

Bristol Women's **Voice**

presents

12 March 2016

11am - 5pm

M Shed

International Women's Day:

Making A Difference

Programme of Events

Compèred by Maryanne Kempf

Funding and support from:



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



Quartet
Community
Foundation



END SUITE

11:00 Making Connections with NCBI Bristol

This workshop will use a dynamic method for easily unpacking participants' identities, helping us to see who is in the room and the shared identities we hold. It will provide an opportunity to celebrate being women, think about what it means to be a woman, challenge some of the stereotypes associated with women, and meet other women to forge strong, positive and supportive relationships. *Women Only*

11:45 Ideas Spark: How to Spark Ideas That Change the World

Becky Walsh, a Hay House author and freelancer for BBC Radio Bristol, will lead this talk on how to act on ideas with confidence and how to turn those ideas into a reality.

12:15 Wo-manifesto: Our Pledge for Parity

Bristol Women's Voice, host of International Women's Day, launches its Women's Manifesto. Women continue to contribute to social, economic, cultural and political achievement here in Bristol and we have much to celebrate today. Progress towards gender parity has slowed in many places. Today, we launch a manifesto for change - a concrete step to help achieve gender parity more quickly - whether to help women and girls achieve their ambitions, call for gender-balanced leadership, or root out workplace bias.

12:45 Putting Me into Media: Women in Media Panel Debate

Chaired by Jane Duffus (newsstand journalist and founder of What The Frock! Comedy), this debate investigates the representation of women in the media with Bristol News and Media Managing Director Sarah Pullen, BBC Radio Bristol presenter Laura Rawlings, BBC Community Reporter Ngaio Anyia, and Ujima Radio presenter Paulette North.

1:45 The Hidden Histories of Bristol's Women

Celebrating the publication of Dr Madge Dresser's latest book. Women's history didn't just begin with the suffragettes. Long before the 1910s women were making their marks on Bristol's public life as traders, merchants, religious radicals, political agitators, artists, writers and more. Women employed teams of apprentices, brewed beer, built harpsichords, sold guns, went to prison for their religious beliefs and rioted in the streets. Some were wealthy, many were poor, and most have been forgotten with their stories untold, trivialised or ignored. Until now.

2:15 All Girls Have Dreams: The Importance of Education for Girls in Rural Tanzania

Education for girls is a controversial topic in Tanzania with many communities seeing no value in sending girls to school. Girls are often married off at a young age in exchange for a bride price or forced to work to provide the family with an income. African Initiatives works with the Pastoral Women's Council (PWC) enabling hundreds of young women from rural communities to go to school. Speaker Jill Nicholson worked with the PWC in Tanzania and has experience working with the Maasai.

2:45 Bristol Women in Music Presents: This Woman Is

Nuala Honan (singer, songwriter and founder of The World is Listening) will be chairing this panel discussion celebrating women in music. Joining her will be Trish Brown (Events and Operations Manager at St George's Bristol), music industry professionals Jenna Knight and Annie McIntyre, and vocalist and songwriter Naomi Jeremy.

3:45 Breathing Fire: Women Emerging From the Wings

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.

MIDDLE SUITE

11:00 From Beans to Business for Nicaraguan Women

Ana Maria Gonzalez Narvaez, Fairtrade coffee producer from Nicaragua will speak about her experiences with rural women in the mountains of northern Nicaragua, and how her Coop took her from being an illiterate labourer to a confident coffee producer.

11:15 Women's Empowerment: Supporting Black, Asian, Minority and Ethnic (BAME) Communities to Recognise Strong Role Models

African Voices Forum hosts this workshop which investigates the importance of role models, mentoring and coaching in the BAME community. We will look at the best way to make an impact despite the gaps in services for BAME people.

12:45 Young Women Changing the World

Have you ever thought that you wanted to make a difference in the world but weren't sure where to start? Meet young Bristol women who are currently doing just that. Gain inspiration and practical guidance on how to change the world by following what you are passionate about. This workshop is facilitated by Bristol Women's Voice and Fixers - an organisation which empowers young people to use their experiences to make positive change.

2:00 Vocalise!

