

Dorset Women's Week

Friday 6 – Saturday 14 March

FREE Event
Dorset Women's Day

Saturday 14 March,
10am-3.30pm, Dorford Centre,
Bridport Road, Dorchester
**Workshops, crafts, stalls,
light refreshments
and FREE crèche**

**WAND
DORSET**

*CELEBRATING
WOMEN...*

E-mail: wanddorset@gmail.com
Phone: 01305 252204 (daytime only)
Facebook: [/fantasticdorsetwomen](https://www.facebook.com/fantasticdorsetwomen)

www.wandwomen.org.uk



Welcome to our Dorset Women's Week 2015 Programme



14 March 2015 is the 10th Dorset Women's Day being run by the Woman's Action Network Dorset (WAND), to celebrate International Woman's Day (on 8 March) – this year's theme is Empowering Women.

To celebrate our tenth anniversary we are expanding on the day and bringing you Dorset Women's Week running from 6-14 March. There are a number of events and activities being held during the week as well as special offers during the week all with the aim of empowering women to be able to do things.

WAND has two amazing Patrons: Harriet Walter, actor and writer; and Tracey West, author, broadcaster and poet, who support and champion the work that we do.

Tracey says 'As a proud Patron of the Women's Action Network Dorset I am thrilled that this year, in partnership with other local organisations such as Bridfem, they are offering a whole week of activities and generous offers. From serious talks to sport, from performances to nature, Dorset Women's Week is a great way to try something new or do more of the things you already enjoy. Plus there is an opportunity to put your questions to local parliamentary candidates about what they will do for women if they are elected! And the week culminates with the wonderful Dorset Women's Day on March 14 which brings together a fabulous collection of creative souls who bring so many skills to the table - haberdashers, jewellery makers, crafters, bakers, writers, cooks, knitters, photographers, gardeners and therapists of many kinds - truly something for everyone – of all ages too!'

So check out the activities during the week and come along to Women's Day – learn something new, be empowered and have fun!

Find out more about WAND by visiting our stand at the event or visiting our webpage: www.wandwomen.org.uk

Dorset Women's Week

Friday 6 March

Rwanda's Women: Stories of Courage, Forgiveness and Resilience during the Genocide & the Journey of Rebuilding with Carl Wilkens

1pm – 2pm

South Walks House, Dorchester
(West Dorset District Council)

FREE

A free talk given by activist and humanitarian, Carl Wilkens, about his experiences of remaining in Rwanda during the genocide of 1994. His actions together with Rwandan colleagues saved the lives of hundreds - including many orphaned children left trapped in the capital.

However Carl's talk is not really about genocide. It is more about the choices people made, actions people took, courage people showed, and the sacrifices people gave in the face of this atrocity.

Free buffet from 12.30pm - 1pm.

BOOKING ESSENTIAL

RSVP to Emma Scott – e.scott@westdorset-weymouth.gov.uk
or 01305 252204

Jointly hosted by The South West Dorset Multicultural
Network



www.worldoutsidemyshoes.org

Dorset Women's Week

Friday 6 March

Women's Manifesto

Doors open at 7.30pm

8pm – 9pm

(refreshments to follow from 9-9.30pm)

Dorchester Town Hall

FREE

With the general election on its way this is your opportunity to put questions about any issues relating to women directly to potential candidates for West Dorset. Questions might be about individual candidates views on topics such as health or employment or about the policies of the parties they may represent. The event is being chaired by BBC Radio Solent's afternoon show presenter Katie Martin.

At the time of going to press confirmation has been received from:

Peter Barton (Green Party)

Rachel Rogers (Labour)

Ros Kayes (Liberal Democrats)

Oliver Letwin (Conservative)

David Glossup (UKIP)

Booking is essential - reserve your FREE ticket via the WAND website or by calling 01305 252204.

For the opportunity to get involved, please submit your question by 4pm on Wednesday 4 March to the WAND website at www.wandwomen.org.uk - contributors will then be invited to pose their query on the night.



Community Play: 'Penelope on Ithaka

7pm for a 7.30 start

The Room Upstairs, The Avenue Restaurant,
33 West Street, Bridport



FREE

A 'pop-up' play from The Domestic Theatre Handbook.
Come along to watch or join in if you want.

Homer famously tells of Odysseus' adventures at Troy and on his journey home. But what did his wife Penelope do during the twenty years she waited for him? Come and enjoy an alternative view of a classic tale. The author, Beth Shaw, will be there in person, and there will be books for sale.

