

# CELEBRATE INTERNATIONAL WOMEN'S DAY

Take Up Space | Presented by Bristol  
Women's Voice



## Programme of Events

M Shed | 11-5  
Registration from 10.30

See inside for details on  
everything happening today



Helen and  
Peter Wilde

Bristol Women's Commission  
Committed to achieving real equality for women in Bristol

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**Funded and Sponsored By**

**11.00 Our Treasure Chest Within**

This is a non-traditional writing workshop. Using memory, we will delve into our forgotten feelings and express ourselves through collections of words. The aim is not to create a formal or 'correct' narrative, but to let go of these constraints and instead create a collage of meanings, moods and emotions.

**11.45 Art and Anger: Taking up Emotional Space'**

Led by Dr Jane Wright this panel will explore some of the strategies women have developed for speaking out such as experimental forms of novels, poems & short stories. The role of female authors and artists in protests and peaceful movements will be discussed as well as much more.

**12.45 Hags, Harpies & Harridans**

A comedic brew of storytelling, spoken word, songs, poems and dark and dangerous delights that celebrate the powerful archetype of the older woman in story, myth and fairytale. By Jane Flood storyteller/hag & Rina Vergano performer/harpy. *Suitable for humans aged 14+*

**1.55 Made in Dagenham**

The Bristol Amateur Operatic Society will be performing songs from their new musical 'Made in Dagenham' which is running in The Redgrave Theatre from 12th - 15th April 2017.

**Extra: Women's History Bike Tour**

**Cycle the City** are offering a half price bike tour of women's history in Bristol on IWD. Book online at: [cyclethecity.org](http://cyclethecity.org) Discount Code: **IWDBristol**  
£5 11.15 at M Shed with your own bike  
£7 11 at 1 Harbourside for bike hire

**11.00 Heritage Vs / And Identity**

Three charismatic young women of African descent lead a discussion on what their identity means to them in relation to their Cultural Heritage. Central to this discussion is the question: How can African and Black women in Britain connect to share their experiences and engage in mutual learning?

**12.40 March on Bristol**

Q&A with Carly Wilkinson, the person behind the Women's March on Bristol. Find out about her experience of organising the march and what inspired her to do so.

**1.00 Leadership Lessons: 'Some women are born leaders'**

In this workshop, executive coach Caroline Morris brings her experiences to bear, whilst providing some insights into what makes a great leader and exploring why women are still underrepresented in senior leadership positions. This is an interactive session in which you will consider your strengths as leaders.

**1.45 Take Up More Space On Your Period**

No More Taboo are a Bristol not-for-profit working to break down taboos surrounding menstruation. In this interactive workshop, we will work together to find 10 steps that we can all take to be proud of periods, take up more space and give voice to those who might not always be able to talk about periods openly. No More Taboo will also talk about their work with marginalised communities including homeless women in Bristol.

*For people who menstruate*

**3.00 A Life Journey: The Impact of War on Women  
In association with Refugee Women of Bristol**

**SOLD OUT \***  
Ticketed Event

Rissa Mohabir, a producer and writer, will be raising awareness of trauma through traditional storytelling. 'A Life Journey - The Impact of War on Women' shows evocative and vivid accounts of what happens to Somali women as mothers, collaborates with their Disabled Refugee Women's group to spend time focusing on the experience of disabled refugee women, and addresses a current issue of isolation and discrimination.

*\*There will be a waiting list on the day, please see reception for details.*

# 1ST FLOOR

## STUDIO 1

## STUDIO 2

### 11.00 Yoga for the Willing

Sumita Hutchinson will be running a one hour yoga class which will equip you with the tools you need to weave yoga into your life. Advisable to bring your own mat.

### 12.00 Come and Play with Breathing Fire

Don't wait to be asked: just let yourself go and step into the limelight! Breathing Fire will make the journey creative and fun along the way. The fabulous Bristol Black Women's Playback Theatre Company are back with a workshop for participants of all ages and abilities, providing the opportunity to explore different ways of communicating with each other by using drama.

### 1.00 Self Defence is Nature's Oldest Law

In this hour long class, Imogen Thomas will be equipping you with the knowledge you need in order to take up space when the need arises.

*Suitable for all ages and abilities*

### 2.15 Bristol Women's Commission Presents: Who Wants to be...?

Hear the inside story of public life in Bristol from Police & Crime Commissioner Sue Mountstevens, High Sheriff and feminist Helen Wilde, former deputy mayor Danielle Radice, college governor Sandra Meadows and BWV trustee Ifeoma Fox. Panel led by our own chair Penny Gane. Could you take on a role in public life? Find out how!

### 3.20 Global objects with local meaning - Story telling from Latin American Women in Bristol

*Latin American Women Living in Bristol* is an artist and socio-historical project that explores the possibility of generating community through the sharing of personal narratives based on objects. Women's narratives, being all alike and unique, share notions of gender, identity, and family. They tell us about different ways of facing migration and reconstructing identities. This project aims at promoting respect for diversity and migration through digital storytelling.

### 4.00 Street Harassment in Bristol - Have Your Say!

Bristol Zero Tolerance present an interactive workshop on addressing street harassment in Bristol. Come along to find out how to get involved in developing a local campaign and feed in your experiences for zero tolerance to all types of street harassment in the city.

### 11.00 Why Women Only?

Women who have issues with their use of alcohol are in many ways in a different situation from men with apparently similar problems. This workshop will discuss these issues, and the services WIAS (Women's Independent Alcohol Support) that have developed as a result. *Women only*

### 11.40 Find your confidence

Run by professional stand-up comedian Angie Belcher, this whistle-stop workshop focuses on public speaking confidence and overcoming your nerves. We will give tips on how to use your body and voice to project confidence, learning some psychological theory that will help you engage your audience... and more! Ideal whether you're a budding stand-up or simply need a boost for general public speaking. *Women Only*

### 12.40 The Great Sea Choir

The Great Sea Choir, directed by Her Brignall, sing an array of folk-inspired songs a cappella. Their 2016 winter solstice concert raised a grand total of £1809.53 for SARSAS and Bristol Zero Tolerance.

### 1.00 Women of the World

WoW brings together women of diverse backgrounds and ages by gathering together, to talk, sing, dance, or just chill!

# BWV

## Learn More About Bristol Women's Voice at IWD

Visit our stall to make badges and banners as well as meeting the team behind our Zero Tolerance campaign

Join our conversation  
on twitter  
**#IWDBristol @BWV2**

**Bristol Women's Voice**  
Brunswick Court, Bristol, BS2 8PE  
[bristolwomensvoice.org.uk](http://bristolwomensvoice.org.uk)

*Throughout the day...*

### Photo Booth

Take photos to remember the day, send messages of solidarity across the world and support BWV  
Here from 1-4pm, £1 per session

### See it From Her

Exhibition focused on women and girls from marginalised communities using photography to give them a voice. *Contains sensitive content*

### Dr Bike

TravelWest will be here with information, advice and maps for walking and cycling around Bristol. Dr Bike will also be on hand to look over your bike, help with repairs and offer advice

***Plus stalls from local groups, services & organisations:***

Missing Link Housing  
Women's Night Shelter  
No More Taboo  
Bristol University Faculty of Arts  
Hives and Herbals  
Bristol Equality Inclusion and  
Networking Group  
Fair Play South West  
SARSAS  
*And many more...*