Celebrate Together

with Bristol Women's Voice

International Women's Day Bristol 2023

Event Programme

Saturday 11th March 2023 – 10:00am to 7:00pm City Hall, College Green, Bristol, BS1 5TR

Bristol Women's Voice Welcomes you to International Women's Day



Bristol Women's Voice's mission is to create a movement that unites all women in Bristol to campaign together, celebrate our achievements and find support and information. We listen and make heard the views and voices of women from across Bristol's diverse communities, empowering them to influence decision-makers.

Celebrate together

In this guide you'll find details of more than 50 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. There will be a collection box on the BWV desk in the foyer.





Things to note:

- Translations available in British Sign Language at the sessions marked in the programme. Translators are also available in Arabic, Cantonese, Mandarin, Somali and Sylheti. Please book the translators for the sessions you want at the BWV desk in the foyer when you arrive.
- We are delighted to welcome dancers from South Gloucestershire Chinese Association who will be performing at 10am to really kickstart our celebrations. We are also looking forward to hearing Clir Helen Holland's welcoming address to this year's IWD event.
- 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 in the foyer.
- At 11am in the foyer, **Bring Your Own Baby (BYOB) Choir** will be performing for 15–20 mins. BYOB is a choir for parents and carers with children aged up to five years. Expect to be uplifted with a winning combo of gorgeous songs and lots of smiles from big and little people.
- A first come, first served, free crèche is available in two-hour slots in rooms 1P04 and 1P08. Visit these rooms 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.

This year, we are pleased to welcome a selection of women-led catering companies, showcasing a range of delicious food options to keep you sustained throughout the International Women's Day celebrations. The caterers will be based in the foyer of City Hall.



91 Ways to Build a Global City

We are a community-focused social enterprise based in Bristol and named after the 91 languages spoken here. At the core of everything we do is our belief in the connecting power of food and community. Our aim is to build a more global city through encouraging people to share their personal food journeys, recipes, and passions. We believe this will help to bridge the gaps between Bristol's 91 language communities and build a more united city. We also want to help people to make better decisions about their nutrition and well-being, so that they can improve the health and sustainability of themselves, their families, and our city.



Casa-Latina

Casa-Latina has its roots firmly set around promoting the various Latin American cultures present in Bristol, beyond the ones defined by the various nationalities of its makers. Its origins came from creating spaces to actively represent them and allow all of Bristol to enjoy and take part in the various cultural events that still take place and make felt the very vibrant Latin American fibre of Bristol.



Somali Kitchen

Somali Kitchen is an organisation run by Somali women for women from migrant backgrounds who are living in Bristol. Somali Kitchen focuses on food, but also remembers that, back home, a kitchen is the heart of the house where women talk and socialise, where different generations can come together, prepare and enjoy food and share conversations. So for us here, the Somali Kitchen project is about culture, it's about our identity, but it's also about building confidence and combating isolation.

- If you have any accessibility requirements, please visit the welcome desk in the foyer run by Bristol Disability Equality Forum, who will be pleased to support you.
- We have two British Sign Language interpreters on site, and the sessions they will be attending are marked in the programme with this symbol
- Hearing loops are on setting T.
- Room **IP03** has been designated as a quiet room for those who need a breather, or for those who wish to pray.
- The views and opinions expressed during events today are those of the speakers and do not necessarily reflect the views of Bristol Women's Voice.

As with everything we do, Bristol Women's Voice works hard to ensure our International Women's Day event is in keeping with our values by being: **Empowering, Transparent, Inclusive** and **Nurturing**. We want the day to be a place of celebration and connection and we aim to ensure all contributors provide activities in line with our values. However, we are not able to take responsibility for the content provided by other organisations or participants.



LGBT+ friendly



Breastfeeding friendly



Hearing Loop



Disability & Accessibility

10:30–12:00 • Supporting, Re-joining and Leading: Bristol Women in the Workplace

Meet working women across Bristol, confirming that there is progress for women in the workplace. We have a panel of women speaking about entrepreneurship, leadership, work-life balance, supporting pregnancy, postpartum and menopause in the workplace and more. With Sarah Davies (Talking Menopause), Faye Dicker (Freelance Mum), Amber Probyn (Peequal) and Rosie Richard (Hargreaves Lansdown).

