



# CELEBRATE TOGETHER

INTERNATIONAL  
**WOMEN'S DAY**  
BRISTOL 2022

## EVENT PROGRAMME

Sat 5th March – 10:30AM to 4:30PM  
City Hall, College Green, Bristol, BS1 5TR

# BRISTOL WOMEN'S VOICE

WELCOMES YOU TO

# INTERNATIONAL WOMEN'S DAY

# 2022



Bristol Women's Voice is a powerful voice for women working to make women's equality in Bristol a reality. We bring women together to share ideas and experiences, support campaigns and celebrate success together to make Bristol a showcase for women's involvement, empowerment and equality. Please sign up to find out more at the registration desk.



## Celebrate together

In this guide you'll find details of more than 25 events brought to you by the women of Bristol. We'd like to say a huge THANK YOU to all of the contributors who've given their time, energy and enthusiasm to make this happen — you are incredible!

Your donations are crucial to making this event happen, and importantly for making it free and accessible to women who wouldn't normally be able to attend. So please dig deep. Please fill in an evaluation form from the Bristol Women's Voice (BWV) stall – your feedback really helps us know how to improve the event for next year.

### Things to note:

- Translations available in British Sign Language, Arabic, Somali, Mandarin, Cantonese and Sylheti available at sessions as marked. Please ask at the BWV desk in the foyer.
- Photos will be taken throughout the day which may be used on our website, promotional material or social media. If you do not wish to be included in any photos, please wear a 'no photos' sticker which can be collected from the BWV desk.
- Bugle player Celeste Cantor-Stephens will be playing for us at key points throughout the day, so keep an ear out!
- Food and drinks available throughout the day from the City Hall Cafe, and you're welcome to bring your own.
- A first come, first served free crèche is available in 2 hour slots in rooms 1P08 and 1P09 see them for more details.
- A buggy park is available in the right hand entry to the council chamber. This area will not be supervised so any items are left at your own risk.
- Hearing loops are on setting T.

# HANNOVER ROOM

## 11:00–12:00 • **Introduction to Podcast Making with Sound Women South West**

Want to launch your own podcast but not sure where to start? Or perhaps you have already started one but would like to improve it? This is the workshop for you.

## 12:00–13:00 • **Positive Postcards – From One Mother to Another**

A mindful crafting session from Mothers for Mothers. This group will be making postcards to send to someone special of your choice, while having conversations about wellbeing and mental health.

## 13:00–14:00 • **NextLink**

Safelink and NextLink will be providing an example of the creative activities they use when facilitating peer support and workshops in the community to women who have survived domestic and sexual violence and abuse. They will also talk about the services they offer and how you can get help and support.

Safelink and NextLink recognise how powerful it is for survivors to meet and discuss feelings in a safe space, while addressing coping strategies. The workshop will cover a wellness topic, while also being creative and fun.

## 14:00–16:00 • **Community Crafting Session**

Bring your own craft projects to make in good company while sharing what you know and meeting new people. Hosted by an Easton resident and Eastside Community Trust. Feel free to drop in to all or part of this session.

# LORD MAYOR'S RECEPTION ROOM



- 11:00–12:00** • **Supporting Women: A Feminist Approach**  
Womankind will lead a practical and trauma informed workshop offering skills for supporting women around difficult experiences. Interpreters available.
- 12:00–13:00** • **Menopause Support**  
Managing menopause and health in these difficult times. Led by Hazel Hayden from Bristol Menopause. BSL and other interpreters available.
- 13:00–14:00** • **Empowering Women: Our Bodies, Our Strength**  
Using theatre games and creative exercises, Willow Vidal-Hall will lead a safe and supported space to explore what it means to be women, our stories and our experiences, whatever that means to each of us.
- 14:00–16:00** • **Short films**  
The following films will be rolling on a loop. Please drop in and out of the screening room as you choose.
- Music video of Martin Badder's 'Home By Nine' featuring the voice of MARIA.
  - Music videos by youth-led Integrate UK, an award-winning Bristol-based charity fighting to end FGM and empowering young people.
  - Knowle West Media Centre will showcase three films by young Bristol women film makers.
  - Selection of shorts from Black Bark Films, a female-led film company.

# PUERTO MORAZON ROOM

11:00–12:00

## • **Stepping Up**

Stepping Up Bristol is an award-winning programme for excellence in diversity and mentoring. The workshop will be interactive and enable participants to highlight their skills and provide hints for confidence building.

13:00–14:00

## • **Invisible Disabilities: Finding the Balance**

Facilitator Katie Silverthorne has lived her entire adult life with the chronic illness Multiple Sclerosis. She has had to find ways to balance the life she wants to live with the one she is obliged to live. We will talk about mindset, resilience and choosing how to live a life that works for you. Once you have that, the balance comes more easily. BSL and other interpreters available.

14:00–15:00

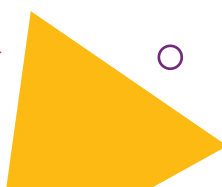
## • **Bristol Radical History Group: Hilda Cashmore**

Helen Meller talks about the inspiring work of Hilda Cashmore, a pioneering activist in educational and social services within the voluntary sector which she believed would benefit modern urban city dwellers. Helen's new book about Hilda will be available for purchase.

15:00–16:00

## • **Sadaga: Arabic Women's Speaking Group**

Sadaga Group is a community group of Arabic speaking women. We will talk about the establishment of the group, its aims, how it supports Arabic speaking women in the community and we will share some stories.



