

YORK INTERNATIONAL WOMEN'S WEEK

7th -14th March 2015



York International Women's Week 2015

**Programme sponsored by
Centre for Women's Studies
University of York
www.yorkwomen.org.uk**



Find us on Facebook:
York International Women's week

A word from our sponsors...

UNIVERSITY *of* York

CENTRE FOR WOMEN'S STUDIES

Would you like to find out more about gendered lives, feminist theory & activism? Are you interested in body image, gendered violence, employment, sexuality, popular & digital cultures, fiction, masculinity, challenging patriarchy, and other feminist issues?

The Centre for Women's Studies offers world-class scholarship, expert research supervision and innovative teaching.

CWS is local: we welcome students from York & the surrounding areas, and offer both full & part-time courses.

CWS is international: study alongside students from many different countries, and find out about women's lives & feminism in the UK & throughout the world.

CWS is interdisciplinary: we draw from many fields, especially sociology, literature, history, social policy & cultural studies.

CWS is theoretical: we invite you to consider the meanings of gendered lives, study evidence, challenge your assumptions.

We offer:

Postgraduate courses, both taught and research-focused
Certificate, Diploma, MA, MPhil & PhD programmes

Applications from people of all ages & background welcome. We normally ask for a 2:1 in any subject, but take relevant experience into account.

'Studying at the Centre for Women's Studies has been one of the best decisions of my life.' Sharon

'This course has been the hardest thing I have ever done. It has also been the best.' Ailish

'The MA in Women's Studies was a crash course in finding out there is more than one way to think, to know and to be.' Helen

Interested? Browse the website, then submit an online application or contact us to arrange an informal chat.

www.york.ac.uk/inst/cws :: harriet.badger@york.ac.uk :: 01904 323671

*This year's team would like to thank **Sue Lister** for all her hard work in previous years for **York International Women's Week** and her continued support. We hope to emulate her drive and passion for this annual event. We are delighted that there are over 100 events this year—a record! Our vision is to build on this festival, which has at its core the celebration and empowerment of women. Enjoy the week, engage and be inspired!*

Events outside the festival...

The Spoken Word Poetry & Prose Open Mic

Venue: Exhibition Hotel Bootham in the Conservatory **Tues 3rd March**

7.15 -10.15 pm Cost: FREE Contact: Rose Drew 07914 271871

yorkspokenword@yahoo.co.uk www.yorkspokenword.org.uk

Join us a week early, bringing poems, prose, songs, essays and short-short stories to read out in an open, inviting room. Our 9th Year of celebrating IWW. Level entry, parking available, full service pub, sign-up on the night for 5 min slot, or come 'just' listen.

Make 2015 a year of learning

Courses from April include:

Painting & Drawing, Huntington Community Centre

Introduction to Interior Design, York High School

Flower Arranging - Beginners & Improvers, Fulford School.

And many more...Learning is for life, so browse what's on offer in York for the Spring and contact us for further details. 01904 554 277

york.learning@york.gov.uk www.yortime.org.uk



Fairtrade Chocolate: Just Divine!

Venue: Aroma Café, Haxby **Thurs 5th March** 7pm Cost: Free

Contact: Helen Harrison 07952772576 helen@fairtradeyork.com

www.fairtradeyork.com

This Fair Trade event in Haxby's Fair Trade café will celebrate all things Chocolate! Come and sample the amazing Chocolate Fountain, taste Divine Chocolate's extensive range of Fairtrade flavours, explore the meaning behind the Adinkra symbols on the wrappers and enjoy the new Fairtrade Foundation short film.

Healthy Wealthy Women of York

Venue: Fairfield Manor Mercure Hotel, Shipton Road, YO30 1XW

Tues 17th March Time: 7.30 - 9.30pm Cost: Free to book contact:

Nicki Campbell 07739 802358; Laura Richardson 07841 338125

Christine Daker 07763 122731

A free event to share information & opportunities for women looking for better health and lifestyle: personal or family health, extra income, more time, flexibility, personal development or financial freedom.

Events outside the festival.....

Letting off Steam with Union Jill and Kate Fox

Part of York Literature Festival

Venue: National Centre for Early Music,

26th March 7.30pm cost: £9 tickets from ncem.co.uk

With music, poetry and hilarious banter, this is a must-see show from three of the North's top feminist performers. 'Letting off Steam' is an entertaining, challenging, funny, thoughtful and powerful show about women's lives—and the audience gets to throw things!

Chaps are most welcome!



Events during the festival.....

Therapy Yoga offer

Anna Semlyen, Yoga in York author of Yoga for Healthy Lower Backs

Venue: 24 Grange St, off Fishergate York, YO10 4BH Cost £30 phr (disc. for women from £45). Book throughout the week

Contact: Anna Semlyen 07891 989310 anna@yogainyork.co.uk

www.yogainyork.co.uk

Want to learn yoga for a goal: pain relief, stress or weight management? 1 to 1 lessons are ideal. Anna is BWY specialist Advisor in Back care and therapeutic research and an experienced yoga therapist. Private lessons can be booked to suit you.

Emotional Healing For Your Life:

If you're searching for the answers, ask me the questions in absolute confidence.

Venue: Over phone Date: 7th -14th March Time: To be mutually agreed

Cost: Free Contact: Jane Tai 0800 0831681

info@janetai.co.uk www.janetai.co.uk

Find out how you can move forwards. A 1 to 1 confidential phone call at a time to be agreed, for people who know, in their heart that there has to be a better way to navigate what they are going through and heal their life.

Pilates with Jo Stewart

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

Date: Monday, Tuesday, Wednesday and Thursday

Times: 17:00, 18:00; 10:30, 18:00; 10:30, 18:00, 19:00; 17:00

Cost: £8 per session

Contact Name: Jo Stewart 07763 196205 jostewartyork@yahoo.co.uk

www.briarhouserresources.co.uk Please talk to Jo first for assessment.

What Would Lady Macbeth Do?