12:15–13:45



A Caring Economy for Bristol: Who Cares Wins

How investing in childcare and adult care, both paid and unpaid, will improve well-being and life chances, and lead to a fairer and better functioning economy. Led by Bristol Women's Commission, Diane Bunyan chairs a panel discussion with Sophie Chester (CoProduce Care), Sandra Gordon (BWC), West of England Mayor Dan Norris, Karin Smyth MP and Mhari Threlfall (Pregnant Then Screwed).

14:00-15:30

What Does Women's Leadership Look Like?

Chaired by Penny Gane (Chair of Bristol Women's Commission), join us for a lively debate featuring Jaya Chakrabarti (Bristol Chamber of Commerce & Initiative), Chief Constable Sarah Crew (Avon & Somerset Police), Joanne Kaye (Unison, Trade Union Congress), Rebecca Mears (Voscur) and Lynda Rooke (Equity, currently featuring in *All Creatures Great and Small*).

15:45-17:00



Step into the world of adventure sports to explore how businesses and organisations are helping to make the scene a more diverse and welcoming environment. With chair Tara Miran (Community Development (Race Equalities), BCC), Yvette Curtis (Wave Wahines), Abby Richardson (The Wave Bristol) and Mariana Roa (Bristol Colour Up Climbing).

Diversity and Inclusion in Adventure Sports

Bordeaux Room (Panel debates)

10:30-12:00



Keeping Women Safe in the City

BWV Co-Chair Carole Johnson will be chairing this panel debate with Cllr Nicola Beech, Angie Feeney (Avon Fire & Rescue Service) and Carly Heath (Night Time Economy Advisor).

12:15-13:45

DigitALL: Bristol Women in Tech

We will be speaking about the experiences of being a woman in tech. Whether you're interested in tech, looking for a career change or would just like to learn something new, come and listen to inspiring women making waves in Bristol tech. With Hetty Blake (BJSS), Sophie Cress (London Tech Recruitment, Motherboard), Blessing Egbeama (UWE) and Cilpha James (UWE).

14:00-15:30

Women in Elite Sport

Three ultrarunners and adventure sport endurance athletes, including a sports nutritionist, discuss their route into male-dominated elite sports, and how they navigate it with their daily lives of charity, community and motherhood. With Renee McGregor, Jay Medway, Katy Parrott and Dr Fiona Spotswood.

15:45-17:00

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.

Beira Room IP05

10:30–11:15 • Breaking Barriers for Women from Refugee and Migrant Backgrounds

Workshop from ACH (Ashley Community & Housing Ltd), who provide supported accommodation and integration services to refugees and vulnerable migrants.

11:30–12:15 • Black Mothers Matter

Black Mothers Matter are here to support and celebrate Black pregnancies at a time when Black mothers are four times more likely to die during pregnancy, and our children are twice as likely to be stillborn compared to white women's.

12:30–13:15 • Listening Skills Workshop

Listening to each other in a thoughtful caring confidential environment helps us explore our relationships with ourselves or our mothers or primary carers, our friends.

13:30-14:15 • One Story

Explore your maternal lineage in this paper doll workshop. This exercise helps us consider how we parent our children in light of the way we were parented. Run by Pippa Grace, author of *Mother in the Mother*. You do not need to be a mum to take part.

14:30-15:15

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.

15:30–16:15 🖕 Mountains, Menopause & Me

A talk from mountaineer Lisa Newton-Goverd about her experiences of going through menopause and how it affected her relationship to outdoor sports and the mountains, and how to combat the negative effects.

