



# Dorset Women's Week

Saturday 3 – Saturday 10 March 2018

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

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

**WAND  
DORSET**

CELEBRATING  
WOMEN...

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

For information please visit:

[www.wandwomen.org.uk](http://www.wandwomen.org.uk)



Throughout Women's Week 3-10 March



## Welcome to our Dorset Women's Week 2018 Programme

WAND (Woman's Action Network Dorset) is proud to bring you our fourth Dorset Women's Week following on from the success of the last three years. This year it runs from 3-10 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 thirteenth Dorset Women's Day (10 March 2018). Dorset Women's Week and Dorset Women's Day celebrate International Woman's Day (on 8 March). Our theme again is Empowering Women – this year this is extra special as we celebrate 100 years of women's suffrage.

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

Tracey says: "Suffrage' is the right to vote in public affairs and political elections. It commonly marks the long and winding road that describes female

emancipation and universal suffrage for women, which is being highlighted throughout February across the country."

WAND is hosting a week of inspiring events that chime with the passion roused within the suffrage movement. It happens to coincide with the centenary of The Representation of the People Act, 1918, the commencement of which finally allowed British women over the age of 30, who met certain property qualifications, to vote for the first time. They went on to exercise that right at the general election later that year."

***So please check out the details in this programme for 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](http://www.wandwoman.org.uk)



## 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.



## Bridport Art Centre

South Street, Bridport, DT6 3NR

Booking essential: [www.bridport-arts.com](http://www.bridport-arts.com) or Box Office 01308 424204 (open Tues-Sat) 10am-4pm

4 March, 10am-5pm (£40)	<b>Drawing workshop</b> with Kate Walters		Participants will draw, work with colour, music, the body and breath, memory, story, dream, and words. Basic materials provided but participants need to bring own sketchbooks and any other materials.
5 March, 11am-4pm (£30)	<b>Book Binding</b> with Karen Lorenz		Learn ways to bind books using longstitch sewing, a technique that does not require glue. Participants are encouraged to experiment with ways to convey meaning using a variety of art material and through arranging the sequence of the pages. The book is ready for binding when the individual student is satisfied with the structure and meaning.
3 March, 7.30pm (£13/£11)	<b>The Drive</b> by Angel Exit		Two women. A fractured friendship. A car full of boxes and a message from a dead friend. The Drive recounts an unexpected Nordic road trip which sees two estranged friends thrown together on a tense journey from London to Oslo. The further Becky and Nat get from home the closer they come to confronting the demons of their shared past. Spliced through with humour, slick physicality, an original contemporary soundtrack and video projection, The Drive is a show about friendship, grief, the fragility of memory, turning 40 and coming of age in the 1990s.
8 March, 7.30pm (£6/£5)	<b>In Between</b> (film)		In Maysaloun Hamoud's remarkable feature debut, three Palestinian women sharing an apartment in the vibrant heart of Tel Aviv find themselves doing the same balancing act between tradition and modernity, citizenship and culture, fealty and freedom.
10 March, 11am-4pm (£40)	<b>Is Form Gendered?</b> Digital Poetry workshop with Professor Penny Florence		Digital poetry is a new and growing form of writing. But what is it? What does it look like? And what does it make possible for us to say or understand that 'analogue' (or non-digital poetry) can't? Does it offer anything to writers in general? Finally, does it have particular relevance to thinking gender? These and other questions will be explored in the workshop, with examples of digital poetry 'in action' on screen. There will be plenty of opportunity for questions throughout, and the emphasis of the workshop will be up to you. It's a discussion, not a lecture.
10 March, 7.30pm (£11/£9)	<b>No Petticoats Here</b> by Louise Jordan		No Petticoats Here is a project that tells the stories of remarkable women of the First World War through song. The research, songwriting, composition and delivery took eighteen months and has taken me from Portsmouth to Pervijze and from Ulverston to Ypres by way of many museums, battlefields, private collections, libraries and research centres. I have also been fortunate to have the support of the women's families and leading historians. Brought to us by Louise Jordan, a singer, songwriter, musician and composer whose interests include history and the tradition of interpreting stories through song. Q&A after the show.

