

York International Women's Week

2nd - 10th March 2024

PROGRAMME



One
City, Many
Women's
Voices

Most events free

www.yorkwomen.org.uk



WELCOME

Welcome to York International Women's Week 2024!

We know that life continues to be a struggle for many people, financially and otherwise, that the conflicts in the wider world are deeply troubling and that the impacts of climate change are with us. All the more reason for us to come together, explore our connections across class, race, ethnicity, disability, age, sexuality, religion, culture, and find strength and energy in communal, supportive spaces. As women, we understand all too well the need to celebrate our differences and recognise our commonalities – and imagine a more just and peaceful world whether that's locally or wider.

Our theme of 'One City, Many Voices' is reflected in the range of events on offer, and we



warmly invite you to browse this Programme and to join in. We ask: What does your woman's voice want to tell others? What do you want to know about women's lives, hopes, fears and achievements? Whether we are having fun with crafts, challenging ourselves with art and performances, swapping clothes, finding peace in wellness activities, listening to thoughtful lectures, or discussing vital issues with new acquaintances – let's gather and see what happens. YIWW2024 offers both in-person and online activities. Some need to be booked in advance. Almost all are free or request a completely voluntary donation. Any amendments and late entries will be posted on our website and social media.

We want as many people as possible to take part so if you need any practical, IT or financial assistance, please get in touch. We have specific funds to support access, and a dedicated technology-support person. At the back of the programme you'll also find information about regular events in York, financial help and advice, and YIWW2025! and help with getting online.

"Whatever you're meant to do, do it now. The conditions are always impossible."

Doris Lessing, UK-Zimbabwean author

York International Women's Week is a community event pulled together by local women volunteers. We are delighted to include organisers taking part for the first time, as well as welcoming back familiar faces. Whilst much has been achieved since the proposal of an annual 'Women's Day' at a conference of working women in 1910, there is still much work to be done every day of every year in every part of the world to achieve justice and equity for women.

In hope and strength to keep surviving, protesting, and working together in solidarity for our futures, from the YIWW2024 Coordinating Group.

Contact

E | yorkwomensvoices@gmail.com
T | 01904 702060
www.yorkwomen.org.uk
@YorkWomen

Programme at a glance

IP In-person event in York
 OL Online event
H Hybrid event, in-person & online

Time	Type	Event
Saturday 2nd March		
14:00-16:00	IP	Finnish Contemporary Acapella Music Workshop
Sunday 3rd March		
13:30-16:00	IP	Explore Inner Ease and Self Love through Yoga Therapy
13:30-16:30	IP	Find Your Voice with Improv Comedy for Beginners
14:00-16:30	IP	Sip and Write with The Egalitarian
16:00-17:00	OL	LIBERTAS! 'A Bookshop and Festival'
Monday 4th March		
9.30-11.00	IP	Singing Mamas
20:00-22:45	IP	Bolshee Open Mic Takeover, at The Golden Ball Community Pub
Tuesday 5th March		
10:00-12:00	IP	Yorkkits Workshop in York Minster
13:30-16:00		
11:30-12:30	IP	Parenting Styles in 2024
18:00-19:30	IP	Disability and Women
19:30-21:30	IP	Staying Strong Against the Odds: Working for Peace and the Rights of Women in Israel/Palestine
19:30-22:30	H	Spoken Word: How Do You Intend to Change the World?
Wednesday 6th March		
12:00-14:00	OL	Internal Family Systems: Releasing Constraints
13:00-15:00	IP	Therapist Voices: A Personal Journey of Finding Our Voices and Skills
14:00-15:30	IP	Femiknits – Sew, You Wanna Weave a Revolution?
18:00-19:15	IP	Intuitively Empowered – Guided Hypnosis Session to Empower Your Inner Voice
19:00-20:30	IP	Make Space – Rethinking Parks for Girls and Women
Thursday 7th March		
10:00-11:30	OL	Finding Your Voice Through Journalling

Time	Type	Event
13:00-14:00	IP	Inspirational Women on the Frontline of Activism
14:30-16:30	IP	MummaHub – Introducing a Creative Support Group for New Mums and Their Babies (0-6 months)
17:30-19:30	IP	Drumming for the Soul
19:00-21:00	IP	Many Voices, Same Waters
19:00-21:30	IP	The Girls Club Spoken Word
Friday 8th March		
10:00-16:00	IP	Kyra International Women’s Day 2024
10:30-12:30	IP	Touch for Health Self Care Workshop
12:00-14:00	IP	International Women’s Day Creative Hub
14:00-15:30	IP	Empowering Palestinian Women and Communities for a More Peaceful Future
14:00-16:00	IP	Sisterhood Circle
17:00-18:00	H	The Gender Wars: Radical Feminist Trans Inclusion
19:00-21:00	IP	International Women’s Day Poetry Showcase
Saturday 9th March		
9:00-15:00	IP	In Her Shoes – Our City Hub Mindful Photography
10:30-11:15	OL	Turning down the volume on the Voice of Anxiety
11:00-13:00	IP	Resting and Reflecting with York Anti Racist Collective
13:00-15:00	IP	Introduction to Whittling
13:00-16:00	IP	Stitch and Shout Workshop
13:30-14:30	IP	Writing for Wellbeing
14:00-15:00	IP	Healing Sounds for Relaxation and to Cultivate a Positive Inner Voice
14:00-15:00	IP	Feminist Speed Friending
14:00-16:00	IP	‘A Frock for FROK’ Women’s Clothes and Accessories Swop
14:00-16:00	H	My Perfect Day
14:00-18:00	IP	Connecting with Self: Remembering Marina Abramovic
19:00-21:30	IP	Telling Stories Through Food: Refugee Feast Night
Sunday 10th March		
15:00-17:00	IP	Wheel of Consent Workshop
11.00	IP	GUNA: Views and Voices of Women Art Exhibition

Post-Programme Events

Time	Type	Event
Monday 11th March		
18.00	IP	GUNA: Views and Voices of Women Art Exhibition LAUNCH Exhibition closes Saturday 6th April*
Wednesday 13th March		
14:00-16:00	H	My Perfect Day
Saturday 23rd March		
19:30-22:30	IP	GUNA: Views and Voices of Women Performance Night*
Saturday 20th April		
19:30-21:30	IP	Femmes Fortissimo 2024

**All GUNA events details on 10 March entry, page 50*

Any changes, cancellations and late entries will be posted on our web and social media sites.

Thanks to

Lisa Guest for designing the Programme and to
Roozbeh Haghgoo for the initial 'faces' cover image.

Thanks to our supporters for funding and assistance



Finnish Contemporary Acapella Music Workshop

(18s and over)

Saturday 2nd March | 14:00-16:00
The Chapel, York St John University,
Lord Mayor's Walk, York YO317EX

Enkelit is a small group drawn together to sing the stirring contemporary acapella music of Finland. Most of the composers are women who draw on a long tradition of music and literature about women's lived experiences and we will focus on these pieces in this workshop. You will have the opportunity to listen and join in with some of the exciting and haunting music, as well as learn more about the background of the songs themselves.



*"I will have my voice:
Indian, Spanish, white. I will
have my serpent's tongue – my
woman's voice, my sexual voice,
my poet's voice. I will overcome
the tradition of silence."*

**Gloria Anzaldúa, US Chicana
academic, activist**

Booking: <https://bit.ly/YIWW-FINNISH-MUSIC>

No closing date for bookings (closes when sold out)

Cost: Free. Optional donation to Kyra Women's Project www.kyra.org.uk

Access: Step free access, Wheelchair accessible toilets.

Organiser: YSJ Events Team

Email: events@yorkj.ac.uk

Tel: 01904 876318

Explore Inner Ease and Self Love through Yoga Therapy



Sunday 3rd March | 13:30-16:00

The Harriet Centre, York Cemetery, Fishergate YO10 5AJ

In our workshop we will use the tools of yoga: breath, mediation and gentle movement to feel the sensations in the body to reveal what your body has to say and find a greater mind body connection. Both experienced yogis and those new to yoga are welcome. Relaxed clothing, a yoga mat, two cushions, a blanket and a journal would be useful, but can be provided if necessary if requested beforehand.