Lady Mayor's Parlour

10:30–11:15	Sign Health Session Find out more about our services for deaf people.
	We have a domestic abuse service that is accessible for all deaf people who need advice, information or support about what to do in an unhealthy relationship.
11:30–12:15	Diverse Artists Network Activist singing workshop. Raise your voice for International Women's Day with songs of freedom and liberation.
12:30–13:15	Open Mic for Younger Women By young people for young people. Singing/spoken word/ rap workshop and performing with support for 15– 25-year-olds. No experience needed – just turn up and have a go, or support other people to have a go.
13:30-14:15	Forum for Younger Women Informal session bringing 15–25-year-olds across Bristol together to talk about what they love (and hate) about being young and female in the city. Henna pattern painting and cupcakes will be on offer while we chat.
14:30–15:15	Introduction to Podcast Making Want to launch a podcast but not sure where to start? Come and join this taster session with Miranda Rae from Sound Women & Ujima Radio and find out just how easy it is to have your voice heard.
15:30–16:15	Introduction to Podcast Making Want to launch a podcast but not sure where to start? Come and join this taster session with Miranda Rae from Sound Women & Ujima Radio and find out just how easy it is to have your voice heard.

NB – This is a repeat of Miranda's 2.30 session.

10:30–11:15 • What is Unpaid Care Like?

Focusing on experiences of providing care for adults or disabled children who could not manage without, Susy Giullari of Carers Support will discuss aspects of care and its consequences.

11:30–12:15 • Missing Link

Missing Link will provide a women-led practical creative session focussed on wellbeing. The activity will include information sharing about support services available from Missing Link, Next Link and Safe Link.

12:30–13:15 • Your NHS Menopause Experience

Healthwatch will be exploring how you'd like to see local healthcare services, such as your GP, work towards better supporting the menopause. Our collective voices aim to help Bristol to become a more menopause-friendly city.

13:30–14:15

Becoming a Charity Trustee

Have you ever thought about giving your time, skills and energy to support a small charity? Come and meet some of Bristol Women's Voices trustees and hear a bit more from us about what it is like to be a trustee and how to get involved.

14:30–15:15



The Women's Revolution in Iran

Campaigner and writer Maryam Namazie will speak about the women's revolution in Iran, its characteristics and significance in challenging religious fundamentalism and patriarchy as well as the urgent need for feminist solidarity.

15:30-16:30

Motherhood, Matrescence and Mothers in Society

Being a woman in society is not easy. What no one knows is that mothers are not the same women they used to be. Those changes are called 'matrescence' and we will discuss what this means and how society can support mothers.

Lord Mayor's Reception Room

10:30–11:15 • Motorcycling Around the World

An inspiring talk with Jacqui Furneaux: "I had a life-change at 48, went backpacking, met a Dutchman, bought myself a motorbike in India for my 50th birthday and spent the next seven years riding it around the world, ending up in Bristol."

11:30–12:15 🖕 In Conversation with Finn Mackay

BWV director Katy Taylor will be in discussion with academic and author Finn Mackay about their book *Female Masculinities and the Gender War.*

12:30–13:15 • 'The Women Who Built Bristol'

Jane Duffus's *The Women Who Built Bristol* books feature over 500 women who helped shape Bristol into the city it is today. Hear about women from all walks of life: courageous pioneers, passionate campaigners and hard grafters.

13:30–14:15

Ann Yearsley: Milkmaid & Poet

Sennen Cork leads an introduction to the life and works of Ann Yearsley, the 18th century milkmaid and poet. An early abolitionist, Ann is known for her controversial and contentious working relationship with Hannah More.