All welcome.

23 Feb-7 March

Library Display



All day

Bridport Library

FREE

There will be a display on International Women's Day and the Bridport Feminist Network in Bridport Library.



Dorset Women's Week

All Week: 6-14 March



Naturalife Offer

Naturalife
WHOLEFOODS BODYCARE

Naturalife in Dorchester are giving away FREE goody bags to the first 50 customers who visit their shop in Antelope Walk, Dorchester, DT1 1BE and quote Dorset Women's Week offer.

While stocks last!

Library Display

Dorset County Council 

All day

Dorchester Library

FREE

Dorset Library Service will be supporting the WAND event by showcasing some of the best in women's fiction, especially local authors.

Drop by our display to find out what libraries can do for you and your family and discover talented writers from around the county.

Window Display

**Dorchester
Waterstones**

FREE

Waterstones bookstore is supporting Dorset Women's Week by hosting a window display all week advertising Dorset Women's Day and highlighting a range of books linked to the workshops being held during the day.

Leisure Centre Offers

Oxley Sport Centre

Sherborne

For all women and girls who quote 'Dorset Women's Week Offer' we are pleased to be able to present the following:

**FREE
SWIMMING
DURING WOMEN'S
WEEK**



**BUY ONE GET
ONE FREE ON
EXERCISE CLASSES**

Anyone who pays to attend a class during Dorset Women's week will be given a voucher to attend another class free of charge during the month of March.

Gryphon Leisure Centre

During Dorset Women's Week at the Gryphon Sports Centre, Sherborne, attend one or more of our **'Group Exercise Classes'** for only **£2.95** a class on production of this programme.

Classes include:

**PILATES • BODY CONDITIONING • CORE STRENGTH
RUNNING CLUB • CIRCUITS
STUDIO CYCLING • ZUMBA GOLD**

Visit

www.dorsetforyou.com/gryphon-sports-centre

for a full list of classes and times

Dorset Women's Week

Saturday 7 March

Bridfem Street Fair

Stalls from 9am

Performances from 10am

Bucky Doo Square



There will be stalls, women musicians and performances (including a street play about the NHS cuts and their effects on women). CDs, books, DVDs, bric a brac and jewellery all on sale.

At noon in Bucky Doo Square day there will be a group 'flashmob-type' dance of "Breaking the Chain", protesting about violence against women and girls.

Come along and join in!

Story-telling Session for Children



Time - check library for details

Bridport Library



FREE

There will be 2 sessions of story-telling for children in Bridport Library in the morning. Check with the library for details on timings.

Feminist Role Models and Heroines: Workshop

3.30pm-5pm

Bridport Art Centre

FREE

Tea and cakes from 3pm.

Everyone welcome to come and join in this feminist discussion.



Feminist Film Showing

7pm for 7.30pm start

WI Hall, North Street, Bridport

£3 entry or free for those who can't afford that.

There will be a film showing by Autonomy Film Group. Soup on sale from 6.45pm.



Dorset Women's Week

Sunday 8 March

Counting the Birches

7.30pm

Bridport Art Centre

£10



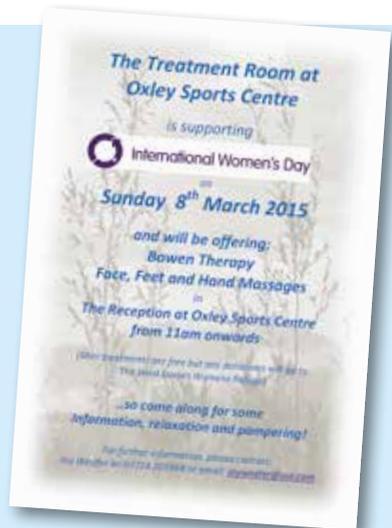
A play by Andrew Rutherford. The play is based on actual events that took place over a single day in November 1885. It is set within the Kara prison complex in eastern Siberia and focuses on three remarkable women: two revolutionary prisoners and a mother who has voluntarily joined her daughter. The startling appearance of an American journalist, and his meeting with the prison's brutal security officer, present the women with alarming dilemmas. A Bridport Arts Centre Fund-raiser

Oxley Sport Centre, Sherborne

10am - Noon

FREE

To celebrate the opening of their brand new bouldering wall and International Women's Day, the centre will be running a females 'Come and Try' climbing and bouldering session. So climb out of bed and join them for an exciting, fun and free challenge!