MIND BODY SPIRIT

YOGA THERAPY WITH ANNE

Booking: For more info and to secure a place email lot.spot@hotmail.co.uk. Space limited to 10 people so prior booking as soon as possible is advisable; firm booking deadline Friday 1st March

Cost: £7.50 to cover venue hire, any profits to KYRA www.kyra.org.uk

Access: Step free access, Blue Badge and General parking available.

www.accessable.co.uk/venues/york-cemetery

Organiser: Anne McCrickard, Yoga Therapist (Accredited by British Council For Yoga Therapy) and experienced somatic yoga practitioner

Email: lot.spot@hotmail.co.uk

Find Your Voice with Improv Comedy for Beginners

(self-identified women and non-binary people only)



Sunday 3rd March | 13:30-16:30

Theatre@41, 41 Monkgate, York, YO31 7PB

www.41monkgate.co.uk

‘Improv comedy’ relies on making up humour on the spot. This workshop aims to introduce improv in an easy to understand and fun way, to inspire more women and NB people either into comedy or into a more confident way of life. Skills like collaborative thinking, communication, and generating ideas with limited time can help with many aspects of life and are a great way to value your voice.



Booking: louiseannjones93@gmail.com
or WhatsApp 07745 575956. Deadline
Saturday 2nd March 12 noon

Cost: Free

Access: Wheelchair accessible toilet,
Flexible seating

Organiser: Louise Jones

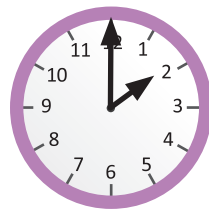
Email: louiseannjones93@gmail.com

WhatsApp: 07745 575956

“I raise up my voice not so I can shout, but so that those without a voice can be heard...we cannot succeed when half of us are held back.”

Malala Yousafzai, Pakistani education activist & Nobel Peace Prize laureate

Sip and Write with The Egalitarian



Sunday 3rd March | 14:00–16:30

Duke of York, Kings Square, York YO1 8BH

Welcome to the first Sip and Write event with The Egalitarian, where you can write your very own opinion-based article! Everybody is welcome, experienced writer or not, as the team will provide article writing guidance and support throughout the session. Writing materials will be available, but feel free to bring a laptop or tablet if that's your writing preference. The venue bar will be open for anybody who wants to 'sip' during the event!



Booking: <https://bit.ly/YIWW-SIP-WRITE-TIX>.

Email contact@theegalitarian.co.uk or phone 07766 151616 with queries, or for details of availability (turning up on the day possible if there's space). Booking deadline 3rd March 9am

Cost: Free

Access: Step free access, Wheelchair accessible toilets

Organiser: The Egalitarian

Email: contact@theegalitarian.co.uk

X / Twitter: @_theegalitarian

Instagram: @_theegalitarian

LinkedIn: the egalitarian | safe place project

Libertas! “A Bookshop and a Festival”

Sunday 3rd March | 16:00-17:00
Zoom Online Event

From 1998 to 2008, York was the unlikely centre of everything lesbian in literature and the arts. When women’s bookshop Libertas! founded the York Lesbian Arts Festival, no-one could have foreseen that it would soon be bringing famous authors, poets and performers to the city’s biggest venues. Jane Traies has been researching the history of the festival, helped by those who remember it. Hear her tell the story (soon to be a book and a film).



Booking:

<https://bit.ly/YIWW-Libertas-YLAF>

Deadline 3rd March 10am

Cost: Free

Access: Zoom automated captions

Organiser: Jane Traies

Email: jane.traies@gmail.com

Facebook: Jane Traies

X / Twitter: @JaneTraies

Instagram: jane.traies

Threads: jane.traies

*“And the rebels
come / we come from
everywhere / if you look
behind the walls of houses
in the streets / you’ll find
us there / ordinary rebels
everyone.”*

**Claire Mooney, UK singer,
songwriter, activist**

Singing Mamas

Monday 4th March | 9:30–11:00
Heworth Without Community Centre,
36 Applecroft Road, York, YO31 0HG



Come and celebrate International Women's Week 2024 with Singing Mamas. We will be celebrating women artists from all over the world by singing their beautiful songs to uplift and connect us all. No singing experience needed – all songs taught by ear. Recharge, nourish and connect through singing together in a supportive group of women. Children welcome! We sing for connection, not perfection. You are welcome just as you are. Tea and cake after!



Booking: <https://bit.ly/YIWW-Singing-Mamas>
Deadline 3rd March 6pm

Cost: Free

Access: Step free access, Wheelchair accessible toilets, Disabled parking nearby

Organiser: Jessica Watson (Singing Mamas song sharer)

Email: singingmamaswithjess@gmail.com

Tel: 07511887513

Web: www.singingmamas.org (more details about the movement)

Facebook: [singingmamas.york](https://www.facebook.com/singingmamas.york)

Bolshee Open Mic Takeover at the Golden Ball Community Pub



Monday 4th March | 20:00-22:45

The Golden Ball Pub, 2 Cromwell Rd, Bishophill Senior, York
YO1 6DU Tel: 01904 849040; www.goldenballyork.co.uk

Bolshee CIC take over the legendary Golden Ball Pub Open Mic to celebrate IWW. All self-identifying women and non-binary people are encouraged to take the mic and everyone is welcome to join us for a night of music, spoken word, delicious pints and Bolshee Women.



Booking: No booking required just drop in and sign up on the night if you want to perform.

Cost: Free

Access: The pub is wheelchair accessible. No accessible toilets unfortunately, due to age of building.

Organiser: Bolshee CIC

Email: bolsheeprojects@gmail.com

Web: www.bolshee.com

Facebook: @Bolshee

Instagram: @bolsheecreativeprojects

*"I'd tell her to speak
up, tell her to shout out/
Talk a bit louder, be a bit
prouder" '*

**'Little Me', by UK pop group
Little Mix**

Yorkkits Workshop in York Minster

Tuesday 5th March | 10:00-12:00
and 13:30-16:00

York Minster, Duncombe Place, York, YO1 7HH
<https://yorkminster.org/visit>

An opportunity to help make washable, sustainable kits for girls in developing countries so that they can manage their periods and attend on every school day. The range of jobs include drawing round templates, cutting out, sewing, ironing and collating the kits. Yorkkits is now in its 11th year and its 9th year at York Minster in York International Women's Week!



Booking: York Minster website
<https://bit.ly/YIWW-YORKITS> or phone
01904 557200. Numbers limited to 100 per session.

Cost: Free, though donations welcome to support the production of Yorkkits and to allow seed funding of groups in developing countries to set up their own production of kits.

Access: Step free access, Wheelchair accessible toilets, Hearing loop,
<https://yorkminster.org/visit/accessibility-2/>

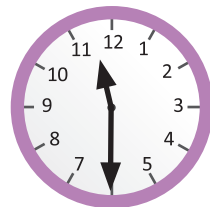
Organiser: Yorkkits project of Rotary York Ainsty

Email: yorkkitsrotaryainsty@gmail.com

Tel: 07715 565326

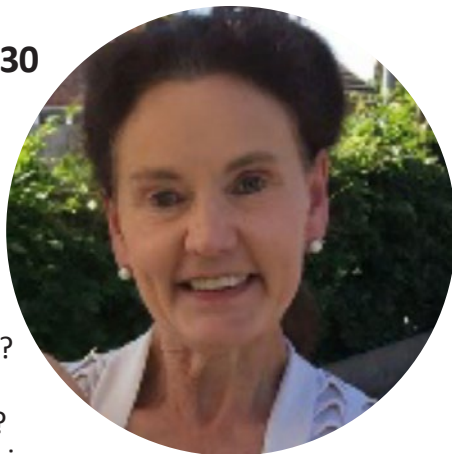
Web: <https://tinyurl.com/Yorkkits>

Parenting Styles in 2024: What Works and What Doesn't



Tuesday 5th March | 11:30-12.30
Marriott Room, York Explore
Library, Library Square,
York, YO1 7DS

Should parents choose a specific 'parenting style'? Positive parenting? Gentle parenting? Helicopter parenting? Authoritative parenting? Where does the idea of parenting styles come from? Does the research show that one 'style' is better than another for children's social and emotional wellbeing? Is too much being asked of parents today? This event will start with a talk that focuses on parenting the under 5s before opening out to what is sure to be a lively discussion. It will be of interest to both professionals and parents.



"When a woman tells the truth, she creates the possibility for more truth around her."