# BORDEAUX ROOM

11:00–12:00

## ● **Panel Discussion: Bristol Mayoral Referendum**

In partnership with Bristol Ideas, this panel will discuss the importance of the mayoral referendum, taking place in May. The panel includes Cllr Estella Tincknell, Jaya Chakrabati MBE, Cllr Jos Clarke, Cllr Emma Edwards and Lily Fitzgibbon (Co-Chair of the Bristol Green Party).

12:00–13:00

## ● **Panel Discussion: Engaging disabled women in decision making**

With Alice Clermont, researcher; Cllr Helen Holland, Co-Chair of the Health and Wellbeing Board; and Helen Ince from the Disabled Women Take Action Project (led by BWV and WECIL). BSL interpreters available.

13:00–14:00

## ● **Bristol Women's Voice Round Table**

Hear from the BWV team about our new projects and join our trustees and staff to chat informally about how you can get involved and influence our future direction. We would love to hear from our members about how we can best serve and represent you.

14:00–15:00

## ● **Question Time**

Put your questions to some of Bristol's key decision makers and have your voice heard. The panel includes: Asher Craig, Deputy Mayor, Mark Shelford, Police and Crime Commissioner, Cllr Helen Holland, Lead for Women and Women Safe City and Penny Gane, Chair of the Women's Commission. Questions have been submitted in advance. BSL and other interpreters available.

15:00–16:00

## ● **Project TRUTH**

Cllr Asher Craig and community activist Jendayi Serwah will share their important work on the Project TRUTH (Telling Restoring Understanding our Tapestry and History) report, which is the result of more than two years' work concerning the legacy of the Transatlantic Trafficking of Enslaved Africans and associated projects and programmes.

# IP04

## PHYSICAL MOVEMENT & WELLBEING SESSIONS

11:00–12:00

### Breathing Fire

Run by the Black Women's Playback Theatre Company, this is an interactive, creative and participatory workshop to explore how we are constrained by biases, and how it feels when we refuse to allow biases to define us. No experience required.

12:00–14:00

### Therapeutic Yoga for Survivors of Sexual Violence

Somerset & Avon Rape & Sexual Abuse Support (SARSAS) will be providing a session of therapeutic yoga for female survivors of sexual violence. This will be a taster of one of the regular classes available from SARSAS direct. Please bring your own yoga mat if possible, and come wearing clothes you can move easily in.

**Please note: This session is women-only.**





# IPO8

## PHYSICAL MOVEMENT & WELLBEING SESSIONS

11:00–12:00

### ● Take Your Space with Sister Courage

This session looks at how a woman can respond to a situation in a variety of different ways, depending on the level of safety present. We explore body posture, voice and what to say, and what we might do if we meet that person who ignores or disregards our 'no'.

12:00–13:00

### ● Allowing Our Instinct to Speak with Sister Courage

Every day we make thousands of decisions based on our safety. This session looks at the misogyny of perpetrators, seeing their body language for the hidden messages of aggression or coercion. This is useful for self-protection and feeds into bystander awareness.

13:00–14:00

### ● Pilates for Beginners with Sona Pilates

Utilise key principles of pilates and work through the whole body in a fun and adaptable session that will leave you feeling better aligned, glowing and connected. Please bring your own yoga mat if possible, and come wearing clothes you can move easily in.

14:15–15:00

### ● Boxercise for Beginners with Sona Pilates

Time to put on some gloves and see what you've got in this mixed class of form, toning, connecting and, of course, boxercise! A full body workout and a whole lot of laughter. Equipment will be provided. Come wearing something that is easy to move in.

15:00–16:00

### ● Holistic Bellyfit with Agni Grenckowska

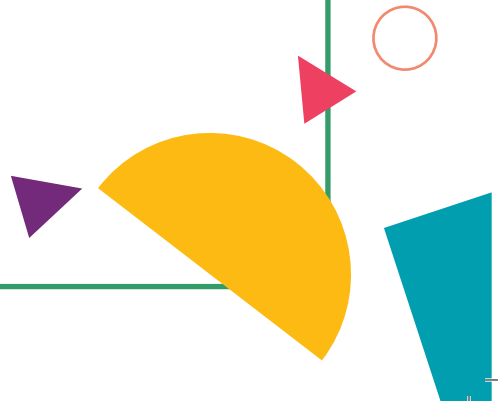
Bellyfit is an effective, fun, stress busting and energising dance fitness class. In this feminine centric movement system that includes elements of belly dance, women will experience a holistic workout. Suitable for all. Bring your own yoga mat if possible. Come wearing something that is easy to move in.



# Come and meet all our stallholders!

**We are pleased to welcome more than 20 stallholders today, who include:**

- Bristol Disability Equality Forum
- Bristol Law Centre
- Bristol Older People's Forum
- Bristol Radical History Group
- Bristol Women's Voice
- Chinese Community Wellbeing Service
- Healthwatch Bristol
- Knowle West Media Centre – Bristol Girls Can
- Mothers for Mothers
- Next Link
- Opoka
- Project MAMA
- Refugee Women of Bristol
- Somerset & Avon Rape & Sexual Abuse Support
- Self-Injury Support
- Stepping Up
- Talo Community
- The Women Who Built Bristol
- Womankind Bristol





Credit: Mireya Gonzalez Photography

Share your story and tell people  
you're here today, using the hashtag

**#BreakTheBiasBristol**

Please tag Bristol Women's Voice in your post.



@Bristolwomensvoice



@BristolWomensVoice



@BWV2



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

Tell us what you thought of today:



<https://forms.office.com/r/khVsiCAvRL>

Donate to BWV on our website:



[bristolwomensvoice.org.uk/donate/](http://bristolwomensvoice.org.uk/donate/)

With enormous thanks to all of our amazing  
volunteers, supporters and Caroline's Creche.



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