Sunday 4 March

## Discover the wild wonder and beauty of RSPB Arne Nature Reserve

Time: **10am-noon**  
*please arrive a few minutes before to allow time to park and hire binoculars if needed.*

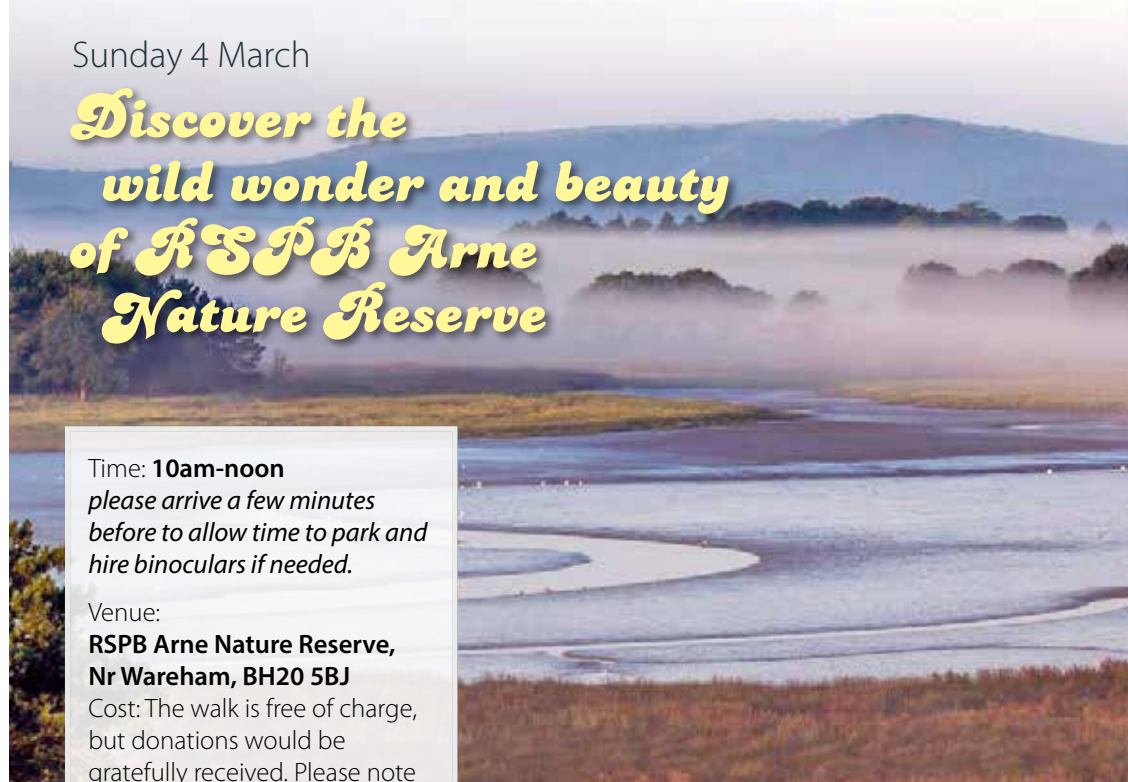
Venue:

**RSPB Arne Nature Reserve,  
Nr Wareham, BH20 5BJ**

Cost: The walk is free of charge, but donations would be gratefully received. Please note that there is a £5 parking fee for non-members, if you join on the day this is waived and you will receive a free gift.

Booking essential: [lynne.burningham@rspb.org.uk](mailto:lynne.burningham@rspb.org.uk) or **07826 919038**

*A gentle stroll through ancient woodland and heathland ending up on the shore overlooking Poole Harbour. Look out for exciting wildlife including wading birds, deer, birds of prey and maybe even a seal. Please wear sturdy boots and appropriate clothing. (Men are allowed!!)*

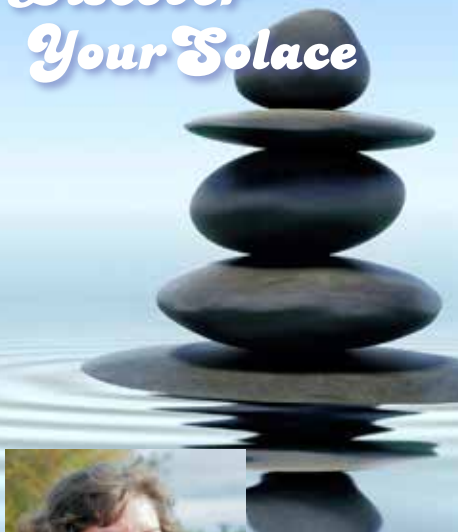




# ...Dorset Women's Week...

Monday 5 March

## Discover Your Solace



Time: **9.30 to 11.30am**  
Venue: **Mindful Solace, 5 Damers Road, Dorchester**

Cost: **£16**  
Booking essential:  
**alidolphin@mindfulsolace.co.uk**  
or **07969 928167**

