WOMEN'S SWIMS**

Venue: Yearsley Pool, Thanet Road, York YO24 2NW  
 Time: 5 – 6 pm  
 Cost: Adult YorkCard £3.25, Concession YorkCard £2.10, Adult £4.10, Concession £2.90. Those over 60 or under 16 years swim for FREE  
 Contact: Yearsley Pool Reception 01904 552424  
 Every Thursday women can enjoy a fine swim, a time to unwind and get some quiet exercise. Yearsley Swimming Pool is a fantastic 50 yard Edwardian pool which has recently undergone a £1 million refurbishment.

## COFFEE, CAKES AND CREATIVE WRITING

Venue: Grays Court, Chapter House Street  
 Time: 10.30 am – 12 noon  
 Cost: £9 (including all refreshments & materials)  
 Contact: Sharon Emery 01904 653522



Enjoy a relaxing morning with coffee, cakes and creative writing, inspired by the beautiful surroundings of historic Grays Court. Beginners welcome. Please book in advance as spaces limited.

## ALEXANDER TECHNIQUE TASTER SESSIONS

Venue: York Clinic for Complementary Medicine,  
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 Contact: York Clinic 01904 709688

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## VIVA PALESTINA CONVOY BREAKING THE GAZA SIEGE

Venue: Room G33, Kings Manor, Exhibition Sq.  
 Time: 12.30 – 1.30 pm Cost: Free  
 Contact: Heather Stroud 01347 888689



Genocidal catastrophe is only being delayed in Gaza (under siege since 2007) by use of “illegal” tunnels and sporadic UNWRA food trucks. Our aid convoy was attacked in Egypt but we broke the siege in January 2010 delivering our ambulance and medical supplies. The situation is worsening so where do we go from here?

**ALEXANDER TECHNIQUE – INTRODUCTORY WORKSHOPS**

Venue: Friends Meeting House, Friargate, York

Time: 2 – 3.30 pm and 3.30 – 5 pm

Cost: £7 (please phone to book or turn up at the last minute)

Contacts: Lena 651367, Mary 414793, Pam 414640

Lena Schibel-Mason, Mary Greene and Pam Mason will be leading these introductory workshops. Explore being spacious, gracious, joyful and grounded with Alexander Technique principles.

**VOICE !!**

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

Time: 10 – 11 am Cost: £4

Contact: Maggi Stratford 01904 622579

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 clothes / 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."

**INDIAN BRUNCH FOR MOTHER'S DAY**

Venue: The Cooking Room, Workshop 7 & 8. York Eco Business Centre, Amy Johnson Way, York YO36 4AG

Time: 10 am – 12 noon Cost: £25 (special discount)

Contact: Sharmini Thomas 01904 490086

Come and learn how to make a simple Indian brunch of stuffed chapattis with tomato chutney - just perfect for Mother's Day. Each child must be accompanied by a parent or grandparent.

Sharmini Thomas-consultant on Indian cookery-is conducting this hands-on cookery workshop at the new cookery school (kitchen equipped with state-of-the-art appliances). Ingredients and recipes will be provided. Only 14 places available. Visit [www.sharmini.co.uk](http://www.sharmini.co.uk)

### INDIAN SINGING WORKSHOP

Venue: The Stables Project, 10a Nunmill Street  
(off Scarcroft Road) YO23 1NU

Time: 10 am – 12 noon

Cost: £8 (booking essential)

Contact: Mary Greene 01904 414793

Using ideas based on Classical Indian Raga singing, this fascinating workshop will help you find your vibrant, authentic voice in glorious harmony with others. Whether you are an experienced singer or an absolute beginner, you will find this ancient form of singing profound and liberating.

### JOURNEYS – CREATIVE WRITING FOR IWW

Venue: El Piano, 15 – 17 Grape Lane, York

Time: 10.30 – 12 noon Cost £7

Contact: Sharon Emery 01904 653552



A fun and energising morning of creative writing for women – beginners welcome. We'll make amazing journeys and produce colourful stories and poems – refreshments and all materials provided. Please book in advance as spaces are limited.

### FAIRY TALE & FOREST CREATURES Felted hand puppets for story telling and play

Venue: York Steiner School, Danesmead, Fulford Cross

Time: 10.30 am – 3.30 pm

Cost: £20

Contact: Vivienne Morpeth 01904 654983



Using merino sheep's fleece we will make a seamless hand-rolled felt hand puppet using water, soap and rolling. Then add surface detail with needle felting. Fee includes all materials and use of equipment, tuition with Vivienne Morpeth and coffee, tea and cake. Please bring a contribution for a shared lunch. Beginners and experienced feltmakers welcome.

### 3 POETRY PRESENTATION WORKSHOPS

Venue: Drama Studio 2, York St John University,  
Lord Mayor's Walk, York

Time: 10.30 am – 12 Pauline Kirk

**Catching the Spark**

– finding inspiration



1 – 2.30 pm Sue Lister

**Bringing Poetry to Life**

– lifting words from the page



3 – 4.30 pm Rose Drew

**Poetry as Performance**

– presenting your poem



Cost: £5 each or £12 for 3

Contact: Sue Lister (Real People Theatre) 01904 488870

Three dynamic teachers, Pauline Kirk (poet), Sue Lister (actor/director) and Rose Drew (performance poet) will be sharing their expertise and enthusiasm for poetry in three related workshops. From finding the inspiration and creative expression, to lifting the words off the page and into performance, to learning how to convey these words effectively in open mic venues. You are all warmly invited to bring both learnt pieces and poetry to read and enjoy a day of creativity and exploration.

### BARBERSHOP BUSKING

Venue: York City Centre

Time: 11 am – 2 pm Cost: Free

Contact: Pam Lydiate 07833 697662



York's Main Street Sound Ladies Barbershop Chorus will be singing in the York City Centre from 11 am until 2 pm. The Chorus started in 1996 and has performed in Holland and competed in Ireland and throughout Britain. Come and listen. It could inspire you to want to sing with us!

**AND MORE.....**



**TUESDAY 9th and FRIDAY 12th March  
THERAPIES DROP IN CLINIC**

Venue: The Healing Clinic, Museum Street, York YO1 7DN  
Time: 12 noon – 6 pm  
Cost: £20 – £25 / concessions available  
Contact: Healing Clinic 01904 679868

Drop-In sessions to try a variety of therapies – Aromatherapy, Indian Head Massage, Reiki, Reflexology - 30 min taster sessions. 20% reduction on treatments when showing IWW brochure or mentioning IWW.

**LATE NEWS**

Watch for the fundraiser for victims of domestic violence being organised by Cllr Julie Gunnell. It will feature the songs of Jess Gardner and a guest speaker in a relaxed setting.

**YORK IN TRANSITION**

YIT hopes to be screening FARM FOR THE FUTURE, a documentary showing how a woman farmer explores low-carbon ways to solve a looming food production crisis.

Programme compiled by Sheila Smith & produced by  
Sue Lister

For information on York Women, contact  
Sue Lister 01904 488870 or email: [post@yorkwomen.org.uk](mailto:post@yorkwomen.org.uk)



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