

Dorset Women's Week

Saturday 5 - Saturday 12 March 2016

**Including FREE Event
Dorset Women's Day**

Saturday 12 March,
10am-3.30pm, Dorford Centre,
Bridport Road, Dorchester
**Workshops, crafts, stalls,
light refreshments
and FREE crèche**

**WAND
DORSET**

*CELEBRATING
WOMEN...*

Email: wanddorset@gmail.com
Phone: 01305 252204 (daytime only)
Facebook: [/fantasticdorsetwomen](https://www.facebook.com/fantasticdorsetwomen)
For information please visit:

www.wandwomen.org.uk



Welcome to our Dorset Women's Week 2016 Programme

WAND (Woman's Action Network Dorset) is proud to bring you our second Dorset Women's Week following on from the success of last year's tenth anniversary celebrations – this year it runs from 5-12 March. There are events and activities being held during the week either specifically for women or celebrating women as well as special offers all with the aim of empowering women.

The week culminates in our eleventh Dorset Women's Day (12 March 2016). Dorset Women's Week and Dorset Women's Day celebrate International Woman's Day (on 8 March) – our theme again is Empowering Women.

WAND has two amazing Patrons: Harriet Walter, actor and writer; and Tracey West, author, broadcaster and poet.

Tracey says "You have no idea how excited I am that this year's Dorset Women's Day is upon us. In recent months, I have been personally reminded of how hard it can be to dust yourself down from a painful past and to find your mojo again. Rising up above a difficult situation

that you are seemingly unable to influence, is exhausting - I am sure our special guest this year, Kate Adie, will testify to that - but rise up above it you must. Dorset Women's Week offers a crash course on precisely how to do it. You need a sprinkling of uplifting friends and sisterly support, you need creative projects and free workshops to immerse yourself in and kindred spirits within your circle who will not judge you. You need a boost to your self esteem and to believe in yourself again - get involved in Dorset Women's Week and feast on the positive energy that surrounds it! I look forward to seeing you there."

So check out the details in this programme of the activities during the week and come along to Dorset Women's Day – try something new, be empowered and have fun!

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

Dorset Women's Week...

Leisure Centre Offers

RiversMeet Leisure Centre Activities

Time: **9am to 4pm**

Monday 7 to Friday 11 March

Venue: **RiversMeet, Hardings Lane, Gillingham, SP8 4HX**

Cost: **£2 per session taking part in any of the activities on offer**

Booking needed - **01747 834010**



An array of activities aimed at all women in the local area including Ladies only Exercise classes, Ladies only Swim Lanes, Free Viber8 sessions, mini massage treatments and much more! Special promotion on Centre Membership if any lady joins throughout Women's Week.

Plus **Cake Sale** Thursday 10 March 9am to 12pm and **Ladies Night** Friday 11 March from 6pm. For full details go to **www.riversmeetgillingham.org**

Make Your Move – Swim Together

Venue: **Osprey Leisure Centre, Castletown, Portland, DT5 1BD**

Cost: **£4.30 to access the pool plus £21.50 for 10 swims, private lesson is FREE.** Booking essential: **01305 824378**

Free private swimming lesson for inactive women followed by half price swims for at least 10 sessions and longer if participation is continuous.

Free swimming *Buy one get one free exercise class (Monday to Friday only)*

Venue: **Oxley Sports Centre, Bradford Road, Sherborne, DT9 3DA**

Cost: **Free Swim, classes up to £5 – see timetable.** Booking advisable – **01935 818270**

**For public quoting
DWW Free public swim.**

For anyone paying to attend an exercise class a voucher will be given to attend another class for free in March.

...Dorset Women's Week...

**Saturday 5
March**

**Learn to
Love the
Skin You
Are In**



Time: Arrive 10am for refreshments and a 10.15am start.

Includes a delicious vegetarian lunch from 12.30pm

Venue: **The Hub, Church Street, Lyme Regis, DT7 3BS** (Next to St Michael's Church)

Cost: **£6**

Booking at: <http://wandwomen.org.uk/events/workshop-for-women-learn-to-love-the-skin-you-are-in/>

This is a female, adult only event. Our damaging and disruptive pasts can haunt us for years, leaving us feeling broken, worthless, often believing our bodies and physical appearance have something to do with it.

This empowering workshop with Tracey West, Patron of the Women's Action Network Dorset will help you leave those disparaging thoughts behind and start to change your negative self-view.