*Do you ever feel worn out or stressed?*

*Treat yourself to a peaceful morning and learn skills to manage the busyness of life.*

*Enjoy being taken into a relaxed state and invest in your wellbeing.*

Three Amazing Speakers  
One Great Conference



Tickets from £28 -£35

**Successful Women** Book Now



Thursday 8 March

## Successful Women Conference and Awards Launch

Time: **12.30 to 3.30pm**  
Venue: **George Albert Hotel, Wardon Hill, Evershot, Dorchester, DT2 9PW**

Cost: **£28-£35**  
Booking essential:  
**gill@successfullwomen.training**  
or **07584 258628**

*International Women's Day, sees us hosting an Afternoon Tea with three wonderful speakers, a fabulous Charity raffle in support of Weldmar HospiceCare, as well as launching the first Successful Women's Awards. Our community is full of hugely talented and successful women who not only run businesses or work in demanding roles, but often also juggle caring responsibilities at the same time. We understand the positive impact on women of recognising and celebrating their successes, including winning awards! So book now, reserve your place #PressforProgress*

# ...Dorset Women's Week...

Thursday 8 March

## The Boadicea of Britannia Street

*A fab evening or for 'girls together' sharing the Sisterhood*

Time: **7.30pm**  
Venue: **Cerne Abbas Village Hall**  
Cost: **£10, / £7.50**  
**mollymadgerennie@hotmail.co.uk** or **01305 268572**



*A wonderful play from the Somerleigh Players about 4 women coming together to form a writing group. The bonus, as always, when women come together is the laughter, support and friendships which you will share.*

*The Cerne Abbas performance is specifically raising money for Domestic Abuse Intervention Training.*

*You can also catch the play at other venues across West Dorset: 2 March Marine Theatre, Lyme Regis; 3 March Martinstown Village Hall; 9 March Brownsword Hall, Poundbury; 10 March Corn Exchange, Dorchester. See [www.facebook.com/somerleighplayers/](http://www.facebook.com/somerleighplayers/) for details.*

Thursday 8 March

## "Love & Light"

**CONCERT of an original & inspiring singer-songwriter - Magdalena Atkinson**

Time: **7.30-9.30pm**  
Venue: **The Quiet Space, Poundbury, Dorchester, DT1 3ST**  
Cost: **£10**  
Booking: **<https://app.etickets.to/buy/?e=15965>**

*Concert promoting Magdalena's new album "Love & Light". Experience this truly eclectic and expansive sound of a voice shift shaping according to genre, by turns very gentle and lyrical then powerful and resonant. Through our journey we find ourselves, helping us to reconnect with and embrace our naturally arising inner feminine wisdom, bringing us healing and vitality.*



# ...Dorset Women's Week



Friday 9 March

Post-Domestic Abuse:

## Creative Strategies for Coping with Life

Time: 4-6pm

Venue: The Driftwood Café, Lyme Regis Baptist Church, Silver Street, Lyme Regis, DT7 3HR

Cost: Admission is free but please bring money for refreshments, as it's a non-profit community café

Booking not necessary

*Domestic abuse is perpetrated in a variety of despicable ways, many of which can leave you feeling helpless, victimised and isolated. If you've been subject to it, there's a high likelihood that you'll have developed coping strategies to help you get through the day.*

*This women-only discussion group will give you a safe space to share your top tips for putting one foot in front of the other and on learning how to rise again. Come along to enjoy tea, coffee, cake, sisterhood and support from ladies who understand and want to help. The session will be led by WAND Patron, Tracey West from Lyme Regis.*

*Donations of food for the Dorset Crisis and Inform Centre (formerly the Women's Refuge) will be gratefully received (tins of beans, tomatoes, pasta, rice, coffee, biscuits etc.)*

Friday 9 March

## Sacred Feminine Yoga Nidra



Time: 6-7pm

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

Cost: £8

Booking essential:

sian.sacredshores@gmail.com

or 07527 052273

*A deeply relaxing practice that honours our deep feminine wisdom and connection to our Mother Earth. All you need to do is show up and lie down, all blankets and mats supplied, just come and rest in gentle and nourishing receptivity. Facilitated by Lalita' - Sian Alcock.*

# Dorset Women's Day...

Saturday 10 March

## Dorset Women's Day

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

**FREE entry**

*Come for the day or for 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 to arrive early because the workshops book up quickly. We limit initial sign up to two workshops per person to enable as many people as possible to take part. Please note that priority is given to women to attend the workshops – children may attend with an adult under the same booking as the 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! And please do attend if you've booked, so the place isn't wasted.