**Adrienne Rich, US poet,
essayist, activist**

Booking: People are welcome to turn up on the day, no booking required

Cost: Free

Access: Step free access, Wheelchair accessible toilets, Disabled parking

Organiser: Dr Mary Nolan, Emerita Professor of Perinatal Education, University of Worcester

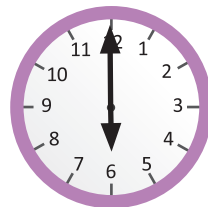
Email: mary.nolan@worc.ac.uk

Tel: 07753 338163

Disability and Women

Tuesday 5th March | 18:00-19:30

Marriott Room, York Explore Library, Library Square, Museum Street, York YO1 7DS



Join York Disability Rights Forum for discussion and action with a focus on women and disability. For example, discussion around how women's pain and experiences are often not believed by medical professionals, aids are often designed for a male body and disabled women are more economically marginalised than disabled men.



Booking: No booking required, just turn up

Cost: Free

Access: Step free access, Wheelchair accessible toilets, Disabled parking; BSL interpreter (TBC)

Organiser: York Disability Rights Forum – led by disabled people, we work to promote equal access to human rights for all disabled people who live or work in York

Email: hello@ydrf.org.uk

Tel: (voicemail) 01904 326781

Web: www.ydrf.org.uk

Facebook: @YDRF

X / Twitter: @YDRF

Instagram: @YDRF

“Censor the body and you censor breath and speech at the same time. Write yourself. Your body must be heard.”

Hélène Cixous,
French writer

Staying Strong Against the Odds: Working for Peace and the Rights of Women in Israel/Palestine



There is also chance to hear this speaker at 14:00 on 8th March

Tuesday 5th March | 19:30–21:30
Friends Meeting House,
Friargate, York YO1 9RL

Nabila Espanioly, a clinical psychologist, feminist and peace activist, Al Tufula Centre, Nazareth, will discuss in person her work to empower Palestinian women and promote strong early childhood education for Palestinian families. Over the years this has included political work, social campaigning, working to change laws in Israel and making people aware of what's happening in Palestinian communities inside Israel and about the importance of equality.



Booking: No booking required, just turn up

Cost: Free

Access: Step free access, Wheelchair accessible toilets

Organiser: Margot Brown – this is a joint meeting with Amnesty International York <https://www.ai-york.uk/> and Palestine Solidarity Campaign, York <http://yorkpsc.org.uk>

Email: global.ed@btinternet.com

Tel: 07748748311

Spoken Word: How Do You Intend to Change the World?



Tuesday 5th March

19:30 - 22:30

Hybrid event: (in-person) Conservatory, Exhibition Pub, Bootham, YO30 7BW (online) Zoom

For our YIWW spoken word evening, please bring up to 4 minutes of poetry, prose or song related in some way to our 2024 topic of 'changing the world', to perform in person or via Zoom. We welcome new and established writers exploring women's activism to this friendly and supportive event which we hope will inspire both speakers and listeners.



Booking: (in person) turn up to perform (by 7pm recommended) or to listen. (online) Email yorkspokenword@yahoo.co.uk as soon as possible to secure a performing slot; email for Zoom link to listen, deadline mid-day 5th March

Cost: Free

Access: (in-person) Wheelchair access, Blue badge parking in nearby Bootham Row. Sorry no disabled loo. (online) Sorry, Zoom automated captions not available

Organiser: Spoken Word, Rose Drew.

Email: yorkspokenword@yahoo.co.uk

Web: www.yorkspokenword.org.uk

Internal family Systems (IFS): Releasing Constraints

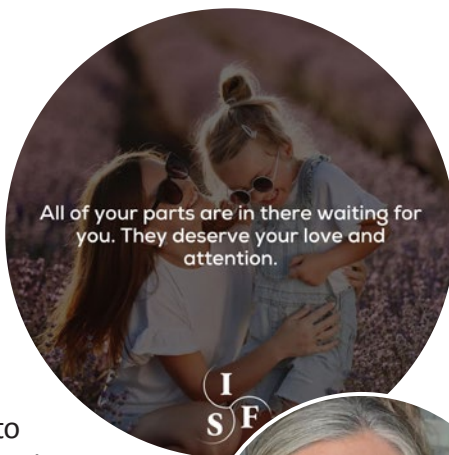


Wednesday 6th March | 12:00–14:00

Zoom Online Event

The Zoom room opens at 11.45; please arrive at least five minutes early as the room will close once the event begins.

This event is a brief introduction to Internal Family Systems. IFS is an evidence-based form of therapy and a transformative healing tool that is capable of bringing great relief and answers to what may be holding you back from being yourself in the World. The workshop is for all women who experience inner critics, or anxiety, and you will learn a way of seeing yourself and others that is compassionate, liberating and healing.



Booking: For Zoom link email: Internalfamilysystems@gmail.com; Deadline for registering is Tuesday 5th March, 12 noon

Cost: Free

Access: Zoom automated captions

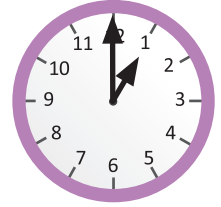
Organiser: Liz Calvert Thompson MBACP, IFS UK Founder Member, Certified Level 3 and Approved IFSI Consultant

Email: Internalfamilysystems@gmail.com

Web: www.internalfamilysystemstraining.co.uk/directory/

LinkedIn: <http://linkedin.com/in/yorkcounsellor>

Therapist Voices: A Personal Journey of Finding Our Voices and Skills



Wednesday 6th March | 13:00-15:00

The Innovation Centre Board Room, Innovation Way, York Science Park, YO10 5DG

Bus 6 or 66 from town; campus (fee) parking: <https://bit.ly/UoYdirections> for travel details and University maps

This event will start with a presentation by various of our practitioners about their personal journeys into their wellbeing professions. There will also be the opportunity for participants to talk about their own health and wellbeing experiences. The event may be recorded during the practitioners' talks and this will be confirmed later.



Booking: via text to 07932 163602 or email to wellbeinginyork@proton.me or june.tranmer@pm.me

Cost: Free with donations towards room hire

Access: Step free access, Wheelchair accessible toilets, Disabled parking

Organiser: June Tranmer, Wellbeing in York CIC

Email: wellbeinginyork@proton.me or june.tranmer@pm.me

Tel: 07932 163602

Web: www.linktr.ee/wellbeinginyorkCIC



Femiknits – Sew, you Wanna Weave a Revolution?



Wednesday 6th March | 14:30-16:00

Church Lane Building, Campus West, University of York,
York, YO10 5ZF

Bus 6 or 66 from town; campus parking (fee); <https://bit.ly/UoYdirections>
for travel details and University maps, or email for directions.

How do textiles stitch together fabric, survival, and rebellion? How do we represent our ideas, identities, or secret messages with the fabric of our lives? This presentation will weave together examples of feminist textiles protests known as 'craftivism' (craft + activism) from around the globe with Richey's experiences as an 'artist' (artist + activist). Q&A discussion after the presentation; artwork on display; knitting / crocheting during the talk is encouraged!



Booking: <https://bit.ly/YIWW-FEMIKNITS> Deadline 6th March 10am

Cost: Free.

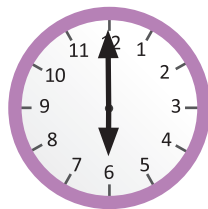
Access: Step free access, Hearing loop, Disabled parking

Organiser: Claire F. Richey

Email: clairerichey@icloud.com

Instagram: @richeyricheyrichey

Intuitively Empowered - A Guided Hypnosis Session to Empower Your Inner Voice



Wednesday 6th March | 18:00-19:15

NOTE: Please arrive between 17:30pm and 17:50pm – after this we can't guarantee access as we will be preparing to start the session

**Wellbeing in York,
Innovation Centre,
Innovation Way, York Science
Park, Heslington, YO10 5DG.**

Bus 6 or 66 from town; free (after 6) campus parking:

<https://bit.ly/UoYdirections> for travel details and University maps.

Join our empowering hypnotherapy session during York International Women's Week. Awaken your inner voice, boost confidence, and tune into intuition with expert guidance. Elevate your sense of empowerment and discover the transformative power of your own voice. This unique experience is designed for women and men seeking strength, confidence, and connection. Let your inner voice resonate with empowerment and harmony in a supportive community.