It's a radical, revolutionary body confidence workshop that gently challenges you to look at your body, the precious vehicle that carries you around, and in an empathetic, safe environment, explore a few fun ways to learn to love the skin you are in.

All areas will be covered (or rather uncovered then painted) and you do not have to make any of your reasons public to the group if you don't want to. Armed with non-toxic body paint, glitter and giggles, will be peeling away our layers of sadness and covering ourselves in strength, love, colour and words.

Women are truly beautiful on a cellular level and this workshop will do its best to ensure you never forget it! **May involve partial or full nudity and will probably involve tears!**

All proceeds are going to the Women's Action Network Dorset and the Women's Refuge.

...Dorset Women's Week...

Saturday 5 March

Film Showing



S U F F R A G E T T E

Time: 2.30pm film starts. Doors open from 2pm. Finish approx 4.30pm

Venue: Roger Thomas Room, Age UK, Prince of Wales Rd, Dorchester DT1 1PW (parking one site)

Cost: Donation for tea and cake and optional raffle

BOOKING ESSENTIAL – contact Hilary Foggo on 01305 269444

The inspiring 2015 film, *Suffragette*, will be shown at Age UK Dorchester with tea and cake available beforehand. The film focuses on the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal state.

...Dorset Women's Week...

Saturday 5 March

Rosemary Hawthorne - The Knicker Lady

Time: 7.30pm-9.30pm (including a short interval)

**Venue: Brownsword Hall,
Poundbury, Dorchester, DT1 3GW**

Cost: £12

BOOKING ESSENTIAL - please book at: www.theknickerlady.eventbrite.co.uk

If you do not have access to the internet you can book via: Emma Scott 01305 252204

Tea and coffee available for a small fee or interval drinks can be purchased/pre-ordered at the Poet Laureate, opposite the Brownsword Hall.



Rosemary Hawthorne, much loved actress, fashion historian and author, internationally known as THE KNICKER LADY brings her famous collection of knickers - and other things - to Poundbury!

Rosemary is happy to amuse you, as she lifts each spry or weary vintage garment (it could be a hat, dress, bag, pair of boots, vest... suspenders) and, holding them aloft, makes a passing comment that has an audience in fits of laughter. Rosemary Hawthorne has been described as 'The Joyce Grenfell of Knickers' and as '... having the style and timing of pure comic genius'.



...Dorset Women's Week...

Monday 7 March

Dames, Daughters and Damsels *A Herstory Workshop*

Time: **10.30am–1.30pm**

Venue: **Dorset History Centre, Bridport Rd,
Dorchester, DT11RP**

Cost: **£2.50 (£1 for unwaged)**

BOOKING ESSENTIAL (12 spaces only so book early) –
contact **01305 228947** or **m.gayton@dorsetcc.gov.uk**

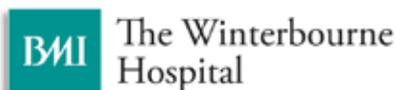
Come along to DHC and discover tales of Dorset's women. We will help you to do the research, and over a vegetarian lunch (included in the price) we can share the surprising stories. Under 5's are welcome to come along with you.



...Dorset Women's Week...

Monday 7 March

Women's Health Advice and Information Evening



Time: 7pm-9pm

**Venue: BMI The Winterbourne
Hospital, Herringstone Rd, DT1
2DR**

Cost: FREE

**Booking arrangement: Call 0808 101
0348 to book a place**

Our female Consultant Gynaecologist, Mrs Beena Dandewate will talk through several women's health issues including menopause and menstrual disorders, when to see your GP and how to access private healthcare at BMI The Winterbourne Hospital.

Tuesday 8 March

Rising to the top: *the reflections of a female chief constable*



**Speaker: Chief Constable Debbie
Simpson, Dorset Police**

**Venue: Lees Lecture Theatre, Talbot
Campus, Bournemouth University
BH12 5BB**

Time: 11:30am-12:30pm

BU hope the range of events will raise students, staff and the public awareness of gender equality. This event has been organised and supported by: Bournemouth University, Women's Academic Network and Dorset Police. To find out more about please contact: Dr James Palfreman-Kay, Equality and Diversity Adviser - **01202 965327** or **diversity@bournemouth.ac.uk**. **www.bournemouth.ac.uk/diversity**

Tuesday 8 March

Sensory Herb Yoga Nidra

Time: 7.45pm-9.15pm

**Venue: Dorset Yoga and Therapy Centre,
14 Trinity Street, Dorchester, DT1 1DD**

Cost: £8/£7 low income

Booking not needed

**Contact details: Fiona Heckels,
07830 195745**



A restorative and relaxing evening of movement and yoga combined with herbs and a meditative

practice called Yoga Nidra. There will be live soulful music too. Come and join us, no experience required. Wear comfy clothes.