**Additional Venue!**

Borough Gardens House



Following the success of our additional venue last year we are again holding five workshops 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

**FREE**

*Throughout the day, Unison will be running beautiful brooch making sessions (for £3) next to their stall in the main hall.*







## ***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 marble paper. All materials and tools are provided, and you can leave with your own handmade book.*

## ***Fun with Flowers***

with Carrie Diamond & Annette Parker

**£3**

*Come and have fun, learning how to create a table arrangement using fresh flowers and foliage.*

## ***Be a Digital Superhero!***

with Cat Bolado

**FREE**

*Beginner's social media workshop taking you from zero to digital superhero in 45 minutes. We will cover Twitter, Facebook and Instagram. Fun and informative!*



## ***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.*





# ...Dorset Women's Day...

## African Drumming

£2

Borough Gardens House



Uplifting, fun and friendly drumming session. No experience necessary, all drums provided.



## LOVE FOOD hate waste

with Kirsten Juniper

FREE

It is estimated that we throw away a quarter of the food that we buy! This workshop will give you simple tips about storage, portion sizes, planning meals and making tasty dishes out of leftovers, helping both the environment and your pocket at the same time.



## Conscious Living and Healthy Eating

with Cath Short

£1



An introduction to eating a plant-based whole foods diet, alkalising your body and the importance of healthy gut flora. We shall discuss the effect our food choices have on our personal wellbeing and the health of our planet.

# ...Dorset Women's Day...

## Cross Stitch Creations

with Sally O'Neill

£2

Learn the basics of Cross Stitch and create a simple colourful design to be mounted onto a greetings card. Choose from four designs – a bee, a ladybird, a rose or a pansy!



## You Have the Power!

with Alexa Warner

FREE



Come and explore the wonders of your imagination and the power you have within you. Experience the proof of how you can stretch the boundaries of what you believe you are capable of physically and mentally by using just your imagination. This will be a fun and interactive workshop that will teach you some fast and effective techniques increase your confidence and capabilities in all areas of your life.



## The Art of Deep Self Care: Yoga

with Sian Alcock

FREE

Borough Gardens House



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. Please bring mats and blankets if you have them.



## Domestic Abuse Awareness Talk

with Pauline Collier and Jo Keane

FREE

A talk to offer a brief insight to domestic abuse and the dynamics behind why people stay in abusive relationships.

## 100 Years Anniversary of Suffrage

with Becky Brookman

FREE

A workshop looking at the achievements made by the suffrage movement 100 years ago to date.



## Empowering Women in Tanzania with Motorcycles!

with Sheonagh Ravensdale and Pat Thomson

FREE

How Claire Elsdon, founder of [www.piklily.com](http://www.piklily.com), is transforming lives of Tanzanian women in Mwanza, training them as motorcycle mechanics, first aiders and riders of motorcycle ambulances which will be used to reduce maternal mortality in remote areas of Tanzania. A unique and very exciting project.





## Ukelele Workshop

with  
Sally Vaughan

**£3**

An introduction to the basics of playing the ukulele. In this session you will learn basic chords and techniques and be strumming away to some familiar tunes. Suitable for absolute beginners and experienced players alike. All Welcome. Bring your own instrument or borrow one on the day.



## Mindful Eating & Self Care

with Helen James

**£2**

After 3 decades of yo-yo dieting, low self-esteem and body loathing, Helen had an idea to start a compassionate alternative to weekly diet clubs. With a little lottery funding Nutriri\* has recruited 15+ people from around the UK, to open its first groups like the one she runs in Axminster. This workshop will introduce/deepen your understanding of mindful eating to improve body confidence.



## Celebrating Women Clay Workshop

with Deborah Clarke

**£3**

In 1979 Judy Chicago created 'The Dinner Party', an art installation using ceramics and textiles to celebrate women throughout history. Exploring clay and texture you can create your own masterpiece celebrating inspirational women.



## Mindfulness Skills

with Ali Dolphin

Borough Gardens House



**£2**

Do you ever have days when you feel rushed, pressured or stressed? Discover how to live more mindfully. This will be a practical workshop and you will hear how to notice thoughts and emotions, but not get drawn into them.



## Get Hooked on Crochet

with Maria 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!







## Singing Workshop

with Kathie Prince

**£1**

Join some of the Viva Women's Choir members to sing an eclectic mix of songs to lift your spirits. No singing experience necessary. All welcome.