Booking: to book, text Louise on 07502 949364 or email her on Louise@louiseviolet.com

Cost: Free. Free will donations accepted to cover cost of room hire

Access: Step free access, Wheelchair accessible toilets, Disabled parking, Lift to 1st floor

Organiser: Louise Violet, Hypnotherapy with Wellbeing in York CIC

Email: Louise@louiseviolet.com

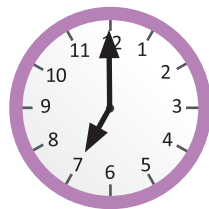
Tel: 07502 949364

Web: www.louiseviolet.com - www.wellbeinginyork.org

Facebook: @louisevioletyork

Instagram: @louise_violet_hypnotherapy

Make Space - Rethinking Parks for Girls and Women



Wednesday 6th March

19:00-20:30

**Rowntree Park Reading Cafe,
Richardson Street, YO23 1JU**

What makes a park 'welcoming' to women and girls? How do you encourage more women/older girls back into these public spaces and reverse the drop off of use as girls enter their teens? Join us to share ideas in an interactive session that is thought provoking and empowering! A chance to find out what we've done so far in Rowntree Park, and what could happen moving forward in our park, and other York parks.



Booking: Book in advance at www.rowntreepark.org.uk/events/booking

Cost: Free

Access: Step free access, Wheelchair accessible toilets, Disabled parking

Organiser: Abigail Gaines 'Make Space for Girls' in Rowntree Park project lead (and FRP Charity Manager) – winner Best of the Best Green Flag award

www.greenflagaward.org/news/best-of-the-best-uk-award-winners-announced/

Email: Hello@rowntreepark.org.uk

Facebook: @friendsrowntreepark

X / Twitter: @FR_RowntreePark

Instagram: @friendsrowntreepark

Finding Your Voice Through Journalling

When: Thursday 7th March | 10:00-11:30

Where: Zoom Online Event

Finding your voice through journalling is a powerful way to explore and express your thoughts, feelings, and experiences. In this workshop, we explore various journalling techniques and exercises to help you connect to your authentic self and tap into your inner voice. More details on our Facebook and booking sites, or email the organiser. See also 'Sisterhood Circle' in-person event, 8th March.



Booking:

<https://bit.ly/YIWW-Journalling>

Deadline: 7th March 9am

Cost: Free

Access: Zoom automated captions

Organiser: The Feelings People

Email:

smile@thefeelingspeople.org

Web: **www.thefeelingspeople.org**

(for info about the movement)

Facebook: [thefeelingspeople](https://www.facebook.com/thefeelingspeople)

Instagram: [the_feelings_people](https://www.instagram.com/the_feelings_people)

Writing has given me [. . .] the power to take all of the anger and confusion I have felt through being a young, female, working-class person in the world, and turn it into something else. Everyone should have an opportunity to learn how to do that. Very hungry people most of all."

Jessica Andrews, UK writer

Inspirational Women on the Frontline of Activism



Thursday 7th March | 13:00-14:00

Alan Maynard Auditorium, Alcuin Research Resource Centre, Alcuin Way, Campus West, University of York, York YO10 5DD

Bus 6 or 66 from town; campus (fee) parking: <https://bit.ly/UoYdirections> for travel details and University maps

Women human rights defenders risk their lives to promote justice and dignity in their local communities. Three women, three countries, three causes. They have stood up for human rights in their respective communities with great impact – and often at enormous personal risk. Come and listen to these inspirational women as they talk about what motivates and sustains them as they fight for human rights and justice for all.



UNIVERSITY
of York

Centre for Applied Human Rights

Booking:

<https://bit.ly/YIWW-ACTIVIST-WOMEN>

Cost: Free

Access: Wheelchair accessible, Accessible toilet. No hearing loop.

Organsier: Patricia Bartley, Centre for Applied Human Rights, University of York

Email: patricia.bartley@york.ac.uk

Web: www.york.ac.uk/cahr/events/

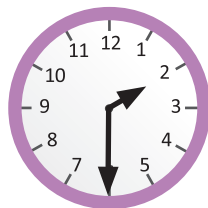
X / Twitter: @CAHRyork

Mummahub

Thursday 7th March | 14:30-16:30
Event Space, Spark York, 17-21 Piccadilly,
York YO1 9PB

Mummahub offers a supportive space for new mums and their babies (0-6 months) to use creativity and connect with their new role whilst also expressing who they are beyond being a mum. Come and see how we use art, poetry and performance to promote wellbeing, open conversations and engage women in their own creative journey. There will also be sensory toys and activities for you and your baby and volunteers on hand with refreshments.

NOTE: No prior experience of creativity needed, and involvement in the creative components is completely optional!



Mummahub

Night Light

Booking: phone 07990 308034; email Sarah.rumfitt@night-light-theatre.co.uk, or online at <https://www.night-light-theatre.co.uk/>. Please get in touch with any questions or to discuss

Cost: Any donations go to running costs of Mummahub Group in York starting April 2024

Access: Wheelchair accessible toilets, Lift available

Organsier: Sarah (Company Director and Arts psychotherapist and mother) and Jenna (Creative Facilitator and Associate Artist/Performer and mother) Mummahub Project, Night-Light-Theatre CIC.

Email: sarah.rumfitt@night-light-theatre.co.uk

Tel: 07990 308034

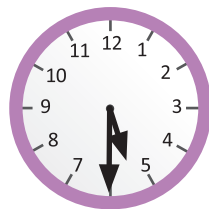
Web: www.night-light-theatre.co.uk

Instagram: @night-lighttheatre

Drumming for the Soul

Thursday 7th March | 17:30–19:30

Wellbeing in York, The Innovation Centre,
Innovation Way, York Science Park, Heslington,
York YO10 5DG



Bus 6 or 66 from town; campus (fee) parking: <https://bit.ly/UoYdirections>
for travel details and University maps

A heartbeat signifies life, it is the beginning of the rhythm of life. A drumbeat represents our beating hearts, it has the ability to connect us to both our contemporary and ancestral lives. These rhythms, as basic as they are, have the power to calm as well as excite our physical, emotional and mental health. Rhythms can speak for us, empower us, they can help to express belief in ourselves. Note: Drums and percussion equipment will be provided but bring your own if you wish!



Booking: Book with Sue via text 07855 943498 or email mazurigold@yahoo.co.uk

Cost: Free to attend, donations towards room hire

Access: Step free access, Wheelchair accessible toilets, Disabled parking

Organiser: Sue Hulbert

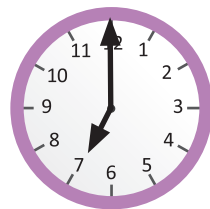
Email: mazurigold@yahoo.co.uk

Tel: 07855 943498

“We recognise that we are thousands of miles from the conflict itself, but are determined to use our voices to reduce the climate of hate and fear it is having on Jews and Muslims living in Britain, which threatens to drive us apart.”

Laura Marks, UK inter-faith
social activist, co-founder of
Nisa-Nashim

Many Voices, Same Waters



Thursday 7th March | 19:00-21:00
The Penn Room, Quaker Meeting House,
Friargate, York YO1 9RL

Join writers Yvie Holder and Dr Emily Zobel Marshall in a relaxed evening of poetry, crossing continents and centuries and connecting us with our city. Emily will read from her debut collection, *Bath of Herbs*, (Peepal Tree Press). Listen to voices from the past and hear how they shaped women of the present. Q & A, and a chance to buy books. Fairtrade tea, coffee and biscuits available.



Booking: Pre-booking preferred, email 1diverseworld@gmail.com by Tuesday 5th March for booking details.

Cost: £5, any profits and voluntary donations to York Racial Equality Network <https://yren.co.uk>

Access: Step free access, Wheelchair accessible toilets; Disabled parking (nearest car parks Castle and Clifford Street)

Organiser: Yvie Holder

Email: 1diverseworld@gmail.com

Tel: 07580 144988

The Girls Club Spoken Word

(self-identified women only)

Thursday 7th March | 19.00-21.30

Doe Bakehouse, 43 Layerthorpe, York, YO31 7UZ



We invite self-identified women to listen to and, if they would like, to perform their own poetry in a relaxed and fun event. It's a fantastic opportunity to meet like-minded people and experience the massive impact that words can have. Enjoy a drink and a donut whilst watching headline performer Hannah Davies from Say Owt. Email ASAP if you are interested in performing, or for more details.

The Girls' Club
YORK

Booking: Budding performers must email girlsclubbyork@gmail.com by Monday 4th March to secure a slot; no booking needed for listeners, just turn up; check Instagram or CLIQ for updates.

