



Dorset Women's Week

Saturday 4 – Saturday 11 March 2017

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

Saturday 11 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: 07379 426525

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

Twitter: [@DorsetWomen](https://twitter.com/DorsetWomen)

For information please visit:

www.wandwomen.org.uk

Dorset Women's Week 2017



Welcome to our Dorset Women's Week 2017 Programme

WAND (Woman's Action Network Dorset) is proud to bring you our third Dorset Women's Week following on from the success of the last two years. This year it runs from 4-11 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.

Women are incredible humans; we're equals, we have value, we have a voice and we shouldn't be afraid to use it to protect our rights and to make the world a better place. I look forward to seeing you all today and celebrating the very best of West Dorset's women."

Harriet says "Congratulations and thanks to WAND for using today to bring focus and attention to women locally and across the world. It has seldom been more important to preserve our gains and continue to champion women in all walks of life and connect with women of other cultures, and not just on International Women's Day but on each of the remaining 364 days of the year, every year. But for now Enjoy the Day!"

The week culminates in our twelfth Dorset Women's Day (11 March 2017). 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 "It's Dorset Women's Day again, how fabulous! We meet once more ladies, in the wake of the most powerful women's marches on the planet too. All across the world, the value of sisterhood was shaken up that day and continues to be fully realised.

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 webpage: www.wandwoman.org.uk



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Throughout Women's Week – 4-11 March



Window Display, Dorchester Waterstones

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.

Free Swimming and Exercise Classes for Women at Oxley Leisure Centre

**Time: 4-11 March – see programme
for details**

Venue: Oxley Leisure Centre,
Bradford Road, Sherborne,
DT9 3DA

Cost: Free

Booking essential – please
book through the centre
from 7am on the day of the
class

01935 818270

See the published timetable, swimming
available during public sessions see
www.oxleysc.com for timetables



Saturday 4 March

Wildlife Walk at the home of Autumn and Winterwatch!

Time: 10am-noon

Venue: Arne Nature Reserve

Cost: Walk free (donations
welcome). Please note car
parking charges are: £2.50 (2hrs)
or £5 (all day) for non-RSPB
members

Booking essential – please book
with Lynne Burningham: Lynne.
burningham@rspb.org.uk or
07826 919038

Join Lynne for a gentle ramble
around the stunning RSPB
nature reserve at Arne. We will
be looking out for Dartford
Warblers, Avocets, Sika Deer,
Spoonbills and many more
exciting species. If you have
binoculars please bring them
with you, alternatively you can
hire a pair for a few pounds from
our shop, please come early if
you wish to do this. Dogs are
allowed on leads. We have a
lovely shop and cafe, so why not
stay for lunch.



Saturday 4 March

Feminine and Fabulous with Anne Raven-Vause - Heartled Wellbeing Ltd

Time: 9.15 to 4.30

Venue: The Livability Centre, Holton Lee, Nr Wareham, BH16 6JN

Cost: £75

Booking essential – Contact Annie on 07789 224676 if you have questions or book direct via ticket tailor: <https://www.tickettailor.com/checkout/view-event/id/73043/chk/35e0>

This is a programme specifically designed to build personal confidence. It's been designed by women for women. So if you are the kind of women who finds it difficult to ask what you want, or who finds you routinely put yourself last on the list we want to work with you.



Thursday 9 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.

Friday 10 March

Well Women Yoga

Time: 6-7.30pm

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

Cost: £12

Booking essential – please book with Sian Alcock on sian.sacredshored@gmail.com or 07527 052273

Well woman yoga nourishes every aspect of our lives and women, at whatever phase of our journey we find ourselves, helping us to reconnect with and embrace our naturally arising inner feminine wisdom, bringing us healing and vitality. Workshop includes:

- Deeply nourishing Yoga Nidra
- Gentle fluid Yoga Asanas
- Self-Massage
- Music & Meditation



...Dorset Women's Week...