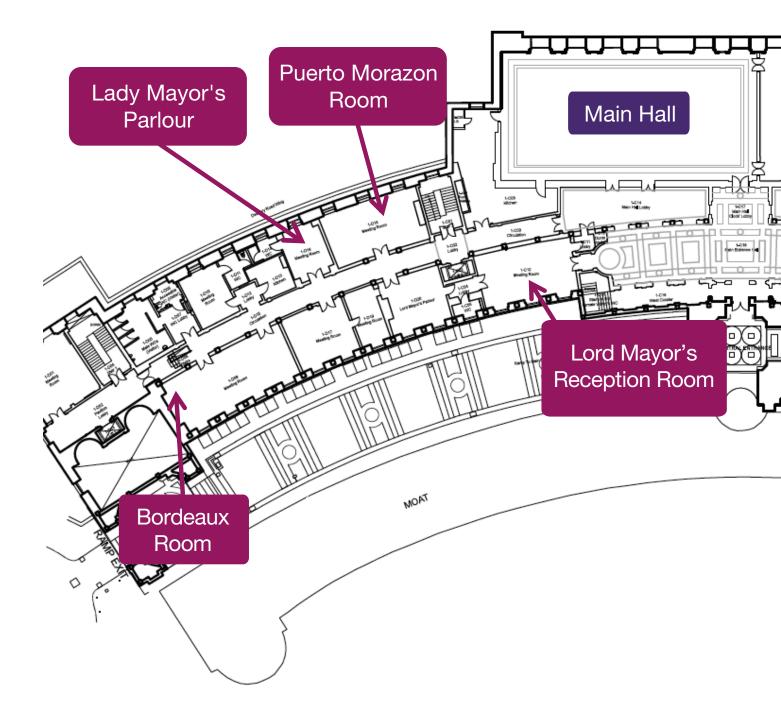
14:30-15:15

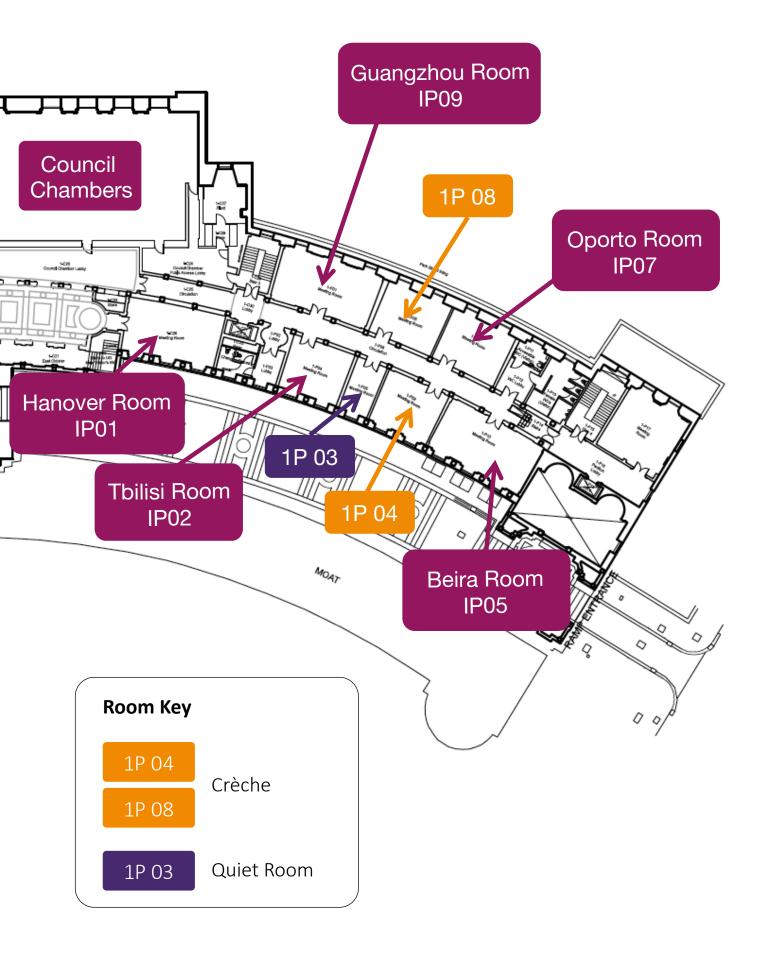
'Nautical Women'

In *Nautical Women*, Rosemary Caldicott explores the stories of women whose lives were inextricably linked to the sea. She tells of the women of sailor towns struggling to keep out of the workhouse; and of the courageous cross-dressing women sailors who went to extraordinary lengths to hide their gender.

15:30–16:15 🖕 'The Horfield Five'

In November 1909, five women were sent to Horfield Prison (HMP Bristol) after a series of suffrage demonstrations in Bristol. Historian Lucienne Boyce will be looking at what lay behind their crimes and telling their stories.