Cost: Free entry; BYOB + 10% off donuts; voluntary donations to <https://yorkwomenscounselling.org/>

Access: Step free access, Wheelchair accessible toilets, No hearing loop

Organiser: The Girls' Club York

Email: girlsclubbyork@gmail.com

Web: www.thegirlsclub.uk

Facebook: The Girls' Club

Instagram: [thegirlsclubbyork](https://www.instagram.com/thegirlsclubbyork)

CLIQ APP: <https://bit.ly/YIWW-GIRLS-CLUB>

Kyra International Women's Day

(Main event open to all, Kyra taster sessions only open to self-identified women)

Friday 8th March | 10:00-16:00
St Saviourgate York, Central
Methodist Church, St Saviourgate,
York YO1 7NQ

Kyra will be celebrating IWD with a charity, business and wellbeing fayre featuring local partners. We will also be offering taster sessions of some of Kyra's regular activities. These will be open to non-members as well as members on the day. Both the fayre and the taster sessions will be held downstairs in an accessible hall. Taster sessions are open to self-identified women only.

"If you're one of those people who has that little voice in the back of her mind saying, 'Maybe I could do [fill in the blank]'; don't tell it to be quiet. Give it a little room to grow, and try to find an environment it can grow in."

Reese Witherspoon,
US actress



kyra
women's project

Booking: Women can book online for taster sessions:
<https://bit.ly/KYRA-YIWW2024>

For the main event people are invited to turn up on the day

Cost: Free

Access: Hearing loop, Step free access, Wheelchair accessible toilets

Organiser: Anna Perrett / Kyra

Email: anna@kyra.org.uk or contact@kyra.org.uk

Tel: 01904 632332

Facebook:

@KyraYorkWomensCentre

X / Twitter: @KyraWomen

Instagram: @kyrawomen

LinkedIn:

@kyra-womensproject

Touch for Health Self Care Workshop

Friday 8th March | 10:30-12:30

Wellbeing in York, The Innovation Centre,
Innovation Way, York Science Park, Heslington,
York YO10 5DG

Bus 6 or 66 from town; campus (fee) parking: <https://bit.ly/UoYdirections>
for travel details and University maps

An introduction to listening to messages from your own body and how to interpret them for improving your wellbeing. It will include a slideshow with links to useful info, and short videos to aid in remembering the techniques.



Booking: Book direct with June: text 07932 163602 or email june.tranmer@pm.me

Cost: Free

Access: Step free access, Wheelchair accessible toilets, Disabled parking

Organiser: June Tranmer, Wellbeing in York CIC

Email: wellbeinginyork@proton.me or june.tranmer@pm.me

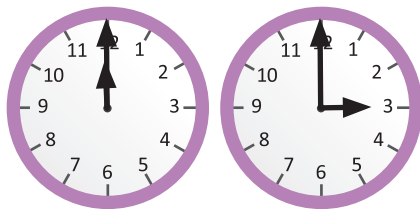
Tel: 07932 163602

Web: <https://linktr.ee/JuneTranmerWellbeing>

"If this world is to be healed through human efforts, I am convinced it will be by ordinary people whose love for life is even greater than their fear."

Joanna Macy, US environmental activist, scholar of Buddhism, author

International Women's Day Creative Hub



Friday 8th March | Workshop 12.00-14.00;

Exhibition (drop in) 15:00-18:00

York Theatre Royal, St. Leonard's Place, York, YO1 7HD

Celebrating the women of York: their creativity, their community, and their joy. Join us for a creative workshop inspired by Wise Children's production, Blue Beard (www.yorktheatreroyal.co.uk/show/blue-beard/). We'll explore the roles of women and mothers in history which twist fairy-tales and we'll explore the importance of stories that happen every day. The exhibition will showcase the female talent and community that exists in York and is a collaboration between York Theatre Royal, York Inspirational Kids and York Centre for Voluntary Services.



Booking: (for workshop)
www.yorktheatreroyal.co.uk
email lydia.crosland@yorktheatreroyal.co.uk or
phone 01904 715468

Cost: Free

Access: Step free access,
Wheelchair accessible toilets

Organsier: Lydia Crosland, York
Theatre Royal

Email: lydia.crosland@yorktheatreroyal.co.uk

Web:
www.yorktheatreroyal.co.uk

Facebook: @yorktheatreroyal

X / Twitter: @YorkTheatre

Instagram: @yorktheatreroyal

YouTube: YorkTheatreRoyal

TikTok: @YorkTheatreRoyal

Empowering Palestinian Women and Communities for a More Peaceful Future

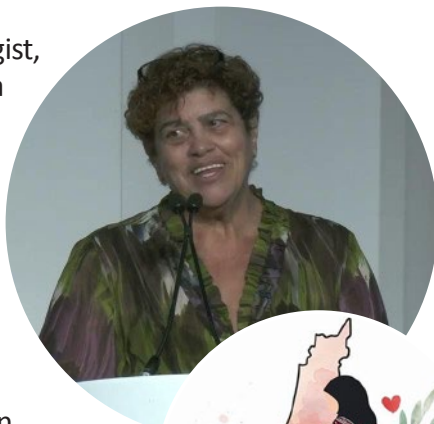


There is also chance to hear this speaker on 5th March at 19:30

Friday 8th March | 14:00-15:30

York Mosque Islamic Centre, Bull Lane, York YO10 3EN

Nabila Espanioly, a clinical psychologist, feminist and peace activist, Al Tufula Centre, Nazareth, will discuss in person her work to empower Palestinian women and promote strong early childhood education for Palestinian families. Over the years this has included political work, social campaigning, working to change laws in Israel and making people aware of what's happening in Palestinian communities inside Israel and about the importance of equality.



Booking: No booking required, just turn up

Cost: Free with refreshments

Access: Hearing loop, Step free access, Wheelchair accessible toilets, Lift, Disabled parking. If you need a BSL interpreter please contact the organisers

Organiser: Saira Is-Haq & Margot Brown

Email: sairadaisy@yahoo.co.uk; global.ed@btinternet.com

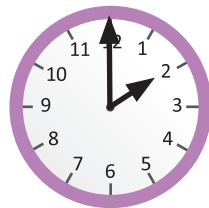
Tel: 07779 638138

Sisterhood Circle

(self-identified women only)

Friday 8th March | 14:00-16:00

Spark:York CIC, 17-21 Piccadilly, York YO1 9PB



A Sisterhood Circle is a place where women feel supported, seen and heard, where your stories and experiences matter. We welcome women of all ages, from all walks of life, to share your truths and be heard. If you'd like to know more before booking, check out our Facebook or booking sites, or email the organiser. See also 'Journalling' online event, 7th March.



Booking: <https://bit.ly/YIWW-Sisterhood-Circle>

Deadline 8th March 1pm

Cost: Free

Access: Wheelchair accessible toilets, Lift available

Organiser: The Feelings People

Email: smile@thefeelingspeople.org

Web: www.thefeelingspeople.org (for info about the movement)

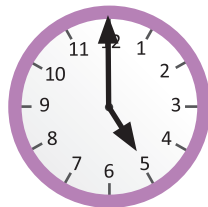
Facebook: @thefeelingspeople

Instagram: @the_feelings_people

*"In a room the
size of loneliness/
My heart's the
size of love."*

**Forugh Farrokhzad,
Iranian poet, film
director**

The Gender Wars: Radical Feminist Trans Inclusion



Friday 8th March | 17:00-18:00, plus drinks reception & book signing until 19:00

Hybrid/blended event – Creative Centre Auditorium, York St John University, York, YO31 7EX or online via Zoom

Dr Finn Mackay is founder of the London Feminist Network, reviver of the Reclaim the Night March and veteran of the Women's Peace Movement. Finn's latest book 'Female Masculinities and the Gender Wars' explores the political backlash aimed at the trans rights movement, with the aim of providing a radical feminist perspective that is inclusive of trans and nonbinary identities.



Booking: Pre-booking via Eventbrite required for both in-person and online access <https://bit.ly/YIWW-FinnMackay>

Cost: Free

Access: BSL interpreter, Hearing loop, Step free access, Wheelchair accessible toilets, Zoom automated captions

Organiser: York St. John University Events Team

Email: events@yorks.ac.uk

Tel: 01904 876318

Facebook: @YSJEvents

X / Twitter: @YSJEvents

Instagram: @YSJUEvents

International Women's Day Poetry Showcase



Friday 8th March | 19:00-21:00

The Basement, City Screen
Picturehouse, Coney Street,
YO1 9QL

Celebrate International Women's Day with a special performance from a selection of acclaimed poets, including Olivia Mulligan, Anne Caldwell, Simone Jackson and Allie Esiri. As well as reading from their work, the poets will be in conversation with Chloe Hanks, co-host of York-based open mic group Howlers.