Venue: Upstage Centre, 41 Monkgate

Date: Sat 7th March Time: 4-5pm Cost: £5

Contact: Alison Morgan 01904 693661

alison@treadtheboards.org www.treadtheboards.org



Using role play, voice production exercises and improvisation, this workshop will encourage the bigger, louder and more assertive you to emerge! Learn Drama techniques that can help develop confidence in everyday life and take inspiration from some of the stage's most powerful and charismatic women. No experience needed.

Tibetan Women's Voices

Venue: Friends Meeting House, Friargate, York, YO1 9RL

Date: Sat 7th March Time: 2pm – 3.30pm Cost: donation of £5/£3-50

Contact: Rowena Field 01904 656504 rfield151@yahoo.co.uk

www.tibetsupportgroupyork.org

The afternoon will include video footage of both the Tibetan Women's Association and also of Tibetan women talking about life as refugees in India as well as the brutality of life under the Chinese regime in Tibet. Tibetan handicrafts, made by women, will also be on sale.

Soul Drumming at Kyra

Venue: Kyra, The Workshop, Marygate Lane, York YO1

Date: Sat 7th March Time: 1-4pm Cost: Free (donations to Kyra welcome)

Contact: Lesley Eastman 07892894053 lesleyeastman@hotmail.co.uk

An opportunity for women to enjoy the benefit and joys of hand drumming in the spirit of shared community. Participants will learn the very simple techniques of hand drumming with the opportunity to create spontaneous rhythms with each other from inner process to the acceptance and affirmation of a welcoming community. It will also be great fun! Please "bring and share" light refreshments for the break if possible.

Loose Women

Venue: York Explore Library, Museum Street, York YO1 7DS

Date: Sat 7th March Time: 2pm -3pm Cost: Free.

Optional charge for refreshments

Contact: Gillian Holmes 01904552828 (answerphone)

york@exploreypork.org.uk www.exploreypork.org.uk

Join some of York's most influential women for an hour of lively debate and conversation about hot topics of the day. Come with your questions for the panel. All welcome, regardless of gender!

Willow Weaving - Daffodils & Bird Feeders

Venue: Explore York Library Learning Centre

Date: Sat 7th March Time: 10am–2pm Cost: £25

01904 554 277 york.learning@york.gov.uk www.yortime.org.uk

Come and make willow daffodils and bird food holders...if time permits, you may make more than one! During this fun, short taster we will look at willow and learn about its preparation and uses, learning new words and the traditional techniques associated with the craft.

Love Your Body, Boogie Your Belly

Venue: Quaker Meeting House, The Green, Acomb, YO26 5LR

Date: Sat 7th March Time: 2pm-4pm Cost: £8

Contact: Christine Bailey/Larissa Collins 01904 625320 / 07790 542987

christine@christinebaileycounselling.co.uk larissacollins8@gmail.com

www.christinebaileycounselling.co.uk www.snakesandrosesbellydance.co.uk

Try two ways of improving your relationship with your body. Get a taste of Christine's workshop exploring how your thoughts and feelings about your body affect your weight. Then have a go at belly dancing with Larissa. Learn to shimmy, dance to the grooves and leave smiling!

'A Frock for Frok'

Venue: Clements Hall, Nunthorpe Rd, York YO23 1BW

Date: Sat 7th March Time: 2-4pm Cost: £2.50 incl. tea & cake & documentary of the work of Khwendo Kor

Contact: Marilyn /Polly/ Penny 01904 702060 / 705752 / 659574

marilyn.crawshaw@btopenworld.com www.frok.org.uk

Clothes and accessories swap, raising funds for women and girls in NW Pakistan. Bored with your wardrobe? Bring a minimum of 3 items of good quality clothes, shoes or accessories (clean, on hangers, with size). Pay £1 for each 'NEW' item you take home. Jewellery stall & raffle prizes.

Healthy Backs for Happy Gardeners

Venue: Brunswick Organic Nursery, Appleton Road, Bishopthorpe, YO23 2RF

Date: Sat 7th March Time: 10am –1pm Cost: £15

Contact: Mary Greene 01904 414793 mariaverdi@btopenworld.com

www.marygreene.co.uk

Are weeds a pain in the neck? Does digging do your back in? Learn to take the strain out of gardening. This enjoyable class teaches Alexander Technique to help you find balance and poise as you weed, dig and barrow. For women and men of all ages. **Booking essential.**

Funeral Planning Advice (a.m.) Death Cafe (p.m.)

Venue: Briar House Resources, Club Chambers, Museum St YO1 7DS
Date: Sun 8th March 11-1.30 & 2.30- 4 Cost: £3 (am) £5 (pm with cake)
Contact: Chris Dudzinska 01653 627 170 www.lastwishesfunerals.co.uk
Morning: advice on the wonderful choices available when planning funerals - plus how to keep them more affordable. Afternoon: come and discuss your thoughts and feelings about death with other women in a cosy, comfortable environment with tea and cake (gluten-free available).

York Feminist Network meeting

Venue: Kafeneion, 39 Goodramgate, York YO1 7LS
Date: Sun 8th March Time: 11.00 am
Contact: Helen yorkfeministnetwork@hotmail.co.uk
www.yorkfeministnetwork.wordpress.com **Women-only meeting**
This is a regular monthly meeting to discuss, share ideas and take action. Women are welcome to bring children.

Stop Worrying, Start Living

Venue: Millers Yard, 2&4 Millers Yard, Gillygate, York
Date: Sun 8th March Time: 2-3pm Cost : FREE
Contact: Michelle Terry 01759304832 info@madhyamaka.org
www.madhyamaka.org
Learn how Buddha's teachings offer lasting solutions to our daily problems such as anxiety. Join in a guided meditation and experience for yourself the peace and freedom of a positive and undistracted mind.

Women on the Front Line: Journeys to Justice

Venue: York Theatre Royal
Date: Sunday 8th March 2015 Time: 14:00 Cost: £5 / £3 conc
Contact: Sanna Eriksson and Juliana Mensah 01904 325830
sanna.eriksson@york.ac.uk
www.york.ac.uk/cahr/news/events/events-2015/women-on-the-frontline-2015
Centre for Applied Human Rights' international human rights defenders present monologues and stories of women's journeys and struggle for rights and dignity across continents. With stories from Afghanistan, Belarus, Brazil, China, Kenya, Mexico, Sudan and Yemen, real life mixes with metaphor in encounters that highlight how women fight common struggles in different contexts.