10:30–11:15 • Stone the Crones

Poetry workshop with Beccy Goulding of Stone the Crones, using creative writing to explore aging. No previous experience or expertise necessary.

11:30-12:15 🕴

Bristol Girls Can

Fiona Spotswood will explore the research that was done by her and her team to underpin the Sport England funded 'Bristol Girls Can' social marketing campaign in the city. This was about supporting mothers of pre-school children in south Bristol to take a small step towards building a positive relationship with physical activity. It was a led by the City Council in partnership with Children's Centres, with research underpinning the project from the University of Bristol.

12:30-13:15

Mothers for Mothers

A drop-in positive postcard making workshop using collage and mixed media to create celebratory postcards for International Women's Day.

13:30–14:15 • Practical Advice for Mums Returning to Work

We will be aiming the session advice towards mums who have been unemployed for a while and may (or may not) be in receipt of state benefits.

14:30–17:00 • Community Crafting Session

This drop-in craft session is being hosted by Eastside Community Trust and volunteers from Easton. Bring the crafts you are working on at home or take part in the activities on the day. Come along enjoy the space and the people. We look forward to seeing you there, and you are welcome to drop in for as long or short a time as you like.

Guangzhou Room IP09

10:30-11:15

Curvy Girl Yoga

Curvy Girl Yoga is exclusively for women who are UK size 16 or more. The class will be accessible for those who have never done yoga before. Women should wear loose, comfortable clothes. Layers would be a good idea. We practice barefoot.

11:30–13:15

Breathing Fire

Breathing Fire's workshop will offer a safe space encouraging women to share their stories about walking, to explore the levels of safety they feel when walking, and the impact of women walking. In the workshop, we will use creative activities to enable participants to tell their stories collectively and individually. The University of Bristol's Department of Theatre will be gathering women's stories to inform an educative play. A participant information sheet will be made available to women who wish to take part.

13:30-14:15

Sona Pilates

This Pilates mat class utilises Pilates key principles and works through the whole body in a fun and adaptable session that will leave you feeling better aligned, glowing and connected. Learn how to develop the body's understanding of how to move efficiently and effectively in everyday activity.

14:30-15:15

Sona Box & Breathe

Box and Breathe combines Pilates form and strategy with boxercise energy that will work the whole body and get the heart pumping. A high energy workout that will tone, improve agility and shake off any stresses. Arrive, align, breathe deeply, engage, sweat and stretch. Pads and gloves are provided.

15:30-16:15

Flamenco Dancing

Come and taste a bit of the richness and diversity of the rhythms and movements of Flamenco dance in this fun workshop. In this quiet room, we are pleased to be showcasing a selection of work by women artists. This includes:

- **Hystories:** This artwork reflects a workshop that UWE and the University of Edinburgh held with Bristol women about menstruation, pregnancy, menopause and mental health. The group has worked with three local artists (two illustrators and a photographer) to produce the artwork as a way to give voice to women's lived experiences.
- Feminist Archive South: The Feminist Archive South chronicles the second wave of feminism, both nationally and internationally, from 1969–2000. We are pleased to be bringing the group's panel exhibition to City Hall for IWD.
- **Politics and Protest:** Posters from the Women's Liberation Movement 1970–2000' is a dynamic, colourful and inspiring exhibition of more than 70 posters selected from Feminist Archive South's collection of over 1,000 images.
- Menopause Trolley: We are also welcoming ForMed Films and their interactive Menopause Trolley, which will be in this room all day, so come and take a look. The trolley will have headphones so you can listen to women's experiences, pick up badges and possibly get involved with a little making. The aim of the project is to capture women's concerns, experiences and advice, so there will be space for all of this to happen on the trolley.

Oporto Room IP07

10:30–11:15 • Prepare for Perimenopause

ForMed Films invite you to contribute to their perimenopause film project through a survey, workshops, interviews and conversations with experts. Participants will be invited to add to a menopause timeline of experiences, to give advice and comments on a menopause manifesto and to get creative and make their own menopause medal.