Friday 10 March

Creative Woman

Time: 7.30pm

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

Cost: £12

Booking recommended – please book at:

www.magdalenaatkinson.co.uk or www.sensorysolutions.co.uk

A workshop with elements of movement, yoga, herbs and live music, inspired by knowledge from the herbalist Fiona Heckle and a Shakti dance & Shakti Voice performer and teacher, Magdalena Atkinson.



...Dorset Women's Day...

Saturday 11 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 from 10am but we advise you arrive early because the workshops book up quickly. Please note that propriety is given to women at the workshops - children may attend under the same booking as an accompanying adult.

Please don't try to attend a workshop if you have not booked – this can cause difficulties for our amazing workshop leaders who are giving their time for free!

Additional Venue!

Borough Gardens House



We are excited to be expanding this year and some of the workshops will take place at the Borough Garden's House (on the corner of Great Western Cross Junction). Please book sessions in the Dorford Centre as usual then make your way to the Borough Garden's House in time for the start of the workshop.

UNWIND with Unison - Brooch Making

FREE

Throughout the day Unison will be running brooch making sessions next to their stall in the main hall.



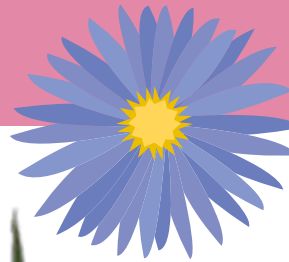


Making a Memory Wire Bracelet

with Rose Mayerling

£2.50

Make a pretty memory wire bracelet with beads and charms.

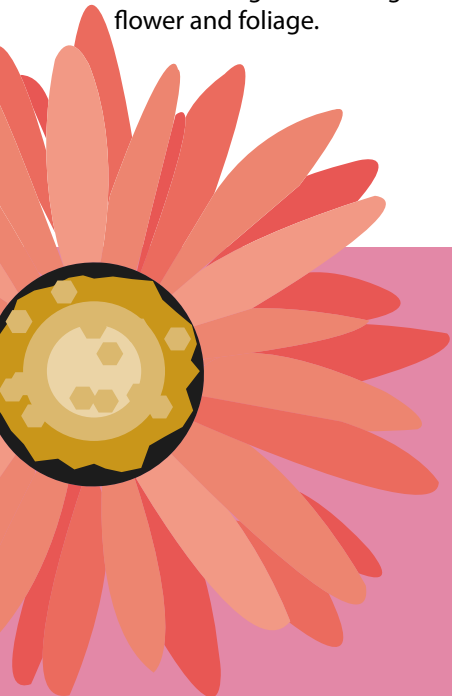


Fun with Flowers

with Carrie Diamond & Annette Parker

£3

Come and have fun learning how to create a vertical line design flower arrangement using fresh flower and foliage.



How to be more assertive with those around you!

with Gill Donnell



FREE

Tips and techniques to help you avoid saying 'yes' when you mean 'no'! Get inspiration on speaking up for yourself and retaining your self-respect and have some fun.

Laughter Workshop

with Jo Keane

FREE

Laughing for no reason in the form of exercise and playfulness to increase a sense of wellbeing and health benefits.



The Art of Deep Self Care: Yoga workshop

with Sian Alcock

Borough Gardens House



FREE

Welcome to this deeply nurturing workshop where we explore and experience what it means to lovingly care for ourselves on all levels of being. Blending a variety of gentle yoga practices and wisdom along with music, movement, healing and life coaching, this session is suitable for all levels. You may like to bring your own mat and blanket but this isn't essential.



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!



The Wessex Nana's against Fracking invite you to put your tabards on!

with Louise Somerville

FREE

A whirlwind guide about why we need to be active against the dangers of fracking. Inspiring stories of communities on the front line who are successfully resisting the dangers of the extreme energy. An introduction to Nanashire and why women are at the vanguard of the battles against and the oil and gas industry.



(above) Claire Bernal

A personal story...

with Tricia Bernal

FREE

"My beautiful daughter Clare was stalked and murdered by a boyfriend she had dated for just three weeks." The workshop will explain the high-risk factors through telling Clare's story. What actions to take if you or anyone you know is being stalked. How PAS came about and our campaigning work since then and the Stalking law.