EVENTS**SUNDAY 8th March 2015****Curiosity Walk and Talk**

Venue: Park and Ride, Askham Bar LHS of main car entrance to the PnR.

Date: **8th & 14th** March 10.30am Cost: Bring money for refreshments

Contact: Jules Wyman 07970 444694 jules@positive-belief.co.uk

Ever had 'one of those conversations' that switched on that internal light bulb and got you thinking? Join us on this curiosity walk - a leisurely stroll through nature and have curious conversations that may change your perspective or expand your world. Join Jennifer Potter, Fiona Scrase and Jules Wyman on a curiosity walk and talk and who knows what you may discover. Curiosity cards to be provided. Open to all 1.5-2 hour 'easy walk' 4-5 miles. Bring water and suitable clothing and footwear.

International Women's Day #paintitpurple Ride!

Venue: York Minster Tree to Naburn Bridge

Date: Sun 8th March Time: 11am Cost: Free

Contact: Sheridan Piggott yorkbikebelles@gmail.com FB [yorkbikebelles](https://www.facebook.com/yorkbikebelles)

Join York Bike Belles to celebrate International Women's Day with a fun bike ride and lashings of purple paint! We'll be transforming a run-down concrete shelter at Naburn Bridge with a special #paintitpurple cycling mural. Meet Minster Tree 11am. Bring warm, old clothes. Refreshments provided. Hope to see you there!

EVENTS**MONDAY 9th March 2015****YOGA: The Warrior and Goddess Within**
- build strength, embody confidence and courage

Venue: Heslington Meeting Room, Main St, Heslington YO10 5EB

Date: Mon 9th March 11.10 -12.00 (gentle) 12.10 -1.00 (dynamic)

Cost: just £3/2 (conc) per class. Equipment provided. **Please book:**

Contact: Sonia Perry BWY Dip 07768 404675 www.1body1soul.co.uk

Healing Clinic Pamper Day

Venue: Briar House Resources

Date: Mon 9th March Time: 09:00 – 16:00 Cost: Free to pop in and chat;

£10 for a 15 minute mini treatment Contact: June Tranmer 01904 679868

info@thehealingclinic.co.uk www.briarhouserresources.co.uk

A selection of pampering treatments from: reflexology, facials, mini clothed massages, healing sessions with Healing Clinic practitioners. With teas and soothing music.

EXIT

Venue: Theatre Studio 3, York St John Uni, Lord Mayor's Walk, YO31 7EX

Date: **Mon 9th and Tues 10th March**

Time: 7.30pm Cost: £5 (£4 conc)

Contact: Sue Lister 01904 488870

www.realpeopletheatre.co.uk



Let's grasp the nettle and talk about death and dying - it can be empowering! The one thing we can be certain of in life is that death, sometime, somewhere, is part of it. Through drama, poetry, song, music and dance the Real People Theatre will explore what it is to be human.

Lyrics of Liberation

Venue: The Bedingfield Room, Bar Convent, 17 Blossom St. YO24 1AQ

Date: Mon 9th March Time: 7.30-9pm Cost : £3

Contact: Yvie Holder 1diverseworld@gmail.com

Join Jenny Zobel and Yvie Holder for an inspiring and celebratory evening of poetry and prose, drawn from the work of writers around the world, with a sprinkling of original pieces of their own.

Exploring the archives of York Female Friendly Society

Venue: York Explore Library and Archive

Date: Mon 9th March Time 1pm- 2pm Cost: Free.

Contact: Gillian Holmes 01904552828 (answerphone)

york@exploreYork.org.uk www.exploreYork.org.uk

Join City Archivist Victoria Hoyle to hear about our new Archive and explore the history of York Female Friendly Society. Friendly Societies have been around for hundreds of years. People contributed to a mutual fund to receive benefits in a time of need; often the only way a working person had to receive help in ill health or old age.

Femfilm presents: 'Mutantes' (Punk Porn Feminism) (2009)

Date: Mon 9th March at 8.00pm. For info please email

femfilmYork@gmail.com or join our Facebook group



We are screening this French (English subtitles) documentary from director Virginie Despentes (Baise-moi) exploring the pro-sex feminist movement over the past three decades featuring interviews with activists, sex workers and performers.

Inspire—Meeting Abby

Venue: St Paul's Church, Holgate Rd, York

Date: Mon 9th March Time: 7.30pm –9.30pm Cost: Free

Contact: admin@stpaulsyork.org.uk www.stpaulsyork.org.uk

Inspire is a meeting open to all women, Christian or non-Christian. We meet to hear the testimony of one of our congregation about how they became a Christian and how it has impacted on their life. Abby, who is about to start a career in the church, will be sharing her story and her inspiration. Tea/coffee and cake is provided.

Women's Health, Spine & Posture Check (including pregnancy, mothers and children)

Venue: Live Well Chiropractic

Date: **9th -13th** March Time: 9.00 to 18.00 Cost: FREE

Contact: Angela or Elaine 01904 620620

info@livewellchiropractic.co.uk www.livewellchiropractic.co.uk

Are you unsure if you or your family can benefit from gentle chiropractic care? Your complementary 25 minute appointment is the perfect opportunity to have a health, posture and spine assessment and chat about any health concerns. You can also get advice on how to prevent potential future problems. **Please call to book your appointment.**

Tuina and Reflexology Massage

Venue: Touch Tuina Treatment Centre 11 St. Saviour's Place YO1 7PJ

Date: Mon 9th March Time: 10-6pm Cost : £10

Contact Name: Karen, Ed or Debs 07535-646400

A 20 min taster of Tuina massage or Reflexology. Tuina, Chinese deep tissue massage, will help to ease away aches and pains, giving you more flexibility and energy. You can choose from: neck and shoulders, lower back, feet or hand massage. Give your body a tonic treatment!