13:30–14.15

Film screenings

The following short films will be rolling on a loop. Please drop in and out of the screening room as you choose.

- **Period Drama.** A short circus film, this is a dive into chronic anxiety through a personal feminist lens, via slasher flicks, bloody knickers and suicidal insects.
- **The Red Dress.** Artist Kirstie Macleod has been engaging artisans from around the world to contribute their political, cultural and personal stories to The Red Dress.
- **The Accidental Choirmistress.** This is a documentary short about love and grief, and how music can bring people together in the times we need it most.
- A Spectacle of Herself. This is a performance film interrogating themes around virtuosity, autobiography, identity, and the spectacularised body.
- **One Acre.** One Acre highlights the delicate balance involved in farming on a small scale, and the reality of living life by the land.
- **The Changing of the Roll.** There are many invisible everyday tasks that are silently performed in the home. Although each labour may be minor, the sum of these deeds is herculean. This film highlights one of these tasks.
- Hard Evidence. A short film about fibromyalgia from actacommunity theatre in partnership with NIHR Biomedical Research Centre.
- **Backbone.** Isolated in the British countryside, Alma, a Filipina-British teenager, tries to hide her back brace, scared of what those around her will think.

14:30–15:15

Safrela - Brazilian song and drums

A workshop all about Brazilian dance and drumming.

15:30–16:30 • Film screenings

NB – This is a repeat of the film screenings at 1.30.

Come and meet our stallholders!

We are pleased to welcome a wide range of stallholders today, who include:

- Age UK Bristol
- Black Mothers Matter
- Brislexic
- Bristol Disability Equality Forum
- Bristol Family Placement Team
- Bristol Law Centre
- Bristol Older People's Forum
- Bristol Radical History Group
- Bristol Women's Commission
- Bristol Women's Voice
- Changes Bristol
- Chinese Community Wellbeing Service
- Diverse Artists Network
- Healthwatch
- Latin American Women in Bristol Project

- Lovewell
- Mothers for Mothers
- Next Link
- Opoka
- Refugee Women of Bristol
- Somerset & Avon Rape & Sexual Abuse Support (SARSAS)
- Sadaga
- Safelink
- Soroptimist International: Bristol
- Stepping Up
- Talo
- 'The Women Who Built Bristol' books
- Womankind

College Green

For the first time at our IWD event, we have a new sports and active lifestyle area outside on College Green, where we have a range of women's adventure sports and city activity groups to get you going.

- Introduce yourselves to the women of Left Handed Giant's Run Club (they will be hosting two short runs on the day, no cost) and we have the fantastic sports dietician Renee McGregor on hand to talk all things endurance running and nutrition.
- Bikes Galore! Freewheel with Sister Cycles' Muslim Women's Cycling Group and discover the Bristol Breeze Group Cycling mentors. You can also learn how to fix your bike with some handy tips and tricks from Bristol Bike Projects Women Repair Workshops.
- If water and board sports are piquing your interest, discover more about **Sister Surf Sessions with The Wave**, chat to **Wave Wahines** about the world of female surfing and the benefits of cold water, or check out what the **Women of Campus Skateboarding** have up their sleeve. This is an amazing opportunity to try something completely different... you can even have a go standing on a board or two.
- The Women of Bristol Colour Up climbing group will be here to show you the ropes and talk about the ever-popular Bristol bouldering and climbing scene, as well as the pioneering St Anne's Bristol Co-operative Gym who will help you discover a less traditional gym environment.
- We're also very excited to have Easton Cowgirls representing nonleague women's football. Their anti-homophobic, anti-racist and anti-transphobic ethos is at the core of their club and distinguishes them from other football teams.

Vestibules

The Vestibules are two former entrances located at either end of City Hall. The venues, run by Artspace Lifespace, aims to showcase Bristol talent and give cultural and community groups unique environments to display their work. BWV would like to thank Artspace Lifespace for their help with making these special events happen.

Park Street Vestibule

Artspace Lifespace have booked an exhibition by a female aboriginal artist in the Park Street Vestibule to celebrate IWD.