## Medicine from the Hedgerow

with Fiona Heckels

**£1**

Have you ever wondered at the plants that grow all around you and what they might be used for? See the hedgerow with new eyes on this interactive workshop with Fiona from Sensory Solutions Herbal Evolution. She has dedicated her life to furthering access to knowledge about plant medicine and runs a school of herbal medicine here in Dorset.

Go to [www.sensorysolutions.co.uk](http://www.sensorysolutions.co.uk) to find out more.

## 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.



## Making a Memory Wire Bracelet

with Rose Mayerling

**£2.50**

Make a pretty memory wire bracelet with beads and charms.

## Amazing Women for Peace

Past and Present, Global and Local

with Marigold Bentley

**FREE**

An interactive thought provoking and empowering workshop combining information about radical women in the peace movement past and present. There will be time for discussion along with materials and information about up to date campaigns and activism.





## ...Dorset Women's Day...

### How to Sleep Well

with Ali Dolphin

£2

*Do you wake in the night, or find it hard to get to sleep? In this workshop, you will have a relaxed experience and hear how to sleep more peacefully.*



### Beautiful Belly Dancing

with Shona Iona

Borough Gardens House



**FREE**

*Belly dance is an inclusive, liberating and empowering dance form, suitable for all ages, shapes and sizes. It has so many wonderful benefits- it keeps you fit and healthy, gives confidence, de-stresses you and makes you feel fabulous! Oh, and it is a lot of fun! If you want to try belly dance, then my taster session is an ideal introduction! Using Egyptian music, I will teach some basic movements from hip shaking shimmies to fluid hip circles. Suitable for everyone! I can lend coin belts for you to wear on your hips. Why not come and try the art of belly dance!*



## ...Dorset Women's Day

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

### Viva Women's Choir

*The viva choir started almost decade ago, now with a membership of 60 women, and have truly established themselves as an outstanding women's choir.*



### Kar Stanton

*Scottish multi-instrumentalist songwriter Kar Stanton will be playing a selection of acoustic songs from her debut album 'Protagonist'. Kar's music has been described as 'Joni Mitchell meets Courtney Barnett with a dash of Goldfrapp'.*

*You can hear the full album at: [www.karstanton.com](http://www.karstanton.com)*

### April Skinner

*Five beautiful songs written by and for women focused on empowerment.*





# Dorset Women's Day Programme

## Saturday 10 March 2018 - Dorford Centre

10.00-10.30	OFFICIAL OPENING Registration for Workshops (see programme for costs) and Networking							External location
	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		12.30: Viva Women's Choir  1.30: Kar Stanton  2.30: Songbirds: April Skinner	Rummage Room Come and support WAND by rummaging and buying!	Bookbinding for Beginners Jenny Barnard	Fun with Flowers Carrie Diamond & Annette Parker	Be a Digital Superhero! Cat Bolado	Laughter Workshop Jo Keane	African Drumming Organic Rhythm
11.45-12.30				Love Food, Hate Waste Kirsten Juniper	Conscious Living and Healthy Eating Cath Short	Cross Stitch Creations! Sally O'Neill	You have the Power! Alexa Warner	The Art of Deep Self Care: Yoga Sian Alcock
12.45-1.30				Domestic Abuse Awareness Pauline Collier & Jo Keane	100 Years Anniversary of Suffrage Becky Brookman, Unison	Empowering Women in Tanzania Sheonagh Ravesdale & Pat Thomson	Ukulele Workshop Sally Vaughan	Mindfulness Skills Ali Dolphin
1.45-2.30				Mindful Eating & Self Care Helen James	Celebrating Women - Clay Workshop Deborah Clarke	Get Hooked on Crochet! Maria Clarke	Singing Workshop Kathie Prince	Home Brewing Kate Pyke-Kardas
2.45-3.30				Memory Wire Bracelet Rose Mayerling	Medicine from the Hedgerow Fiona Heckels	Amazing women for peace - Past and present Marigold Bentley	How to Sleep Well Ali Dolphin	Beautiful Belly Dancing Shona Iona
3.30		FINAL 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. 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.*

## ***Free crèche***

*available on first come first served basis.*

# ***We hope You can join us!***

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

## ***Graft and Information Stalls***

*Stalls in main hall include:*

- Nantes Solicitors
- Successful Women
- Unison
- Homestart West Dorset
- Neals Yard Remedies Organic
- Arbonne and Arbonne Charitable Foundation
- Henna Painting
- The Word Forest
- Dorset Waste Partnership
- The Wellbeing Training Company
- Mindful Solace
- The Dorset Lavender Farm Project
- You Trust
- And many more...



WAND would like to thank  
West Dorset District Council for sponsoring  
Dorset Women's Week 2018