Feel easy and light when you move:

Alexander Technique Taster Sessions with Mary Greene MSTAT

Venue: York Clinic for Integrated Healthcare, 296 Tadcaster Rd, YO24 1ET

Date: Mon 9th March Time: 2-8pm Cost : £10 for 30 mins

Contact: York Clinic for Integrated Healthcare 01904 709688

email@yorkclinic.com www.marygreene.co.uk

Have an enjoyable one to one taster of this world renowned Technique. Find out how your posture can be improved, joint or muscle pain can be relieved and stress can be managed to avoid strain on the nervous system. **Booking essential.**

Meditation for Women

Venue: The Zentist, 76 Gillygate, York

Date: Mon 9th March Time: 2.15 - 3.30 Cost: FREE

Contact: Christina Wade 01904 630426 meditation4everyone@yahoo.co.uk

Life is stressful at times and Meditation can help to slow the pace a little. Relax. Replenish your resources. Look at life from a clearer perspective and help it flow more smoothly. Meditation workshop suitable for beginners and improvers. **Please book in advance.**

Coping with Grief/Loss: Practical Strategies and Support

Venue: The Loft, 42 Oxford Street, Holgate, York, YO24 4AW

Date: Mon 9th March Time: 1:30 – 2:30 Cost: £5

Contact: Juliet Powell juliet.choicetherapy@gmail.com

www.choicetherapy.biz

A workshop to discuss the emotions felt when experiencing grief/loss. Strategies to help and where to go for help and support.

Yoga with Anna Semlyen, Yoga in York

Venue: Clement's Hall, main hall, Nunthorpe Rd, YO23 1BW

Date: Mon 9th March Time: 7.30-9.pm Cost: £7.50 / £6.50 conc

Contact: Anna Semlyen 07891 989310 anna@yogainyork.co.uk

www.yogainyork.co.uk

All welcome yoga class to stretch, tone, breathe and relax. Yoga aids confidence and makes us healthier and feel fantastic from deep within. Beginners welcome. Just turn up. Equipment provided.

Circle Dance Celebration

Venue: Priory St. Centre, Priory St. York YO1 6ET

Date: Mon 9th March Time: 7:30-9:30pm Cost: £5

Contact : Karen Michaelsen 01904 788058

info@circledanceinyork.co.uk www.circledanceinyork.co.uk

Join this circle dance class to celebrate Women's Week through women's music and circle dances from around the world. All dances are taught and suitable for beginners. Booking essential. You may wear purple and green. Dance for fun, for fitness, for fulfilment!

How to get publicity for your small business

Venue: Webinar – online event

Date: Mon 9th March Time: 19.30 Cost: FREE

Contact: Melissa Talago **To book please email:**

melissa@campfirecommunications.co.uk www.campfirecommunications.com

If you run a small business and want to know how to boost your publicity to attract customers, join this 60-min session covering what PR is, how it can help your business, tips to put into practice, and details of my online PR course.

The Mind Body Connection

How Can You Influence Your Own Health And Wellbeing?

Venue: York Natural Health York Road, Acomb, YO24 4LZ

Date: Tues 10th March Time: 7.15 - 9pm Cost: £5 to York Food Bank

Contact: Jenny Gilmore/Debbie Pogson 07749706127

jen2627@hotmail.co.uk debbie.pogson@gmail.com

www.generatingchange.org www.tapintohypnosis.co.uk

Experienced complementary therapists Jenny and Debbie guide you through an evening of discovery and practical exercises. Learn simple ways to improve your health and increase your well-being right now....

Back Pain relief - Yoga for Healthy Lower Backs

Venue: 24 Grange St, off Fishergate York, YO10 4BH

Date: Tues 10th March 9.30-10.30am Cost £10

Contact: Anna Semlyen 07891 989310

anna@yogainyork.co.uk www.yogainyork.co.uk

Anna is joint author of a proven effective Yoga course book. This is a small group for pain relief if you have back ache. Private lessons also available to suit you. www.yogaforbacks.co.uk. **Please book in advance.**

Breathe, Feel & Let Go!

Venue: Simply Holistic, The Loft, 42 Oxford St, Holgate, YO24 4AW

Date: **Tues 10th & 17th & Weds 11th & 18th** March

Time: 10am - 2.30pm Cost: £25 per session

Contact: Joe Bull 07799 145548 simplyholistic@gmail.com

www.massageinyork.com

Feel like you're carrying the weight of the world on your shoulders?

Suffering from muscle tension / pain? You never get any "me" time?

Book a Chair Massage and leave feeling relaxed and looser! No oils, no fuss! Contact to reserve your appointment. Payment required on booking

Womb Yoga for Women's Health and Vitality

Venue: Main Hall, Priory Street Centre, Priory St, off Micklegate

Date: Tues 10th March Time: 7.45pm - 9pm Cost: Free

Contact: Alison Goodwin 07725 796583

alison@centred-yoga.co.uk www.centred-yoga.co.uk

Womb yoga acknowledges the physical and energetic needs of women at all life stages and allows us to connect with our true nature by honouring the natural rhythms and cycles of female life. All equipment provided, dress comfortably, bare feet.

Get involved in next year's York International Women's Week
Email us: yorkwomensweek@gmail.com

Building A Small Business As A Feminine Woman

Date: Tues 10th March Time: 1pm Cost: Free

Contact: Julie Ritchie 07733099735 admin@juliemarycarmen.com

Do you have an idea for a small business or you've started one however you are finding it tough to get any momentum. It can be hard for female entrepreneurs starting up. I will show you how to create success as a business woman in today's society whilst remaining feminine.

Green Party Women

Venue: Briar House Resources, Club Chambers, Museum St YO1 7DN

Date: Tues 10th March Time: 7.30pm drinks; 8.00pm – 9.30pm Q & A

Cost: Free contact: ginnie.grunden@yahoo.com 01904 500281

www.york.greenparty.org.uk

Join us for drinks and chat followed by Q & A with Green Party women (8.00pm -9.30pm), incl. prospective parliamentary candidates and York local election candidates. A chance to talk about Green Party policies and why more and more women are getting active in the Green Party.