Hosted by Bristol Women In Music, Ngaio Anyia and Naomi Jeremy - two Bristol-based vocalists - will be running this workshop. Whether you've just discovering your voice or have been using it for a while, everybody is welcome in this session. During the workshop they will be playing around with melody, harmony and singing together.

2:45 Women's Power in Under an Hour

Acorn Bristol, which campaigns around poor housing conditions within the city, is running a workshop looking at how women can work with their communities to create positive changes.

3:45 How Do We Get a Better Gender Balance in Parliament?

Westminster is not equal: fewer than three out of 10 MPs and peers are women. This negatively affects all women in the UK. Find out what simple steps you can take to help create an equal society for everybody. This is a 50:50 Parliament talk.

4:00 Little Warriors: What It Is To Be a Young Maasai Woman

Life for Maasai girls can be a struggle. Women are often treated as if they are second class citizens. African Initiatives works with Maasai communities to help change attitude towards women and to help young girls to understand and exercise their rights. This workshop will discuss what it's like to grow up as a Maasai woman and how changes are being made. There will be ice breakers, myth busters and interactive games. Come and learn about this fascinating culture with us.

STUDIO TWO

11:00 Time to Talk about Women's Mental Health

Does mental health stigma and discrimination affect you? How do matters like violence and trauma, self-harm, post-natal depression and the menopause affect your emotional wellbeing? Are you supporting women with mental illness in your communities? Join other women to talk, engage and find out more about services in Bristol that can support you. *Women Only*

12:15 Food Connections

Drop in session. Bring a packed lunch and meet women from across Bristol.

1:45 Refugee Women of Bristol Dance

Sudanese and Somali women, along with women from other countries, will be presenting traditional dances and providing the opportunity to join in and learn some new dance steps. *Women Only*.

2:30 A Reason To Move: West African Drumming with Chango World and African Initiatives

Come and make music and learn traditional African drumming with Chango World. Learn how to play the djembe drum, too. Song and dance are a huge part of Maasai and African cultures and African Initiatives uses this to raise awareness and connect with young girls. This session builds on the successful Song and Dance Project for girls in Tanzania, which used singing and dancing as an educational medium, getting groups of young girls singing about the need for education and performing the songs for their communities.

3:30 Saffron Records and Bristol Women In Music Present: Mix Sessions

Do you want to learn how to mix and become part of a community of DJs? Come and have a mix with this amazing crew of DJs and if you enjoy it you can join our movement that invites women of all ages and abilities to mix together, support one another and perform with each other.

DO NOT MISS

12 & 2:30

Discover the stories of brilliant Bristol women in a tour of M Shed galleries. Curator of Social History Helen McConnell Simpson and Curatorial MA student Brittney Bies will highlight objects which reveal women's histories in the city, from the diary of a 1920s singleton to a 19th century medallion championing women's role in the campaign for the abolition of slavery. Approx. 45 minutes each tour.

Plus, find out about local organisations, groups and services with stalls from:

African Initiatives
Acorn Bristol
Bristol Women's Voice
Fairplay SouthWest
GapSquare
NextLink
Sudanese Community of Bristol
Refugee Women of Bristol
Bristol Zero Tolerance
and many more...

Join our conversation on Twitter:

@BWV2

#IWD2016

#MakeADifference #PledgeforParity

DROP IN WORKSHOPS WITH:

BRISTOL SEWING SCHOOL Memory Quilt

Learn some basic hand sewing and appliqué techniques to create a memory square that reflects something about you. Choose from a range of fabrics and haberdashery. Suitable for all ages. The squares will then be sewn together, quilted, backed and edged to create one large throw/quilt and to be donated to a women's organisation, as voted by you.

www.bristolsewingschool.co.uk

A PALE LANDSCAPE Illustrated Women in History

A Pale Landscape is a project by Bristol graphic designer Julie Gough, who was inspired to illustrate influential women to celebrate their contribution to our history. Drop in and join her to design and illustrate your own role model, or influential woman.

www.apalelandscape.co.uk

DR BIKE

TravelWest will be at International Women's Day with information, advice and maps to support you with walking and cycling around Bristol. There will also be a friendly Dr Bike on hand to look over your bike, for help with repairs and advice, who will be located on Museum Square. (outside M Shed)

Bristol Women's Voice

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www.bristolwomensvoice.org.uk

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