Joy Weafer - Bowen Practitioner & Complementary Therapist will be providing FREE mini treatments of either: Bowen or Massage (Face or Feet or Hands) in the Reception area at Oxley Sports Centre on 8th March 2015 to support International Women's Day. The sessions will run from 11am and will be available primarily for ladies (but will not exclude any gentlemen that wish to participate!) for a little relaxation and time out, and to learn about how these therapies can assist with both physical and emotional issues, as well as general stress relief.



Tuesday 10 March

INSPIRING WOMEN: THE HISTORY OF THE RSPB

FREE TALK

7.30pm to 9pm

RSPB Radipole Lake Visitor Centre,
Swannery Car Park, Weymouth

Did you know the RSPB was founded by a group of women in 1889? Find out more about what led them to create the charity and the history of the RSPB - where it all started and projects they are currently working on.



Photo: Katevick-Hoffner
THE DUCHESS OF PORTLAND,
President of the Royal Society for the Protection of Birds.

Dorset Women's Week

Thursday 12 March

Oxley's Loose Women

9.30am-11am

Oxley Sport Centre, Sherborne
£6 per session

Oxley's Loose Women have been together since September 2010 and are still going strong today. Having started from a government initiative to get more women swimming and participating in sports, it has grown into its own social and friendly group of women.



Who's it for: Those that wish to socialise and participate in exercise and get together with other like-minded women
What's included? You will be given the chance to try different activities throughout the centre.

Each week the pool is available. Alternative activities have included Studio Cycling, Racket Ball, use of the Fitness Suite, Aqua and Bokwa just to name a few. The morning is then rounded off with a cuppa and a girly gossip.

What should I bring? Swimming costume and comfortable clothing.

Gemma Hesketh
g.hesketh@oxleysc.com
or call 01935 818270

**Runs every
Thursday
not just in
Women's
Week**

Friday 13 March

SHAKTI DANCE

Yoga of Dance Workshop

7pm – 9.30pm

Dorset Yoga Centre,
14 Trinity Street, Dorchester.

£15 / £10 if pre-booked

Come and join Magdalena for a workshop of self discovery!

Shakti means the feminine creative power - so free your movements through gentle yoga and dance (no previous experience required) and free your mind to allow more creativity, spontaneity and harmony into your life. Wear comfortable clothing.

Visit the website:

www.magdalena4music.co.uk

and book your space directly with Magdalena on 07796 656869.



Dorset Women's Day

Saturday 14 March

10am-3.30pm

Dorford Centre – Dorchester, DT1 1RR

FREE ENTRY

Come for the day or an hour or so and enjoy workshops, shopping information stands and delicious cakes and sandwiches

Wonderful Workshops

Booking is only available on the day but we advise you arrive early because the workshops book up quickly.

For full programme and timings please see pages 22-23

Cook the Rustic Italian Way

with Anne Reed

FREE

Spend a morning with Anne Reed, chef at Carluccios, and learn how to make simple rustic Italian bread dough that can be turned into a range of delicious items including a topped or stuffed focaccia, fennel and parmesan breadsticks, pesto rolls and a traditional calzone. You can even use it to make a scrumptious pizza base. While the dough rises Anne will also show you how to make mouth watering homemade ravioli - without the need for a fancy gadget - so that you too can replicate these gourmet recipes with ease.

Empower Your Reading – start a group!

with Julie Freeman

FREE

How do I start a reading group? From choosing the books to managing lively but friendly discussions, this workshop will get you started.



Drawing Inspiration

with Caz Scott

FREE

Discover the principles of drawing. Learn how to draw whatever you want. In simple straightforward steps you can learn how to create wonderful drawings of life around you.

Get Hooked on Crochet

with Maria and Jan Clarke

FREE

Learn the basics of crochet using a double crochet stitch. Once you master that you can move onto other stitches and then the possibilities are endless!



Laughter Workshop

with Jo Keane

FREE

The elation you feel when you laugh is a great way of combating the physical effects of stress. When we laugh, our body relaxes and endorphins (natural painkillers) are released into the blood stream. And did you know that researchers at the University of Michigan have calculated that just 20 seconds of laughter could be as good for the lungs as three minutes spent on a rowing machine! So join Jo to have a great start to the day and just keep on smiling!