Mindfulness Naturally with Briony Baxter

Borough Gardens House



FREE

An introduction to mindfulness techniques in an outdoor setting. Simple exercises that, when practised regularly, promote positive mental health.



Stress Busting – information and techniques

with Nayna Kumari

FREE

Learning about different kinds of stresses; what happens to your body when you are stressed; how today's stresses link into unresolved issues from the past and what you can do about it.

Ukulele Crash Course with the Daisie Ukuladies

£2

Following their performance in the main hall have your chance to play along with The Daisie Ukuladies after a crash course on how to play the ukulele. Please bring one along if you have one – a few spares will be available on the day.



Painting Landscapes Getting Started with Caz Scott

£1

To provide the confidence to go out and draw or paint the landscape. How to get started with the medium of your choice.

Dorset Women's Day...

Ballet - back to basics

with Jude Allen

FREE



A workshop for anyone who used to do ballet when they were younger or complete beginners. Allow that inner Pavlova (that's Anna not Strawberry!) to shine through!



Bookbinding for Beginners

with Jenny Barnard

£3

In this practical workshop, have a go at binding a small single-section book. Learn to sew, bind and cover with bookcloth and marbled paper. All materials and tools are provided and you can leave with your own handmade book.

Home Brewing & Liqueur Making

with Kate Pyrke-Kardas

Borough Gardens House



FREE

Encouraging people to have a go, showing how simple inexpensive methods can have great results.



...Dorset Women's Day...

Cakes by Cherise: Sugarcraft demonstration 'Cupcake Bouquet'

with Cherise Luke-Bennett

FREE

You will learn how to make beautiful cupcake bouquet, it makes a very unique gift.



Permaculture Principles

with Jenny Shackelford
& Marion Dove

FREE

Permaculture is a practical design science, based on the patterns and principles of natural systems. After a brief introduction and drawing from wisdom in nature you will be able to create a design for your own outdoor space regardless of the apparent challenges.



Spiritual Spirals

£4

Wireworking workshop to make earrings as time allows. Spirals have been used in artistic form since time began to represent natural spirals (shell, ripples, coiled snakes etc).





Powerful Women: Singing workshop

with Magdalena Atkinson



Borough Gardens House

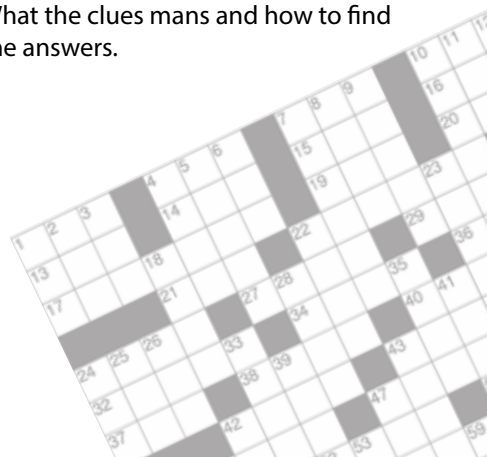
FREE

A workshop of chanting, movements, drumming. Claim your inner power by creating a simple affirmation about yourself and chant it out loud, empowering yourself as a powerful woman!

Solving Cryptic Crosswords with Caz Scott

FREE

How to solve cryptic crosswords. What the clues mean and how to find the answers.



Look fabulous, feel confident, every day

with Pauline Bishop

FREE

Finding the colours that make you look the best version of yourself, not just for special events, but every day, and everywhere, no matter what your age, size or shape.

MY TRUE COLOURS



... be yourself

Living in a World of Possibilities

with
Anna Raven-Vause

FREE

Stuck in a rut? Want to achieve something different for your life this year but not sure where to begin? Then come and spend time living in Annie's world of possibility. Find out what's stopping you and what you can do about it.

Your life is the
result of the
choices you
make.....



Ceramic Painting

with Anna Stiles

£2

You will be painting a fridge magnet with glaze. No need to be a great painter, there are many ways to create something personal. Your magnet will be taken away and fired and posted back to you within two weeks.



African Drumming with Organic Rhythm

£2

Fun, easy and uplifting, this relaxed African drumming class is suitable for beginners and those with some experience. Drums provided.