Yoga with Anna Semlyen, Yoga in York

Venue: St Clement's Church Vestry, Nunthorpe Rd, YO23 1PF

Date: Tues 10th March Time: 5.45-6.45pm Cost: £6.50 / £5.50 conc

Contact: Anna Semlyen 07891 989310

anna@yogainyork.co.uk www.yogainyork.co.uk

All welcome yoga class to stretch, tone, breathe and relax. Yoga aids confidence and makes us healthier and feel fantastic from deep within. Beginners welcome. Just turn up. Equipment provided.

Alexander Technique Introductory Workshop

Venue: Briar House Resources, Club Chambers, Museum St YO1 7DN

Date: Tues 10th March Time: 2 - 4 pm Cost: £ 10

Contact: Pam Mason 01904 414640 pam_mason@talk21.com

Practising the Alexander Technique will enable you to have more flow and balance in movement and at rest. You will learn to have greater awareness in simple everyday movements, which can then be applied to more complicated activities. Maximum six participants, so book early.

**YOGA: The Warrior and Goddess Within
Build Strength, Embody Confidence and Courage**

Venue: Melbourne Centre, Escrick St, Fishergate YO10

Date: Tues 10th March Time: 6.15 to 7.45 pm (all abilities)

Cost: just £4/2 (concessions) **Please book.**

Contact: Sonia Perry BWY Dip 07768 404675 www.1body1soul.co.uk

Lunchtime Concert of Music**inspired, created and performed by Women**

Venue: Chapel: York St. John University, Lord Mayor's Walk, YO31 7EX

Date: Tues 10th March Time: 12.30-1pm Cost: FREE

Contact: Vanessa Simmons artsevents@yorksja.ac.uk

Part of YSJU's regular Tuesday Music Lunchtime Concerts, this concert gives a platform to music inspired and created by women. Featuring YSJU's 'St. Margaret's Singers', and women singer songwriters, women composers, performers and conductors. Please join us and celebrate.

Tuina and Reflexology Massage

Venue: Touch Tuina Treatment Centre 11 St. Saviour's Place YO1 7PJ

Date: **Tues 10th and Weds 11th** March Time: 10-6pm Cost : £10

Contact: Karen, Ed or Debs 07535 646400

A 20 minute taster treatment of Tuina massage or Reflexology. Tuina, Chinese deep tissue massage, will help to ease away aches and pains, giving you more flexibility and energy. Choose from: neck and shoulders, lower back, feet or hand massage. Give your body a tonic treatment!

Make More Money In Your Business in 2015

Venue: TBC Date: Tues 10th March Time: 11.30-1pm Cost: £29.00

Contact: The Business Grower

rachelsmithattractmorenow@gmail.com www.thebusinessgrower.com

To book: <http://bit.ly/YIWWMarch14>

A 90 minute workshop for existing and future business owners who are looking for new ways to make more money in their business. The workshop will be hosted by Rachel Smith aka The Business Grower, who helps female business owners to create and grow successful businesses. Places are limited and must be booked in advance.

Getting to grips with your SLR Camera

Venue: Belles Bouffe, 25 Bootham, York YO30 7BW

Date: Tues 10th March Time: 9.30am cost: £25 (refreshments extra)

Contact: Olivia Brabbs 07779 345819 info@oliviabrabbs.co.ukwww.oliviabrabbs.co.uk

A small group session to help build ladies' confidence with their SLR camera. Relaxed teaching by a leading female professional photographer over coffee then time for shooting to put learning into practice. No jargon - common sense teaching to get the best out of your camera. 2.5 hours.

EVENTS**TUESDAY 10th March 2015****Fairtrade Coffee Tasting From Women Farmers**

Venue: Fairer World shop, 84 Gillygate, York YO31 7EQ

Date: Tues 10th March Time: 11am–4pm Cost : free

Contact: Charlie Bridge 01904 655116 fairerwrl@aol.com

www.fairerworldyork.co.uk

Try a cup of Fairtrade coffee grown by women farmers on the slopes of Mount Elgon, Uganda, and read about the difference it makes to their lives: one of four organic Fairtrade coffees grown by women farmers available at the Fairer World shop.

EVENTS**WEDNESDAY 11th March 2015****Money Savvy Women**

Venue: online personal finance course

Date: Weds 11th March Time: 10.00am Cost: FREE

Contact: Julie Feuerborn 07748 448043

Julie@JulieTheMoneyCoach.com www.JulieTheMoneyCoach.com

Feel out of control with your money? Wish you knew how to get your financial life in order? Learn how to make confident financial decisions. Course will include: The impact emotions have on money decisions. How past experiences play a role in shaping financial decisions. Three steps that lead to financial confidence.

Who are you?

Venue: Heworth Date: Weds 11th March Time: 10-12 pm cost :£8

Contact: Trish Joscelyne 01904 414 683 trishjos@hotmail.com

A light-hearted peek at your inner self through a series of spontaneous drawings. No skill required. This is a non judgemental self analysis with guidelines ending with a visualization and an affirmation.

Booking essential.**From Scarborough to Samye Dzong****An outline of my personal journey to my life as a Buddhist nun**

Venue: The Library, Friends Meeting House, Friargate, YO1 9RL

Date: Weds 11th March Time: 10am to 12pm Cost: Donations

Contact: Dee Boyle York Interfaith Group 07761 762967

deeboyle@gn.apc.org Website: www.yorkinterfaith.org

Ani Tselha from Kagyu Samye Dzong in Scarborough talks about her journey to where she is now. No cost to enter but any donations to Samye Dzong will be most welcome. There will be time for questions and a look at books, displays and Tibetan items.

EVENTS**WEDNESDAY 11th March 2015****Ann Heath guest at Speakers' Corner**

Venue: The Golden Ball, 2 Cromwell Rd, Bishophill, York YO16 DU

Date: Weds 11th March Time: 7.30pm for 8pm cost: £1

Contact: Andy Humphrey <http://yorkspeakerscorner.webs.com>

Ann Heath is a York poet who writes with sensitivity about childhood, becoming a mother and watching her daughter grow. Will include the regular open mic for poets, storytellers and writers. All welcome!

TED Talks Women

Venue: York Explore Library and Archive, Museum Street York YO1 7DS

Date: Weds 11th March 6pm Cost: Free.