Deanery Road Vestibule

For IWD23, BWV have arranged an amazing exhibition in the Deanery Road Vestibule space, showcasing the work of mixed-media artist **Zoe Gibbons**. This is the **Women's Threads of Bristol Map**.

Can you suggest anywhere in Bristol that's named after a woman? Or should be? Do you have any spare cones of wool? Please email Zoe at **info@zoegibbons.com**

Zoe makes stitched and tufted collages using reclaimed billboards and mixed media. As well as exhibiting her finished work, she is inviting contributions to an in-progress stitched map of all the women's streets/ place names in Bristol. This will be something women can add to on the day, and Zoe will incorporate these additions during the week following IWD23 while she works at The Vestibule until Friday March 17.

Join us at 5pm, straight after the daytime event, as we March for Equality through our city of Bristol. We will be setting off from College Green, right in front of City Hall.

Bristol Women's Voice are partnering with SARSAS and The Green House to organise the march. Both organisations provide specialist support services for people who have experienced sexual violence.

The March for Equality will begin on College Green at 5pm, with introductions from Bonny Chung (Vice Chair of BWV), Claire Bloor (CEO of SARSAS: Somerset and Avon Rape and Sexual Abuse Service) and Gemma Halliwell (CEO of The Green House).



The march is open to all who believe in equality. We harness the power of diverse people and communities to stand up for all women's rights. We act in solidarity with others all around the world – on IWD and beyond – who are fighting for equality.

Please come and bring banners (there will be banner making throughout the day in City Hall), posters, signs and your voices, to campaign for our rights and empowerment.

We will peacefully walk through the city for just over one mile and return to College Green at 6.30pm, where there will be speeches from Viv Gordon, Maryam Namazie and Zara Nanu. The event will close at 7pm.

• Viv Gordon has a strong track record as a theatre maker, arts/ mental health campaigner and survivor-activist grounded in her lived experience of Child Sexual Abuse.

- Maryam Namazie is an Iranian-born campaigner and writer living in the UK. Since the Islamic regime of Iran's killing of Mahsa Amini on 16 September 2022 for 'improper veiling,' Maryam has been speaking on and organising protests in solidarity with the women's revolution.
- Zara Nanu MBE is an expert on building diverse and inclusive workplaces through data analytics and intelligent tech. She is the founder and CEO of GapSquare.

SHE Social

Also for the first time this year, Bristol Women's Voice is delighted to invite you to join us for a fantastic International Women's Day evening event, which will be at the Wiper & True Taproom (Unit 11, City Business Park, Easton Road, Bristol, BS5 OSP. Enter the industrial estate via the Easton Road entrance, not on Stapleton Road). The venue has level access throughout, a dropped height bar and an accessible toilet.

We will be welcoming female DJs and performers and, while the event is free to attend, we will be encouraging attendees to make donations that will go direct to our performers.

More spoken word, live music, and DJ special guests to be announced Wiper & True is an inclusive space where everyone is welcome.

Kala Chng will be performing original pop with a Chinese twist, including her new single 'Run with Wolves' (out March 10). Frequently referenced as being reminiscent of Kate Bush, she's also on the Bristol Cool.

Subitha Baghirathan is a poet who explores health inequalities and improvements relating to people of Caribbean, South Asian and African origins.

DJ Lexxi from Peachin'. This is a female collective offering a change of scenery in Bristol's underground dance music scene. Noheila is a Latinx Bristolian DJ who is keen to embrace all types of music that maks us feel good – expect reggaeton, pop, and some afrobeats.



Celebrate together

We are enormously grateful to all of our amazing volunteers, supporters, sponsors and to Caroline's Creche for all of their help.









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HARGREAVES LANSDOWN





UWE Bristol champions equality

Enjoyed your day?

Show your thanks by giving Bristol Women's Voice your support. Share your posts from today using the hashtag

#IWD2023

Please tag Bristol Women's Voice in your post.

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- **@Bristolwomensvoice**
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We'd also love your feedback:



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