This year we will be celebrating women with a range of performances on the stage in the main hall.



Bird Flying Free: Sian Alcock

Honouring the Feminine - Songs from the heart and soul that celebrate our journey as women.



Rock Choir

A performance by members from across Dorset. Rock Choir rehearse weekly in Dorchester, Weymouth & Poole. There are no auditions and all abilities are welcome. Stacey leads fun, uplifting rehearsals with a strong community feel.



Beauty & Power: Magdalena Atkinson

A concert of original music created by Magdalena Atkinson, a singer and a teacher of Shakti Dance & Shakti Voice. Her beautiful lyrics and harmonious melodies is here to inspire us all to reach further, dream bigger and be authentic!



The Daisie Ukuladies

The Daisies will use their harmonies and humour to brighten your day.



Basic Bike Maintenance: Learn to Love Your Bike! with Rachel Alcock-Hodgson

Borough Gardens House



FREE

In the workshop, we will run through a basic bike check.

You do not need a bike to take part but if you have one, please bring it along!



Saturday 11 March 2017 - Dorford Centre

Dorset Women's Day PROGRAMME

10.00-10.30	OFFICIAL OPENING Registration for Workshops (see programme for costs) and Networking							ADDITIONAL VENUE
	Stalls and exhibition stands open in the main hall	MAIN HALL	ROOM 2	ROOM 3	ROOM 4	YOUTH LOUNGE	ACTIVITY HALL	BOROUGH GARDENS HOUSE
10.45-11.30		11.30: The Daisy Ukuladies	Rummage Room Come and support WAND by rummaging and buying!	Making a Memory Wire Bracelet Rose Mayerling	Fun with Flowers Carrie Diamond & Annette Parker	How to be more assertive Gill Donnell	Laughter Workshop Jo Keane	The Art of Deep Self Care: Yoga Sian Alcock
11.45-12.30		12.30: Bird Flying Free - Sian Alcock		The Wessex Nana's against Fracking Louise Somerville	A Personal Story... Tricia Bernal	Get Hooked on Crochet! Maria Clarke	Stress Busting Nayna Kumari	Mindfulness Naturally Briony Baxter
12.45-1.30		1.30: Rock Choir		Ukulele Crash Course Daisie Ukuladies	Painting Landscapes Caz Scott	Bookbinding Jenny Barnard	Ballet: back to basics Jude Allen	Home Brewing & Liqueur Making Kate Pyrke-Kardas
1.45-2.30		2.30: Rock Choir		Spiritual spiral earrings Cath Coffin	Sugarcraft Demo Cherise Luke-Bennett	Permaculture Principles Jenny Shackelford & Marion Dove	Living in a World of Possibilities Anne Raven-Vause	Powerful Women, Singing Workshop Magdalena Atkinson
2.45-3.30		3.15: Beauty & Power - Magdalena Atkinson		Ceramic Painting Anna Stiles	Look fabulous, feel confident Pauline Bishop	Solving Cryptic Crosswords Caz Scott	African Drumming Organic Rhythm	Learn to Love your bike! Rachel Alcock-Hodgson
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. If you have any donations, please bring them along on the day.

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:

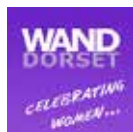
- Nantes Solicitors
- Successful Women
- Unison
- Truly Scrumptious
- Neals Yard
- Jewelin Designs
- Anna Stiles Pottery
- Heartled Wellbeing
- West Dorset Diabetes UK Group

On the day, we are also offering..

Mini hand massages or quick make up touch ups by Arbonne UK & the Arbonne Charitable Foundation (free but a donation to the charitable foundation welcomed). Come along and try our Swiss heritage skin care, make up and nutrition ranges for all the family for free. The products are Vegan, gluten free, paraben free, botanically based, not tested on animals or use animal by products, and so much more... Visit the stall, have a mini treatment and find out how you can support charities to empower teenagers in the Dorset County or fundraise for your own cause through Arbonne Charitable Foundation.

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, Dorchester
Town Council for sponsoring Dorset
Women's Week 2017