"By voice, I don't mean only literal voice [...] but the ability to speak up, to participate, to experience oneself and be experienced as a free person with rights. This includes the right not to speak, whether it's the right against being tortured to confess, as political prisoners are, or not to be expected to service strangers who approach you, as some men do to young women, demanding attention."

Mary Beard,
UK scholar

Booking: www.yorkliteraturefestival.co.uk or www.yorktheatreroyal.co.uk/whats-on or York Theatre Royal 01904 623568 or box office

Cost: £10

Access: Step free access, Wheelchair accessible toilets, No hearing loop, microphones will be used

Organiser: Shelby Gibbs

Email: programming@yorkliteraturefestival.co.uk

Tel: 07516 842552

In Her Shoes – Our City Hub Mindful Photography



Saturday 9th March | 09:00–15:00

Marriott and Garden Rooms, York Explore Library,
Library Square, Museum Street, York YO1 7DS

Come and meet Rebecca from Mindful Photography UK. See and hear about the therapeutic photography project in collaboration with 'In Her Shoes' group (part of the Our City Hub project) which promoted social connection and wellbeing across the women of York last summer. The group used mindful photography to build connections and explore themselves in their surroundings. The process of therapeutic photography enhances self-knowledge, self-efficacy and self-esteem. There will be the opportunity to take part in the process yourself on the day.



Booking: People can turn up on the day

Cost: Free

Access: Step free access, Wheelchair accessible toilets, Disabled parking, up to 10 spoken language Interpreters available

Organiser: Mindful Photography UK in collaboration with Our City Hub, Rebecca Rowan Founder and Facilitator Mindful Photography UK.

Tel: 07709 325823

Web: www.mindfulphotography.org.uk

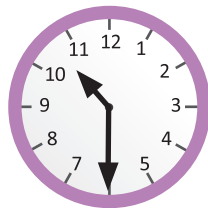
Linktr.ee: <https://linktr.ee/MindfulPhotographyUK>

Our City Hub Project offers an inclusive space with learning opportunities and cultural celebrations for migrant communities in York: In her Shoes promotes the wellbeing, self-esteem, and resilience of all women.

Email: ourcityhub@gmail.com **Facebook:** @OurCityHub

Turning Down the Volume on the Voice of Anxiety

Saturday 9th March | 10:30–11:15
Zoom Online Event



The voice of anxiety is often there to guide and protect us, but when it becomes too loud it can in fact work against us and prevent us from doing the things we'd like to do. If you'd like to learn some easy to implement anxiety management techniques from Rapid Transformational Therapy, I look forward to having you join me in this short online session.



Booking: Email Kate@katekenchtherapy.com or phone 07935 667005, Deadline 8th March 8pm

Cost: Free

Access: Zoom automated captions

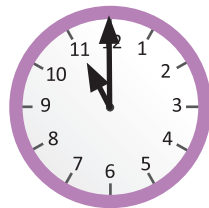
Organiser: Kate Kench and Wellbeing in York. RTT Practitioner, Advanced Skills Teacher and Certified Hypnotherapist

Email: Kate@katekenchtherapy.com

Tel / WhatsApp: 07935 667005

Instagram: @katekenchtherapy

Resting and Reflecting with York Anti Racist Collective (YARC)



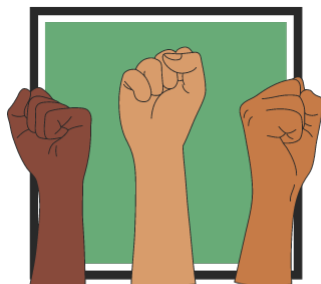
(for black and global majority self-identified women only)

Saturday 9th March | 11:00-13:00

**Discovery Room, New Earswick Folk Hall, Hawthorn
Terrace, New Earswick, York YO32 4AQ**

During this event, we invite you to take a pause and participate in a creative workshop, exploring what it means to be a woman, both collectively and from our own experiences. Using active rest and creative practice, we will explore using our voices, gentle movement, creative writing and drawing to celebrate YIWW.

Note: Children are welcome to attend with their parent/guardian. The venue has a cafe which will be open if partners who are not attending the event would like to be available to support with child care.



**York Anti Racist
Collective**

Booking: <https://bit.ly/YIWW-YARC>

Cost: Free

Access: Wheelchair accessible toilets, Disabled parking

Organiser: York Anti Racist Collective

Email: antiracistcollective@gmail.com; safeguarding.yarc@gmail.com

Instagram: @antiracistcollective

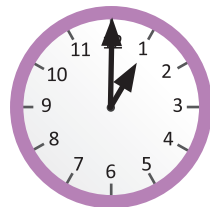
Introduction to Whittling

(self-identified women only)

Saturday 9th March | 13:00–15:00
Homestead Park, 40 Water End, Clifton,
York YO30 6WP, Lower Meadow area

Vehicle and ample parking access via Shipton Road, YO30 5RE
www.jrht.org.uk/location/homestead-park

Come to the Woodland area of the Homestead for an introduction to whittling. Learn to whittle green wood and enjoy the simplicity of this traditional craft in a tranquil woodland space. Hot drinks made on the fire and seasonal snacks provided. We have a range of camp chairs of many sizes available, and a shelter if the weather calls for it.



Booking: <https://bit.ly/YIWW-whittling> or
<https://fb.me/e/1CKuROEGm> Deadline 9th March 9am

Cost: Free

Access: Wheelchair accessible toilets, Disabled parking.
Important: Our event is woodland ground with no laid path and a slope to Lower Meadow; the ground can get muddy and there are natural trip hazards such as tree roots. We will make the space as accessible as possible, and can assist with wheelchairs if needed. Please email if you would like to discuss any aspect of accessibility.

Organiser: Thrive Outside CIC

Email: thriveoutsidecic@gmail.com

Tel: 07507 605599 (email or Facebook messenger usually quicker)

Website: thriveoutsidecic.org.uk

Facebook: @thriveoutsideuk

Instagram: @thriveoutsidecic

Stitch and Shout

Saturday 9th March | 13:00–16:00 drop in
Fabrication, Coney Street,
York YO1 9QL

Ever feel like your voice isn't heard? Women for centuries have recorded their stories through the power of textiles. Grab one of our hankies, or bring your own and make a square for a community quilt. Learn to print, embellish and embroider at our drop-in; all materials provided. Or customise your own hanky at home and send in to be part of an amazing community art piece (guidelines on YIWW website, or email Hermione).



"The stories we tell through art can be a catalyst for social change and justice."

Shirin Neshat, Iranian
visual artist

Booking: Email

hermione@maltonsculpturetrail.org,
drop in on the day, or email for home-
sewing guidelines.

Cost: Free

Access: Step free access

Organiser: Hermione Crowe

Email:

hermione@maltonsculpturetrail.org

Tel: 07506767362

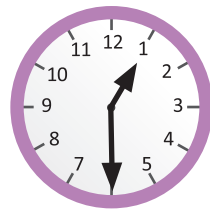
Instagram: @hermionecrowetextiles

Writing for Wellbeing

Saturday 9th March | 13:30–14:30
Wellbeing in York, The Innovation Centre,
Innovation Way, York Science Park,
Heslington, YO10 5DG

Bus 6 or 66 from town; free campus parking:
<https://bit.ly/UoYdirections> for travel
details and University maps

This workshop focuses on writing with optional gentle tai chi/chi kung exercises to warm up our creativity! You don't need to have any prior experience in creative writing or poetry – I will provide prompts, suggestions and guidance during the session. Please bring a notebook and pen or pencil, and a glove or pair of gloves!



Booking: Email:
sandie@essenceofwriting.com
or text 07967 890969

Cost: Free, voluntary donations
towards room hire

Access: Step free access,
Wheelchair accessible toilets,
Disabled parking

Organiser: Sandie Day

Email:
sandie@essenceofwriting.com
or wellbeinginyork@proton.me

Tel: 07967 890969

*"But I've learnt that no
one is too small to make a
difference."*

**Greta Thunberg, Swedish
environmental activist.**

Healing Sounds for Relaxation and to Help Cultivate a Positive Inner Voice



Saturday 9th March | 14:00–15:00

**Wellbeing in York, The Innovation Centre, Innovation Way,
York Science Park, Heslington, YO10 5DG**

Bus 6 or 66 from town; free campus parking: <https://bit.ly/UoYdirections>
for travel details and University maps

Allow the healing sounds from Irene's crystal & Tibetan singing bowls, with special emphasis on 672 Hz Frequency, to help shift and create a space for healing to take place within your throat chakra, your communication and self-expression centre. Allow the sounds to help you to relax and cultivate a more positive inner voice and self-expression. Allow this time to help you find an hour of inner peace & clarity. You can be seated or bring a yoga mat to lie on.