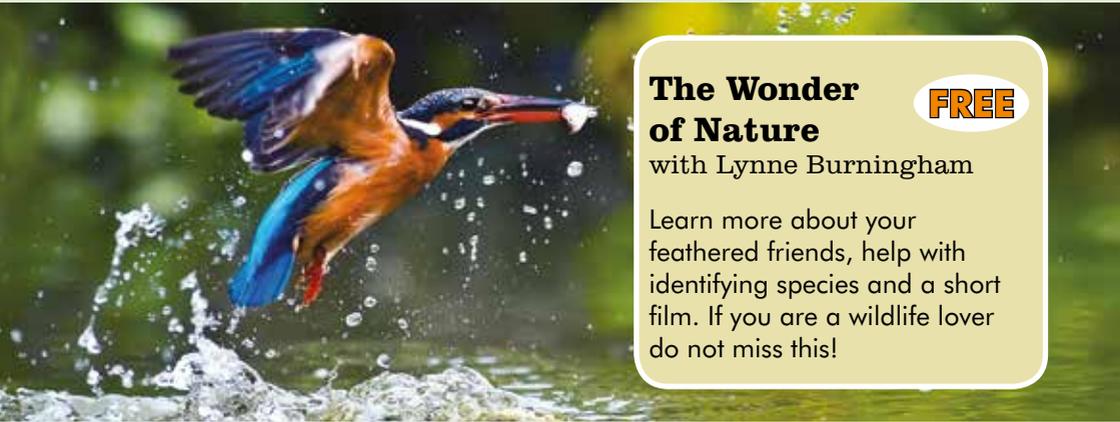
Dorset Women's Day

The Adventures of a Female Plumber

with Jennie Jones

FREE

Jennie works for Magna Housing as a central heating installer. Find out how this former journalist and mother-of-two found success in a male-dominated industry where only one percent of plumbers nationwide are women.



The Wonder of Nature

with Lynne Burningham

FREE

Learn more about your feathered friends, help with identifying species and a short film. If you are a wildlife lover do not miss this!

Make Gorgeous Bracelet

with Cath Coffin

£3

Make a gorgeous chunky wire wrapped bracelet in either classic silver plate or vibrant coloured wires and beads. Learn how to wire wrap links and beads and to attach a clasp. Basic skills to start your jewellery making.

Participants to be 14 or over.



Dorset Women's Day

Personal Safety – Home and Out and About with Debbie Oldfield

FREE

Advice and tips on being safe at home and when out and about - driving, walking the dog, or out for the night plus advice for youngsters. Participants will have the opportunity to purchase a personal alarm.

Get Your Wiggle On! Happy Hula Hooping with Jo Morgan

FREE

Introduction to hula hooping for fun and fitness.

Hula hooping is a low-impact exercise that incorporates dancing to increase flexibility, hand-eye coordination, and reconnects the hoopers with their stomach muscles while having fun! And thirty minutes' gentle hooping will expend around 200 calories, but you can step up the intensity to burn even more! And you can hula whilst watching TV!



Why would you ever go to the gym again!



How to be the best you can be! with Gill Donnell

FREE

This interactive workshop will give you tips on unlocking your true potential, allowing you to think of yourself and your life in a more positive and confident way.

Your life is what you, not anyone else, makes of it, so come and listen to Gill share how she thinks women can make a difference in this world.

It's All About You! Self Esteem, Self Confidence and Assertiveness: An Introduction

with Carol Lewis

FREE

Come and find out how our ability to communicate clearly about our needs and wants is shaped by how we see ourselves and how we think others see us. Come and pick up some tips to improve your self esteem and self confidence.

Bee Friendly

with Joy Wallis

FREE

How to make your garden/allotment/window box bee friendly and how to make a simple wild bee house. There are over 300 species of wild bees and other pollinating insects. Find out what they need.



7 Shades of Creative Writing: how to express the story that lies within

with Tracey West

FREE



Author and publisher Tracey West will show you how to use different forms of creative writing to empower yourself: poetry, short stories, 6 word-stories, flash fiction, comic strips, letters to self and news articles

Dorset Women's Day



**Ballet for the
always wanted to
try it but never had
the nerve...**

FREE

with Jude Allen

Ballet class for beginners/women who did it many moons ago! Learn the basic feet and arms positions, some barre and centre work and a little repertoire (dance) from Swan Lake.

Transform a Tea Towel

with Jennifer Pearson

£3

**£1 if you bring your
own tea towel**

Give a tea towel a new lease of life by turning it into a gorgeous apron!