Contact: Gillian Holmes 01904 552828 (answerphone)

york@exploreYork.org.uk www.exploreYork.org.uk

A selection of brilliant TED talks by, for, and about women. From the political to the personal, watch some inspirational speakers talk about issues which affect us all. Followed by an informal discussion.

Introduction to Homeopathy Talk

Venue: Me & Mrs Fisher, Lord Mayor's Walk, York

Date: Weds 11th March Time: 1 pm Cost: FREE

Contact: Helen Lavers 07761 433044 hlhomeopathy@hotmail.com

Introduction to homeopathy, how it works and how it can benefit women.

Stress Management

Venue: Kyra Women's Project, The Workshop, Marygate Lane.

Date: Weds 11th March Time: All day Cost: FREE

Contact: Christina Wade 01904 630426 contact@kyra.org.uk

Come and relax in a quiet space. Relaxation, breathing & mindfulness; learn to change habitual patterns so that you naturally become more relaxed in response to stress, feel calmer, more alert and in tune with the sense of wellbeing which is inherent in us all. Individual and group tuition available throughout the day. **Please book in advance.**

EVENTS**THURSDAY 12th March 2015****Women of Faith in Conversation**

Venue: Quiet Room, Friargate Friends Meeting House, York YO1 9RL

Date: Thurs 12th March Time: 1830 for 19.00 - 21.00 Cost: Free.

Contact : Elisabeth Storrs 01904 781053 elisabeth.storrs@yahoo.com

This is a women only event being led Elisabeth Storrs and Ruth. We are offering women from the diversity of faith traditions in York what we hope participants will feel is a safe space in which to share how their faith shapes/influences their lives. As places are limited, **booking is essential.**

Reflections on Heirlooms

Venue: Jacob's Well, Trinity Lane, Micklegate, York

Date: Thurs 12th March Time: 2pm Cost: Donation

Contact: Women & Words (F.Mary Callan) 01904 653836
dunedesertplanet@btinternet.com

York's Women & Words group present writing and reflections on objects and their 'acquired value' as family hand-me-downs. Practical, everyday or 'Sunday-best' items, their sentimental history outweighs their intrinsic worth. One hour presentation, followed by refreshments.

The Moon Cannot Be Stolen by Kirsten Luckins

Venue: The Healing Clinic /Briar House, Museum Street, YO1 7DN

Date: Thurs 12th March Time: 7.30–9.30 Cost: £4/£3 incl. Chai Tea

Contact: Rose Drew 07914 271 871

bonecrone1@gmail.com www.yorkspokenword.org.uk

A spoken word show about travel, culture shock, and identity. Part travelogue, part metaphysical enquiry, inspired by travel diaries re-examined in the cold light of relative maturity - expect poetry, anecdote, even Tarot-reading. The past really is another country.

A Survivor's Story of Hope –**Do all have the right to choose who they want to marry?**

Venue: York Minster Old Palace

Date: Thurs 12th March Time: 7.30pm Cost: Free

Book via Box Office: 01904 557208 www.yorkminster.org

A talk by Jasvinder Sanghera CBE, founder of Karma Nirvana.

Passionately working to break the silences of the many silenced, through the work of Karma Nirvana's mission to increase reporting, reduce isolation and save lives.

Women in Pakistan: intercultural influences**A talk by Dr Katherine Peters**

Venue: York Explore Library

Date: Thurs 12th March Time: 6.30pm - 7.30pm Cost: Free.

Contact: Gillian Holmes 01904552828 (answerphone)

york@exploreypork.org.uk www.exploreypork.org.uk

Dr Peters will talk about the experience of women in Pakistan, focusing on the work of Perveen Shakira; "a poet by talent, a bureaucrat by profession, a loving parent by nature, a scholar with three Masters Degrees, a columnist on print media, an anchor person on electronic media and a patriot to the core. She died young in a road accident at the prime of her life, of her career, her profession and her beauty."

Famous Women of York Story Walk

Venue: Starting point Number 35, Shambles

Date: Thurs 12th March Time: 8 pm Cost : £5/4 conc.

Contact: Helen Sant 01904 620576

helenmsantstoryteller@gmail.com www.yorkstoryteller.co.uk

Travel through the streets of York, hearing stories of women who have shaped, changed or visited this wonderful city. Storyteller Helen Sant brings you tales of brave, clever and mysterious women! From the hysterical to the historical with time at the end for a drink in a local tavern.

Master Your Money Mindset

So You Can Charge What You're Worth And Get It

Date: Thurs 12th March Time: 09:30 – 04:00 Cost: £97

Contact: Julia Felton 01423 788229 Julia@businesshorsepower.com

www.businesshorsepower.com/master-money-mindset/

In this inspiring workshop you'll learn how to confidently break through money blind spots, empowering you to make confident money decisions and freeing yourself to charge what you're worth and get it. This will enable you to make a lot more money and attract more clients.

And best of all, everything you'll learn YOU will get to apply immediately to your business... and your life.

Massage, Reflexology and Aromatherapy

Venue: The Zentist, 76 Gillygate York YO1 6EN

Date: Thurs 12th March Time: 11am-1pm Cost: £2 **Please book**

Contact: Sarah Warren 01904622706 sarah5warren@btinternet.com

Headaches? Period pains? Water retention? Prone to infection of some kind? A seminar on how women can improve their health through aromatherapy, massage and reflexology. Includes self massage techniques. Proceeds to 'The Doula Fund'.

Reflective Art Making Session

Venue: Sycamore House, 30 Clarence St, YO31 7EW

Date: **12th, 19th & 26th** March Time: 7pm-9pm. Cost: £10 / £7 students

Contact: Hannah West 07932 566 182 hannah@artsbarge.com

www.theartsbargeproject.com

Reflective Art Making is about making time for self-reflection and messing about with art materials. It is not an art class and being good at art is not a requirement. The sessions are self contained, come to one or all. Materials included. **Advance booking essential.**

Yoga with Anna Semlyen, Yoga in York

Venue: St Clement's Church Vestry, Nunthorpe Rd, YO23 1PF
Date: Thurs 12th March Time: 10.30-11.45am Cost: £7 / £6 conc
Contact: Anna Semlyen 07891 989310
anna@yogainyork.co.uk www.yogainyork.co.uk

All welcome yoga class to stretch, tone, breathe and relax. Yoga aids confidence and makes us healthier and feel fantastic from deep within. Beginners welcome. Just turn up. Equipment provided.