Booking: Email Irene on irene@yorkreikiplus.com or text to 07941 697047 by 5pm on 8th

Cost: Free, donations towards room hire welcome

Access: Step free access, Wheelchair accessible toilets and lifts, Disabled parking

Organiser: Irene Forsyth, certified Sound Healing Practitioner, Wellbeing in York in collaboration with York Reiki Plus

Email: irene@yorkreikiplus.com

Tel: 0794 1697047

Web: www.yorkreikiplus.com

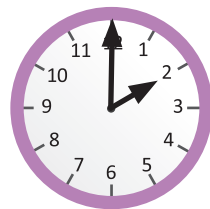
Email: wellbeinginyork@proton.me

Tel: 07932 163602

Web: www.wellbeinginyork.org

Feminist Speed Friending

(self-identified women and non-binary people only)



Saturday 9th March | 14:00-15:00

**Room LFA/204, Fairhurst Library, University of York,
Campus West, York, YO10 5DD. Enter through Morrell
Library.**

Bus 6 or 66 from town; free campus parking: <https://bit.ly/UoYdirections>
for travel details and University maps.

Are you a feminist and would you like to meet like-minded people? We invite you to attend our feminist speed friending event! Stemming from our longing for a feminist group of people with whom to share our experiences and ideas, we have created this space to meet others and foster exchange that can be interesting and fulfilling for all involved. Come and join us!



Booking: <https://bit.ly/YIWW-Feminist-Friends>,
deadline 9th March 9am

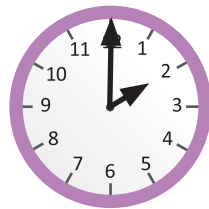
Cost: Free

Access: Step free access, Wheelchair accessible toilets, Disabled parking (but contact us on the booking form, or email if the University is unfamiliar to you for the best mobility access routes).

Organiser: Loren Sandoval Arteaga & Macarena Yunge González

Email: lorensandoval926@gmail.com;
macayungegonzalez@gmail.com

'A Frock For FROK' – Women's Clothes and Accessories Swop



Saturday 9th March | 14:00-16:00
Clements Hall, Nunthorpe Rd, York YO23 1BW

Back by popular demand! Refresh your wardrobe! Bring 3+ items of good quality women's clothes (sized and on coathangers if possible), shoes or accessories. Pay £1 for each 'new' item you take away. Jewellery stall; raffle; craft stall. Updates about Khwendo Kor's amazing work to help women and girls live with dignity and self-reliance in deeply patriarchal northwest Pakistan. Parking in school playground opposite.



Booking: No prior booking. Just turn up!

Cost: Tickets £3.00 to include tea and cake and a short talk about the work of Khwendo Kor. Profits go to UK Friends of Khwendo Kor (FROK) – www.frok.org.uk CASH ONLY PLEASE

Access: Step free access, Accessible toilets, Hearing loop, Blue badge on-street parking.

Organiser: UK Friends of Khwendo Kor (FROK)

Email: frok.events@gmail.com

Tel: 01904 702060/ 705752

Web: www.frok.org.uk

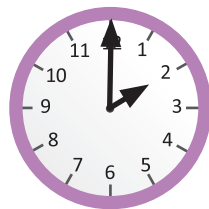
Facebook: @UK Friends of Khwendo Kor

My Perfect Day

(self-identified women only)

Saturday 9th March | 14:00-16:00

Hybrid event. Online by Zoom or In-person at Spark York, 17-21 Piccadilly, York YO1 9PB



With the song “When You wish upon a Star” in mind, imagine your perfect day.... be it personal or global, past present or future, environmental or political, involving fantasy or magic, whatever, whenever, your choice! This hybrid workshop – open to a wide diversity of womankind – will share women’s dreams from near and far. Record and keep, if you like, as part of women’s lives 2024.



RPT
REAL PEOPLE THEATRE

Booking: For online or in-person, please email Sue on sueann@curlew.totalserve.co.uk or phone 01904 488870

Cost: Free

Access: Wheelchair accessible toilets, Lift available

Organiser: Real People Theatre – Sue Lister

Email: sueann@curlew.totalserve.co.uk

Tel: 01904 488870

Web: www.realpeopletheatre.co.uk

Connecting With Self: 'Remembering Marina Abramovic'



Saturday 9th March | 14:00-18:00 drop in
In front of the Law and Management building, Campus East, University of York, Freboys Lane, York YO10 5GD

Bus 6 or 66 from town; free campus parking:

<https://bit.ly/UoYdirections> for travel details and University maps. Email breakingbarriers@yusu.org if you would like to be met at the campus car park or bus terminal.

This event explores the beauty of silence by replicating Marina Abramovic's performance art "The Artist is Present". Participants take part by either mirroring each other while walking inside the platform or sitting against another individual and maintaining eye contact in complete silence for as long as possible. The performance aims to provide time and space to connect with one's self and experience silence.



*"It takes courage
to recognise the real as
opposed to the convenient."*

**Judi Dench, York born
UK actress.**

Booking: Email breakingbarriers@yusu.org to book, or turn up on the day

Cost: Free

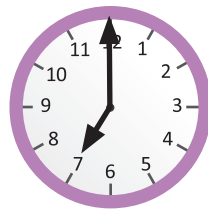
Access: Step free access;
Wheelchair accessible toilets

Organsier: Women Break Barriers Society, University of York

Email:
breakingbarriers@yusu.org

Telling Stories Through Food: Refugee Feast Night

(self-identified women only)



Saturday 9th March | 19:00-21:30

**The Citadel, Gillygate,
York YO31 7EA**

Yahala Mataam is a pop-up restaurant run by refugees who share their food, culture, and stories with guests. This event is a feast cooked and served by women refugees. Guests will experience a wonderful meal originating from the women's cultures, and hear the stories of some women refugees who are currently living in York.



Booking: www.yahalarestaurant.co.uk, deadline 1st March. Bookings open to individuals and groups; guests seated at long tables.

Cost: Pay as you feel; recommended £25 per person, plus drinks. Any profit will go to Refugee Action York, www.refugeeactionyork.org

Access: Hearing loop, Step free access, Wheelchair accessible toilets

Organiser: Kirsten Nott

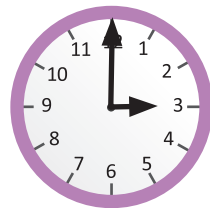
Email: yahalarestaurantyork@gmail.com

Facebook: @Yahala Mataam

Instagram: @yahalamataam

Wheel of Consent Workshop

(self-identified women and non-binary people aged 18+ only)



Sunday 10th March | 15:00-17:00

Spark WORK space, first floor, 17-21 Piccadilly, York, YO1 9PB

This workshop introduces the Wheel of Consent, a model of relating developed by Betty Martin <https://bettymartin.org>. The model aims to bring clarity and authenticity to relationships by distinguishing between the 'doing' aspect of interaction, i.e. "who is doing?", and the 'gift' aspect, i.e. "who is it for?", and to develop productive forms of consent. I will explain the Wheel, invite participation and discussion, and lead a partner activity.



Booking: Eventbrite
<http://bit.ly/YIWW-WoC>
Deadline 10th March 9am

Cost: Free, optional donations to
<https://www.yorkmind.org.uk>

Access: Lift to first floor studio,
Accessible universal toilets on
ground floor, No hearing loop.

Organiser: Sophia Rehmus

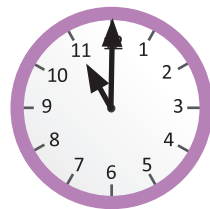
Email:
sophiarehmus@gmail.com

Instagram: @sophia_natsios

*"I know I'm stronger in
the songs than I really am.
Sometimes I need to hear it
myself. We all need to hear
those empowering songs to
remind us."*

**Beyoncé Knowles-Carter, US singer,
songwriter, businesswoman**

GUNA: Views and Voices of Women Art Exhibition and Performance Night



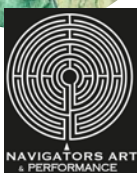
Exhibition 10th March - 6th April 2024 | from 11:00

Exhibition launch: 11th March | 18:00 onwards

Performance: 23rd March | 19:30-22:30

**City Screen Picturehouse, St Martins Courtyard,
13-17 Coney St, York YO1 9QL**

GUNA - from the ancient Greek word for woman. Local collective Navigators' Art & Performance presents work to explore, celebrate and promote women's and non-binary people's views and voices. The exhibition incorporates collaborative pieces from women's groups and individual artists' work. At the launch evening visitors can meet and talk to the artists in a relaxed environment with a free drink.