...Dorset Women's Week...

Wednesday 9 March



Stress Busting: *information and techniques*

Time: 11am-12.30pm

Venue: The Pilot Boat, 1 Bridge Street, Lyme Regis, DT7 3QA

Cost: £5.00 Pay on the day but preferably book in advance. Plus tea and coffee or delicious lunches available in the pub - **01297 443157**

To book: Call Nayna on **01297 444561** or nayna@nk-bodypsychotherapy.com

Learn about what happens in your body when you are stressed, how today's stresses link into unresolved issues from the past and what you can do about it.

Wednesday 9 March

Necklace making workshop

Time: 1.30pm-3pm

Venue: The Pilot Boat Inn, 1 Bridge Street, Lyme Regis, DT7 3QA

Cost: £2.50 (includes materials). Plus teas/coffees/lunches available from the venue.

Booking: Please call Izzy on **01460 30915** or email izzydarkpen@gmail.com for more info or to book a place.

Come and make a simple and individual necklace; play with beads, buttons and charms in a relaxed, friendly atmosphere.



...Dorset Women's Week...



Thursday 10 March

Oxley's Loose Women

(runs every Thursday not just in Women's Week)

Venue: **Oxley Sport Centre, Bradford Road, Sherborne DT9 3DA**

Time: **9.30am-11am**

Cost: **£6 per session**

Contact: Heather Crewe –

h.crewe@oxleysc.com

or call **01935 818270**

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

...Dorset Women's Week...

Thursday 10 March

The Horse Course

Time: **10am-noon**

Venue: **Rodden Farm, Rodden, Nr Portesham, DT3 4JE**

Cost: **FREE** but donations requested to contribute towards our work with young people affected by domestic abuse. Booking essential (limited to 6 places) contact Katy Overton on katy@thehorsecourse.org or **01308 485080**



A two hour session on learning to be assertive, with the help of specially trained, beautiful horses and expert facilitator support. It will be a fun, revealing session - you will leave with new skills in self-regulation, setting boundaries and being a strong effective leader without getting upset or angry!

Throughout Women's Week – 5-12 March



Dorchester TIC

Free

Dorchester TIC is supporting Dorset Women's Week by hosting a window display all week advertising Dorset Women's Day.

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.

...Dorset Women's Week!

Thursday 10 March

“Beauty & Power” *a concert of Dorset inspirational singer- songwriter Magdalena Atkinson*

Time: 7.30pm

**Venue: Town Hall, High East St,
Dorchester DT1 1HF**

Cost: £8 / £6 concessions

Booking arrangement: Tickets at the door

A concert of Dorset inspirational singer-songwriter Magdalena Atkinson, who recently published her album “Beauty & Power” with soulful, heart warming, beautiful music. Magdalena sings & plays the piano, the dulcimer, the guitar, the drums, to name a few of her many talents. www.magdalenaatkinson.co.uk



Sunday 13 March (after Women's Day)

Guided Wildlife Walk

Time: 9.30am-11.30am

Venue: RSBP Radipole Lake, Weymouth, DT4 7TZ

Cost: FREE but donations would be welcome

Booking: Call Lynne Burningham on 01305 778313

A leisurely guided walk around the beautiful RSPB Radipole Lake nature reserve, all paths are level and accessible for all. We will look out for Kingfishers, Marsh Harriers and maybe otters! Binocular hire available on request, you do not need to be an expert, just come and enjoy the wildlife.



Saturday 12 March

Dorset Women's Day

Dorford Centre, Dorchester, DT1 1RR. 10am-3.30pm

FREE entry

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

See pages 22/23 for the programme & workshop times

Wonderful Workshops

Booking is only available on the day (apart from Kate Adie's talk) but we advise you arrive early because the workshops book up quickly.

UNWIND and Feminist Brooch Making with Unison



FREE

Throughout the day Unison will be running brooch making sessions next to their stall in the main hall. Sessions will last about 15 minutes.

Raw Food for Health, Energy & Longevity with Gabriela Lerner

FREE

This interactive session with Gabriela Lerner, Raw Food Nutrition and Health Coach will introduce you to the amazing health benefits of raw food and how you can easily integrate



raw food into your diet. Gabriela will also demonstrate a quick and easy, spiralised vegetable dish for you to taste how delicious raw food can be.