Circle Dance Celebration

Venue: Huntington Memorial Hall, 46 Strensall Rd, YO32 9SH
Date: Thurs 12th March Time: 10am-12noon Cost: £5
Contact : Karen Michaelsen 01904 788058
info@circledanceinyork.co.uk www.circledanceinyork.co.uk

You are invited to join this circle dance class to celebrate Women's Week through women's music and circle dances from around the world. Dances are taught and suitable for complete beginners. Booking essential. You may wear purple and green. Dance for fun, fitness and fulfilment!

Women in Art

Venue: City Mills, Skeldergate, York
Date: Thurs 12th March Time 10.30am-3pm Cost: FREE - but donation for refreshments Contact: Irene Mace (Secretary) 01904 422437
yorkcarersforum@tiscali.co.uk www.yorkcarersforum.org

This regular, informal 'drop-in' meeting is aimed primarily at unpaid carers & former carers. Carers are welcome to bring the person they care for. The meeting is FREE with refreshments & light lunch available at low cost. No parking on site. Contact York Carers Forum for information.

Finn Mackay - Feminist Activist and Author

Venue: Brigantes upper room, Micklegate, York
Date: Thurs 12th March Time: 7.30pm Cost: donation
Contact: Sharon Winfield / Kay Sidebottom
csi345@hotmail.com / kay@sociallearningcollective.co.uk
<https://finnmackay.wordpress.com>

Finn Mackay, author of 'Radical Feminism' and a leading light in the Reclaim the Night movement will be our speaker, between pints of ale. Come and get passionate about feminism and meet some fab women!

EVENTS**THURSDAY 12th March 2015****Fusing Glass Workshop with Naomi's Stained Glass**

Venue: 1 Norfolk Street, York, YO23 1JY

Date: Thurs 12th March Time: 7.30-9.30pm Cost: £20

Contact: Naomi Whittaker naomisstainedglass@gmail.comwww.naomisglass.co.uk

The workshop will include decorating glass with various methods including copper foil, copper wire, glitter and frit. You will make about 7 pieces including coaster, light catcher and small items: placed in the kiln and fused overnight. Numbers limited to 8. All materials included.

YOGA: The Warrior and Goddess Within

Venue: Fishergate Primary School, Fishergate, YO10 4AP

Date: Thurs 12th March Time: 7.30pm –9pm (all abilities) Cost: £4/3

Please book: Contact: Sonia Perry BWY Dip 07768 404675www.1body1soul.co.uk**EVENTS****FRIDAY 13th March 2015****Eat Well to Thrive! Drop-in Clinic**

Venue: First Floor, 42 Oxford St, Holgate Rd, York, YO24 4AW

Date: Fri 13th March Time: 10am-2pm Cost: Free

Contact: Sally Duffin 07910 705272 sallyduffin@nutritioninyork.co.ukwww.nutritioninyork.co.uk

Feeling tired, run down? Struggling with digestive discomfort, low mood, skin problems or crazy hormones? Pop into this drop-in Clinic for expert nutrition and wellbeing advice from Nutritional Therapist Sally Duffin.

Pre-book a 15min slot between 10-12pm OR pop in between 12-2pm.

Centre for Women's Studies Present: Craftivism!Venue: tbc see www.yorkwomen.org.uk Date: Fri 13th March 10am -2pmContact: sw1604@york.ac.uk

Drop in to contribute to our craftivism workshop. We are creating a large scale piece of fabric art that includes all our personal messages to the world! Pop in or spend the day with us. No craft skill required, but we will probably do lots of chatting!

Top Tips for Looking After Your Bike

The Bike Rescue Project, The Enterprise Complex, Walmgate, YO1 9TT

Date: Fri 13th March Time: 10am – 1pm Cost: Free

Contact: Simon Thomas 07535 901887

Informal and fun session where you can learn a bit more about your bike and how to identify and fix simple things that go wrong. Bring your own bike or use one of ours. Tea, coffee and biscuits provided. Limited to 6 places. Learn to give your bike some love.

Could this be our future?

Venue: Dringhouses Library, Tadcaster Rd., York YO24 1LR
Date: Fri 13th March Time: 7.30-9.00pm Cost: £3.00 inc. refresh'ts
Contact: Dringhouses Library 01904 552674

dringhouses@exploreYork.org.uk www.exploreYork.org.uk

An informal talk by Pauline Kirk whose new novel, 'Border Seven' is launched this month. Set a few centuries ahead - though not 'sci-fi' - it imagines life for ordinary women (and men) and raises questions while being an exciting adventure. Men and children over 13 welcome.

The Coaching With Horses Experience

Venue: Gallabar Farm, Marton-cum-Grafton
Date: Fri 13th March Time: 10:30 – 13:00 Cost: Free
Contact: Julia Felton 01423 788229 julia@businesshorsepower.com
www.horseassistedcoaching.eventbrite.co.uk

Come and experience the power of Horse Assisted Coaching and the transformative effect it has on participants. A small number of volunteers will have the unique opportunity to work hands on with the horses to learn about their leadership style and how they show up in business. Not to be missed. **Please register to attend.**

Women's Wellness Half Day Mini Retreat

Venue: York Yoga Studio. Acomb Road, York,
Date: Fri 13th March Time: 2-5pm Cost: £25
Contact: Andrea Jackson 07986375096 andrea291@hotmail.co.uk
www.yogaforyork.co.uk

Women's Wellness Day. Feeling tired, frazzled, stressed out, low in energy and motivation? Come and join us on a half day mini retreat of Calming Yoga, Healing Relaxation, Positive Life Coaching, Meditation and Energy Balance. Feel recharged, re-energized and ready to go! Tend Your Soul. Radiate your light. Be Happy xx

An Introduction To Mindfulness

Venue: Simply Holistic, The Loft, 42 Oxford Street, Holgate, YO24 4AW
Date: Fri 13th March Time: 12 - 2.15pm (2hrs) Cost:£25
Bring A Friend Special £40 for Two Spaces Limited. Payment Required On Booking
Contact: Joe (Joanne) Bull 07799 145548 simplyholistic@gmail.com
Want to learn some simple and easy ways so you can relish life to the full? Spend less time in unhelpful, stressful mental loops? From this experiential workshop you'll take away the 5 steps of Mindfulness Practice, exercises and insights on how you can be mindful in your everyday life.