All you need to bring is a tea towel (old favourite or brand new) and Jennifer will supply everything else you need – including the know-how! Make wonderful a gift – or just keep it for yourself!

Concert of “Songs For You”

with Magdalena Atkinson

FREE

Magdalena is a singer, a songwriter and a multi instrumentalist. She sings in many styles, from classic to jazz. Her passion in the recent years is to empower women in self believe, self love and manifesting the dreams. These are the main themes on her new album “Songs of Power and Beauty” which will be released in the autumn of 2015.



The Art of Sugarcraft Modelling

with Cherise Luke-Bennett

FREE

Come along to learn how to make sugarcraft model animals and flowers.

Knitting for Novices

with Maria and Jan Clarke

FREE

Come along to learn the essentials of knitting - casting on, knit and purl stitches and casting off.



Singing for Fun

with Jane Silver Corren

FREE

It doesn't matter if you don't think you can sing, this workshop will show you that you can!



Saturday 14 Mar

Dorset Women's

10.00-10.30	OFF Registration for Work			
	Stalls and exhibition stands open in the main hall		MAIN HALL	ROOM 2
10.45-11.30			Cook the Rustic Italian Way Anne Reed	Rummage Room Come and support WAND by rummaging and buying!
11.45-12.30			The Adventures of a Female Plumber Jennie Jones	
12.45-1.30			How to be the Best you Can be! Gill Donnell	
1.45-2.30			Concert of "Songs For You" Magdalena Atkinson	
2.45-3.30				
3.30			FINAL W	

March – Dorford Centre S Day PROGRAMME



OFFICIAL OPENING

Workshops (see programme for costs) and Networking

ROOM 3	ROOM 4	YOUTH LOUNGE	ACTIVITY HALL
Empower Your Reading – start a group! Julie Freeman	Drawing Inspiration Caz Scott	Get Hooked on Crochet Maria Clarke	Laughter Workshop Jo Keane
The Wonder of Nature Lynne Burningham	Jewellery Making - make a gorgeous bracelet Cath Coffin	How to Use a Tablet - for example an iPad! Carol Pevely	Stress Busting - information and Techniques Nayna Kumari
Making a Key Ring Angel Rose Mayerling	Medicine from the Garden – getting to know our local healing plants Fiona Heckels	Personal Safety – Home and Out and About Debbie Oldfield	Get Your Wiggle on! Happy Hula Hooping Jo Morgan
Bee friendly! Dorset Wildlife Trust Joy Wallis	7 Shades of Creative Writing: how to express the story that lies within Tracey West	It's All About You! Self Esteem, Self Confidence and Assertiveness Carol Lewis	Ballet - for the always wanted to try it but never had the nerve... Jude Allen
Transform a Tea Towel! Jennifer Pearson	The Art of Sugarcraft Modelling Cerise Luke-Bennett	Knitting for Novices Maria Clarke	Singing for Fun Jane Silver-Corren

WORDS AND END OF DAY - SEE YOU NEXT YEAR!

If that wasn't enough...

The Rummage Room is back! An opportunity for people to donate any unwanted women's clothes, accessories and books (all clean and in good condition) and pick up something new to you. Proceeds will go to WAND to support other events.

Beautiful Refreshments tea, coffee and delicious cakes and sandwiches will be available in the lounge from £1.50.

Free Crèche available on first come first served basis.

Craft and information stalls

Stalls in main hall include:

- Batters Solicitors
- Bedazzled Jewellery
- Clutterbuck Crafts
- DAIT (Domestic abuse courses)
- Featherlicious Fascinators
- Home Start West Dorset
- Judith's Craft Stall
- Office of Police and Crime Commissioner
- Phoenix Trading
- Psychotherapy Through the Body
- RSPB
- Sensory Solutions
- Usborne Books
- Womankind Worldwide

On the day - we are also offering:

Free goody bags from our favourite local fresh handmade cosmetic company....

Plus make sure you leave some feedback about the event – we will automatically enter you in a free draw to win a fabulous Carluccios hamper worth £70 as well as a voucher entitling 4 people to 50% off the price of a meal in the restaurant! So you can not only have a great time at Dorset Women's Day but potentially come away with dinner organised as well!

Carluccios are pleased to sponsor this great local event.

All details are correct at the time of going to print but may be subject to change.

We hope you can join us!



WAND would like to thank West Dorset District Council for sponsoring Dorset Women's Week 2015