Dorset Women's Day...



Beaded Memory Wire Bracelet

*with
Rose Mayerling*

£2

Make a beautiful beaded bracelet with memory wire, beads and charms.

Drawing Inspiration

with Jackie Yeomans

FREE

Discover the visceral delight of painting with 5 different soils and earth pigments collected from four counties in the UK. Enjoy the colour range from Bideford Black, Herefordshire Red to Lulworth Blue/White.



Get Hooked on Crochet

with Maria Clarke

FREE

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

...Dorset Women's Day...



Stress Busting information and techniques

with Nayna Kumari

FREE

Learn about what happens in your body when you are stress, how today's stresses link into unresolved issues from the past and what you can do about it. In the afternoon you can book a half hour session with Nayna to find out what is happening in your nervous system. Donations to WAND welcome.

Living well with Lavender!

with Jo O'Connell

£1

Come and find out how lavender pure essential oils are used in perfume and health. Learn about the benefits of the different kinds of lavender, their characteristics and uses. Make your own simple lavender bags. Develop a discerning 'nose' for quality essential oils.



Coastal Coiled Earrings

with Cath Coffin

£3

Come and see how a metre of wire and a couple of inches of chain can be turned into a statement pair of earrings in 45 mins with a few basic tools. Participants to be 14 or over.

Dorset Women's Day...



Bringing her Best-selling 'Book of Rubbish Ideas' Kicking and Giggling into 2016

with Tracey West

FREE

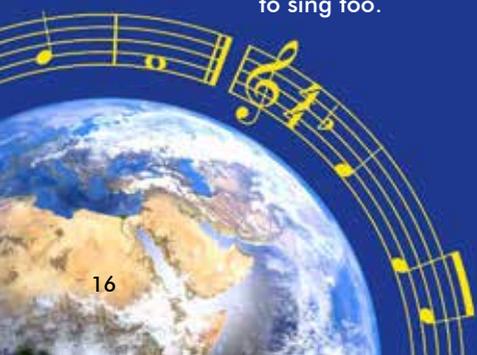
Tracey wrote the Book of Rubbish Ideas in 2008 and it sold out. Recycling has certainly been a popular topic over the past decade, so have the Great British public finally got on top of their trash, or have they refused to reduce their refuse? Tracey's comedic approach to this grubby subject will deliver a few giggles and some great money-saving ideas to help you lean towards the green and be kinder to the planet too.

Songs from Around the World

with Jane Silver-Corren

FREE

Learning easy songs in harmony, rounds. Maybe a dance or two to sing too.



Card Making

with Dee Kansal

FREE

Learn to make fun, quick and lovely cards for any occasion.

...Dorset Women's Day...

A Correspondent's Life with Kate Adie

(1 hr session plus book signing)

FREE

BOOKING ESSENTIAL: Please book via: www.kateadie-dorsetwomensday.eventbrite.co.uk

If you do not have access to the internet you can book via: Emma Scott **01305 252204**

Kate Adie is an author and broadcaster who became a familiar figure to viewers through her work as BBC Chief News Correspondent. She is considered to be among the very finest reporters, as well as one of the first British women, sending despatches from danger zones around the world. She is also the long-serving presenter of Radio 4's From Our Own Correspondent and a guest on many other radio and television programmes.



Kate will be sharing with us insights into her career, including how she came into journalism and key and historic moments she has faced. There will also be a chance to ask Kate questions relating to her talk. A range of books by Kate will be on sale which she will be happy to sign at the end.

**Dress shabbily,
they notice
the dress;
dress well,
they notice the
woman'**

with Pauline Bishop

FREE



You don't have to be rich, vain or famous to want to look as good as you can. Knowing how to dress well is not about buying new clothes, or dressing expensively or fashionably, but simply understanding the best colours and styles for your colouring, shape, personality and lifestyle. Colour analysis will give you a great start into expressing the very best version of yourself.

MY TRUE COLOURS



... be yourself

Dorset Women's Day...

Let's Make Cheese!

with Louise Talbot

FREE

Louise of Cutting the Curd will demonstrate a snippet of the cheese making process and, with your help, make a batch of mozzarella. Sign up (and pay) on the day for a local cheese making course to receive a generous discount.



Mindfulness Naturally

with Briony Baxter

FREE

Mindfulness is a potentially life-changing way to alter our feelings and behaviour in positive ways. This is an introduction to practising mindfulness and enriching our experience of the natural environment.