EXIT

Venue: Main Hall, Priory Street Centre, 15 Priory Street, YO1 6ET

Date: Sat 14th March Time: 2pm

Cost: £5 (£4 conc) proceeds to Healthwatch York

Contact: Sue Lister 01904 488870 www.realpeopletheatre.co.uk

Let's grasp the nettle and talk about death and dying - it can be empowering! The one thing we can be certain of in life is that death, sometime, somewhere, is part of it. Through drama, poetry, song, music and dance the Real People Theatre will explore what it is to be human.

Felt Flower Workshop for Mothers Day

Venue: Blossom Street Gallery & Framing

Date: Sat 14th March Time: 10am to 12.30pm Cost: £30

Kim Oldfield 01904 623191 www.blossomstreetgalleryandframing.co.uk

Be inspired by Mother Nature and make a Felt Flower brooch for Mothers Day, using wet felting and needle felting techniques. All materials, equipment and beverages will be provided on the day. Places limited to 6.

Contact Kim to book your place.

Photography Walk & Lunch

Venue: TBC Date: Sat 14th March Time: 10.00am cost: £10.00 + cost of lunch Contact: Bhavna Barratt 07873 877824

hello@bhavnabarratt.com www.bhavnabarratt.com

Want to go out and about, meet other like minded women and learn how to take photographs at the same time? Then this is for YOU. We'll explore an area around York/Yorkshire, take some photos, compare notes and grab some lunch. Own camera required. Suitable for beginners.

Women's perspectives on defending human rights

Venue: York Explore Library Date: Sat 14th March Time: 1pm Free!

Contact: Gillian Holmes 01904552828 (answerphone)

york@explore.york.org.uk www.explore.york.org.uk

Katsiaryna (Belarus) and Valdenia (Brazil) join us from The Centre for Applied Human Rights at the University of York to share stories from their lives as defenders of human rights in two very different countries.

How to Balance Your Mind, Body and Weight

Venue: Acomb Quaker Meeting House, The Green, Acomb, YO26 5LR

Date: Sat 14th March Time: 10am-3pm Cost: £30

Contact: Christine Bailey 01904 625320

christine@christinebaileycounselling.co.uk www.christinebaileycounselling.co.uk

Problems with your weight? May be your brain that needs rebalancing! This "Ripple Effect" workshop challenges the way society/media leads us to think about our bodies. Learn how hormonal imbalances, thoughts, feelings affect your weight, improve your relationship with your body.

Yoga Benefit for UK Friends of Khwendo Kor

Venue: Clements Hall, Nunthorpe Road, York, YO23 1BW

Date: Sat 14th March Time: 10.30 – 12.15 Cost: £8 donations welcome!

Contact: Laura Potts 634159 laurapotts@phonecoop.coop

www.yogaforallorfolk.wordpress.com www.frok.org.uk

A yoga class open to all – basic asana (postures) and pranayama (breathing) practice. Suitable for complete beginners and those with experience. All yoga kit provided. The charity supports the educational, economic, health and civil rights and empowerment of women and girls in North West Pakistan. **Advance booking appreciated.**

Up The Women!

Venue: St Olave's Church Hall, Marygate Lane, York

Date: Sat 14th March Time: 3pm – 5pm Cost: £15 - £18

Contact Name: Claire Davies 07928122079

historygirlsyork@gmail.com www.historygirlsyork.com

A unique event delivered by The History Girls in collaboration with O'Crumbs. Join us as we recreate an Edwardian suffragette meeting in St Olave's church hall. A fun and educational event with afternoon tea, crafts and even rabble rousing song! Open to all from the age of 12 and over. Try to wear something purple, white and or green if you can!

'Open Space': Dance & Bodywork + Meditation

Venue: The Stable Studio YO23 1JU

Date: Sat 14th March dance workshop 1-3pm meditation 3.15-4pm

Cost: Dance workshop £30, meditation £15, Dance + Meditation £40

Contact: Giorgia Mariani 07423596455 info@danceclasses-york.co.uk

www.danceclasses-york.co.uk

Explore movement, music and rhythm to promote the creation of that powerful place where we feel free to dance and create. Meditation will promote the internalisation of that open space, exploring the 'inner openness'. Open to all, no previous experience is required.

Soberistas Conference

Venue: Briar House Resources, Club Chambers, Museum St, York

Date: Sat 14th March Time: 13:00 – 17:00 Cost: £5 **please book**

Contact: Fay Laidler faylaidler@gmail.com soberistas.com

The meeting is for women who have met on the website Soberistas, run by Lucy Rocca, who has written books on the subject of alcohol free lifestyles and is a campaigner/advocate for women wishing to quit drinking. Lucy is coming to give a talk about staying sober and volunteers will be talking about their experiences of quitting drinking.

With thanks to Centre for Women's Studies, University of York and to the following for their kind support this year...



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www.messageinyork.com simplyholistic@gmail.com 07799 145548

Christine Bailey Counselling. Counselling and psychotherapy for adults. Small-group well-being workshops from "The Ripple Effect" Process. www.christinebaileycounselling.co.uk 01904 625320

Anna Semlyen, BWY Dip :Yoga & Evidence Based Back Care. Classes, private lessons, author of Yoga for Healthy Lower Backs book & CD 07891 989310 /01904 654355 anna@yogainyork.co.uk
www.yogainyork.co.uk www.yogaforbacks.co.uk

Briar House Resources is happy to be hosting many events this year for International Women's Week. Tel 01904 679868
www.briarhouserresources.co.uk info@briarhouserresources.co.uk
Twitter: @BriarHouse

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