The live performance in City Screen Basement features music, spoken word, comedy and more. All welcome to come along to be inspired and provoked by the artists' voices, and to have fun.

Booking: Exhibition and launch: No booking required, just come along!

Performance: Ticket Source link: bit.ly/nav-guna

Cost: Exhibition and launch event are free. Performance is £9 (or £10 on the door), Any profits to support women and non-binary Navigators' artists.

Access: Step free access, Wheelchair accessible toilets, Lift to all floors

Organiser: Navigators' Art & Performance

Email: navigatorsart@gmail.com

Facebook: @navigatorsart

Instagram: @navigatorsart

My Perfect Day

Wednesday 13th March | 14:00-16:00

Hybrid event. Online by Zoom or In-person at Spark York, 17-21 Piccadilly, York YO1 9PB



With the song “When You wish upon a Star” in mind, imagine your perfect day.... be it personal or global, past present or future, environmental or political, involving fantasy or magic, whatever, whenever, your choice! Record and keep, if you like, as part of our AWOC dreams 2024. Please join us if you are ageing without the support of nearby children due to choice, circumstance, involuntary childlessness, bereavement, disability, estrangement or distance.



Booking: For online, contact Sue for the link on sueann@curlew.totalserve.co.uk or by phone at 01904 488870; for in-person, just turn up on the day

Cost: Free but donation to the AWOC York kitty welcome at www.awocyork.org.uk

Access: Wheelchair accessible toilets, Lift available

Organiser: AWOC (Ageing Without Children) - Sue Lister

Email: hello@awocyork.org.uk

Tel: 01904 488870

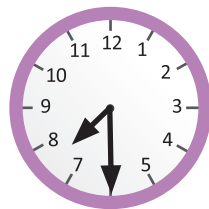
Web: www.awocyork.org.uk

Femmes Fortissimo 2024

Saturday 20th April | 19:30-21:30

**Acomb Parish Church Hall, 18A Front Street,
YO24 3BZ**

www.acombparish.org/acomb-parish-church-hall.html



Femmes Fortissimo is a brass band project begun as part of YIWW2018 and the commemoration of 100 years since some women got the vote in the UK. Since that time we have put on an annual charity event as part of the wider YIWW programme. Under conductor Clare Winter the band of women players from brass bands across Yorkshire and further afield will celebrate this year's YIWW2024 theme 'One City, Many Women's Voices' in this entertaining concert for all.



Booking: www.ticketsource.co.uk/femmes-fortissimo

Tickets will be on sale from 10am 1st March up until the concert, subject to availability

Cost: £10, U18s £7.50. Any profits to Survive
www.survive-northyorks.org.uk

Access: Step free access; Disabled parking

Organiser: Femmes Fortissimo

Email: femmesfortissimo@gmail.com

Web: <https://femmesfortissimo.weebly.com>

How to find out about regular activities around the city

Live Well York is a community website for adults in York. It includes information about a wide range of community activities and events, a directory of local services, information and advice pages including on digital support and training. It is designed to be searched quickly and easily. For example, you can search it for:

- “Where” activities are happening in a particular part of the city (e.g. Haxby)
- “Who” the activity is for (e.g. people with a particular disability and/or long-term health condition)
- “What” type of activity (e.g. arts and crafts)

You can also create your own personalised “My Information Booklet” from it.

York SEND Local Offer is a website that provides information on the support available to families, children and young people with Special Education Needs and/or Disabilities (SEND), with their education health and care needs.

For information on Live Well York for all adults:

Tel: 01904 551006

E: livewellyork@york.gov.uk

www.livewellyork.co.uk

For information for families, children and young people with SEND:

Tel: 01904 554444

E: yorklocalofferSEND@york.gov.uk

www.yorksend.org

For information and advice for young people (16-25 year olds):

Tel: 01904 555400

E: YPSG@york.gov.uk

www.yor-ok.org.uk/young-people/

For information about disability/inclusive sports

www.york.gov.uk/InclusiveSports

For information on accessibility details for some venues in York:

www.accessable.co.uk/

[organisations/city-of-york-council/](http://www.accessable.co.uk/organisations/city-of-york-council/)

If you don't have internet access or a PC/laptop/tablet and are able to visit your local Explore Library, ask a staff member or volunteer there to help you.

If you need a PC/laptop/ tablet at home but are not able to purchase one then a Community Support Worker may be able to apply to York IT ReUse scheme for you. If you don't have a Community Support Worker, phone 01904 551550 and ask to be put through.

Worrying about money?

The rise in cost of living is on everyone's mind. There are three key steps to get you in to the best place to meet the extra costs.

- **Make sure you are getting all the financial support available:**
 - Use one of the free benefit checkers at www.gov.uk/benefits-calculators
 - Check the council's website for local support schemes, including Household Support Fund at www.york.gov.uk/benefits
- **Reduce your outgoings, don't spend more on bills than you have to:**
 - See how you can save on your energy bills
 - Use approved comparison websites
 - Talk to your existing suppliers about discounts and social tariffs
 - Find out more at www.LiveWellYork.co.uk/talkmoney
- **Don't struggle alone. If you are unsure or need assistance with the things above, there is help across the city from council services and other local organisations. Find out:**
 - how to contact an advice service at www.york.gov.uk/benefitsadvice
 - where there are community drop-ins across the city at www.livewellyork.co.uk events calendar

Keeping York warm and well, accessing help with food

Warm Places for York residents include Explore libraries, community centres, church halls, local hubs and more. Everyone is welcome to come for warmth, comfort, and companionship: many also have activities and free or affordable refreshments or food.

There are also many places around the city where you can get help with food, with or without referral vouchers.

Find your local warm places and community food help at www.livewellyork.co.uk or www.york.gov.uk/HelpWithFood

IF YOU'RE NOT ABLE TO ACCESS INFORMATION ONLINE –

pick up a leaflet OR ask at your local library, community centre OR find information on community noticeboards OR phone the council's benefits adviser team on 01904 552044 and they can help put you in touch with the right people.



Enjoyed YIWW 2024?

Interested in finding out more?

Have something to say about the programme?

YIWW are currently looking for new members to join the coordinating group.

Contact us for an informal and friendly no-obligation chat.

Time commitment:

- mainly Sept–April, especially Jan–March; meetings in-person or online every 4-6 weeks + emails correspondence and specific tasks

Main tasks:

- take a regular and active part in ongoing decisions via our group email

We welcome feedback, for instance:

- What events attracted you, and what did you attend?
- What types of events would you like to see in the future?
 - How did you find out about YIWW?
 - Anything else?

- carry out various tasks singly or with others, for instance coordinating the programme, taking responsibility for social media, or distributing flyers locally
- help YIWW to keep developing its scope and its programme

We welcome all interested people who can spare some time, whether you are new to this kind of volunteering or you have specific experiences or skills to offer.

Keep up to date with YIWW plans:

- check out our website www.yorkwomen.org.uk
- follow us on Facebook and Instagram: @yorkwomen
 - join our low-volume mailing list by emailing yorkwomensvoices@gmail.com

York International Women's Week

York International Women's Week (YIWW) is held each year around International Women's Day (IWD), 8th March. IWD has roots in socialist campaigns in Europe and the US, and is now marked by the UN and in numerous countries in multiple ways – from national holidays and flower gifts to campaigns. IWD has thus become a time to celebrate the hard work and achievements of women worldwide, as well as focus on gender equality and justice.

For 2024, YIWW encourages our 'one city' to open up to 'many women's voices'. By making space for events that focus on women's lives locally and globally we may come to agree with Swedish environmental activist Greta Thunberg that "no one is too small to make a difference".

Our hope is that YIWW, along with the thousands of other IWD activities, will be part of a multitude of women's voices that celebrate our differences and recognise our commonalities, and work towards a peaceful and just world for all.



"The important thing is to support voices that come from different cultures, rather than looking at them from afar and saying, 'This is what you should do.' It's handing over the initiative and being sisterly and supportive."

**Baroness Haleh Afshar, UK/Iranian
York activist academic**