The Power of Memories: Scrapbooking

with Liz Morris

£3

Create two separate 12"x12" layouts for scrapbooking 6x4" photographs of the powerful women you love.



...Dorset Women's Day...



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!

Performance by

VIVA! Women's Choir and The Heaven's Vocal Ensemble

FREE

Songs to delight and empower from the award-winning VIVA Women's Choir and The Heaven's Vocal Ensemble featuring Elisa Brewer, Julie Harris, Tina Leeming and Kathie Prince.



...Dorset Women's Day...



10 Tips for taking great iPhone Photographs

with *Nicki Fitzgerald*

FREE

Author of *The Art of iPhone Photography – Creating Great Photos and Art on Your iPhone* shares her top 10 tips of creating great photos on an iPhone followed by a short photowalk to put those new skills into practice and ask questions from this award winning iPhone photographer. Just bring your iPhone updated with the latest iOS.

Sugarcraft for Beginners

with *Cherise Luke-Bennett*

FREE

You will learn how to make two types of sugar roses, one to decorate cupcakes and one for celebrations cakes.



...Dorset Women's Day!

The Art of Book Folding: Make a Hedgehog!

with Jan Clarke

FREE

Learn how to make a cute Hedgehog desk tidy / letter rack by folding a book. Over 12's only.



Get to know your iPad and Tablet

with the *Digital Champions*

FREE

Bring your own gadget, iPad or tablet and get to know more about how to get the best out of it. Whether you want to know how to Skype or play Scrabble, there is an app for you! The champions will go through the settings of an iPad and a Tablet, then show some of the apps that are available for either an iPad and the android or window versions. Make the most of what your gadget can do for you.

Laughter Yoga Workshop

with Jo Keane

FREE

Laughter exercises to induce a sense of wellbeing, fun and playfulness this session also includes a meditation.





Saturday 12 March - Dorford Centre

Dorset Women's Day PROGRAMME

| 10.00-10.30 | OFFICIAL OPENING Registration for Workshops (see programme for costs) and Networking | | | | | | |
|-------------|---|---|--|--|--|--|--|
| | MAIN HALL | ROOM 2 | ROOM 3 | ROOM 4 | YOUTH LOUNGE | ACTIVITY HALL | |
| 10.45-11.30 | Raw Food or health, energy and longevity Gabriela Lerner | Rummage Room Come and support WAND by rummaging and buying! | Beaded Memory Wire Bracelet Rose Mayerling | Soil Painting Jackie Yeomans | Get Hooked on Crochet! Maria Clarke | Stress Busting - Information and Techniques Nayna Kumari | |
| 11.45-12.30 | Book of Rubbish Ideas Tracey West | | Living well with Lavender! Jo O'Connell | Making Memories: Scrapbooking Liz Morris | Get to know your iPad and Tablet Digital Champions | A Correspondent's Life with Kate Adie | |
| 12.45-1.30 | Unison will be running brooch making sessions throughout the day | | Card Making Dee Kansal | 'Dress shabbily, they notice the dress; dress well, they notice the woman' Pauline Bishop | | | |
| 1.45-2.30 | Let's Make Cheese Louise Talbot | | Mindfulness Naturally Briony Baxter | Coastal Coiled Earrings Cath Coffin | Songs from Around the World Jane Silver-Corren | Get Your Wiggle on! Happy Hula Hooping Jo Morgan | |
| 2.45-3.30 | Performance by VIVA! | | 10 Top Tips for Taking Great iPhone Photographs Nicki Fitzgerald | Sugarcraft for Beginners Cherise Luke-Bennett | Book Folding: Make a Hedgehog Jan Clarke | Laughter Yoga Workshop Jo Keane | |
| 3.30 | FINAL WORDS AND END OF DAY - SEE YOU NEXT YEAR! | | | | | | |

Stalls and exhibition stands open in the main hall

***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:*

- Battens Solicitors
- Bedazzled Jewellery
- Home Start West Dorset
- Phoenix Trading
- Usborne books
- Wildlife Gardening
- Cutting the Curd – cheese maker
- Cath Coffin Jewellery
- RSPB
- Red Cross
- Liz Molyneux Vintage and quality handbags

On the day - we are also offering:

The opportunity to win a fabulous Prize in our FREE draw if you leave us some feedback about the event

We hope you can join us!

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



WAND would like to thank
West Dorset District Council
for sponsoring
Dorset Women's Week 2016