



Dorset Women's Week

Saturday 2 – Saturday 9 March 2019

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

Saturday 9 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: 07956 896114

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

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

For information please visit:

www.wandwomen.org.uk

Welcome to our Dorset Women's Week 2019 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 few years. This year it runs from 2-9 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 fourteenth Dorset Women's Day (9 March 2019). Dorset Women's Week and Dorset Women's Day celebrate International Woman's Day (on 8 March). Our theme, in line with International Women's Day is #BalanceforBetter.



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

Tracey says:

"Hey there, all you wonder-filled women of Dorset!"

I run an environmental charity and over the past 12 months, I've become acutely aware that the issues that frequently bite women here in the UK, do the same to women in Africa: period poverty, social isolation, depression, oppression, domestic violence and more. By uniting to share our joys, passions, creative abilities, coping mechanisms and woes, I know we can build supportive frameworks within our communities, that give us better tools to cope with the challenges we're frequently faced with.

Please use this wonderful opportunity to come together with others to put some positive energy in the pot and take some inspirational energy out too!"

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



**Throughout Women's Week
2-9 March**

Window Display, Dorchester Waterstones

Cost: 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.

Monday 4 March

Wimborne & District Community Association
Film showing

Thelma and Louise

Time: 7.45pm – 10.15pm

Venue: Allendale Centre, Hanham Road,
Wimborne, BH21 1AS

Cost: £4

Booking essential: info@theallendale.org

In one of the greatest road movies of all time, Geena Davis and Susan Sarandon ride to everlasting fame as two women who embark on a crime spree across the American southwest.





Wednesday 6 March

The Live Laugh Ladies Club

Time: 12.30-2.30pm

Venue: Green House Hotel, 4 Grove Road, Bournemouth, BH1 3AX

Cost: £15 or £12 if a member

Booking essential:

www.livelaughloveladies.club/cathymosley

The Live Laugh Ladies Club has been so well received and has grown organically through personal recommendation. The balance of great food and venues, fair price, exceptional speakers and personal, approachable, friendly hosts have all helped build this reputation. Speakers have a huge part to play in the success, but party nights, games evening and days out really do give it a boost. Where else is there for women to go and enjoy socialising and making new friends with ladies of all ages?

With a focus on love, laughter and connections, a positive message, the clubs are welcoming and friendly. *"This is a club with a difference and I am passionate about bringing modern inspirational and educational speakers into women's lives, with no barriers or politics to exclude anyone."* says the founder Michelle Bartlett.

Cathy Mosley will have returned from her travels and will be sharing some pictures and stories of her experiences travelling around the world. We will also be joined by the lovely Lesley Tindle with Boutique in a Bus for a lovely shopping experience not to be missed.



Wednesday 6 March

Ladies Only Swim Session

Time: 7.40-8.30pm

Venue: 1610 Dorchester Sports Centre, Coburg Road, Dorchester, DT1 2HR

Cost: Free

Booking not essential: Call **01305 858400** or email:

Dorchester@1610.org.uk

Come and join us for our weekly ladies only swim session! A time to chat to your friends and not even notice you are exercising or for the more competitive lady have a swim in the lanes.



Thursday 7 March

Dynamic Women in Business empowering women

with a guest speaker

(Breakfast and networking is included)

Time: 9am-11.30am

Venue: Jenkins and Sons, Bank Chambers, 7-8 Penn Hill Ave, Poole, BH14 9NB

Cost: £22.50 or £18 early bird price if booked more than 2 weeks before

Booking essential: Tickets available at:

www.dynamicwomeninbusiness.com

or call: **07976 580470**



Designed by local business women for women in business across Dorset and beyond, our events are always fun – and having a good laugh together has proved highly conducive to some brilliant networking opportunities!

We run events at Jenkins in Poole and Urban reef in Bournemouth every month. Our drive is to empower and enable local business women to build a strong community and business network. We aim to create a great atmosphere where you can enjoy your networking and learning time. Time is given to a 60 second pitch for all ladies.

...Dorset Women's Week...

Thursday 7 March

Women's Workshop The Menopause

Time: 3.00pm

Venue: Blandford Library, The Tabernacle,
Blandford Forum DT11 7DW

Cost: Free

Drop-in session. Contact the library for
further details **01258 452075**



An information workshop on the
Menopause given by a nurse from the
local surgery. Refreshments provided.

Thursday 7 March

Wellness Walkabout in West Bay



Time: 2.30pm

Venue: Meeting outside West Bay
Centre

Cost: £5 per person and £3 for under
18 year olds or low income

Booking: To book your place as spaces
limited: www.yourowntruenature.com

Did you know that just 6 minutes in
nature or even viewing nature images
gives you health benefits lasting a
week? After my sessions, clients' tell me
"they feel 150% better", reduce stress or
tension by 30-50% in just ten minutes
and improve sleep quality.

Join Maria Morris, Naturepreneur and
Founder of Your Own True Nature.
You will practice walking in a mindful
manner, be taught relaxing breathing
methods and how nature can help you
to be the BEST you even when you are
outside for just a short time. Feel happier,
more energised, boost your confidence and
reduce stress. Use all your senses to enjoy
nature in a way never experienced before. All
the methods shown to you can be repeated
wherever you are-inside or outside.

Please note: Wear suitable clothing and
shoes for all weathers and even or uneven
ground. There will be a combination of
walking and standing with minimal sitting
on the walk. 12 people per session and
suited to children aged 11 years old to
adults. Anyone who wishes to join me for
a mindful cup of Calm at a local tea shop
afterwards for half an hour would also be
welcome. Refreshments excluded.

...Dorset Women's Week...

Friday 8 March

Successful Women in Business



Network Conference and Awards Launch

Time: 9.45am-4pm

Venue: George Albert Hotel & Spa, near Dorchester, DT2 9PW

Cost: £59 including lunch and refreshments and all training materials

Booking essential: Book online via website

www.swibtribe.com/events/annual-conference-and-awards-launch

A Conference with inspirational speakers, expert panel and workshops to celebrate the
success of women in the South West. Great networking opportunity and launch of the
Successful Women Awards

Friday 8 March

Deep Relaxation Yoga Nidra - Honouring the Sacred Feminine

Time: 5.30 - 6.30pm

Venue: Dorchester Yoga and Therapy Centre

Cost: £10 with concessions available upon request

A nourishing and powerful way to access the deep
feminine that resides in all -come and lie down and
let yourself be taken on an inner journey to leave you
feeling profoundly rested and well.
For both women and men.

Sian Lalita' Alcock: sian.sacredshores@gmail.com
or call **07527 052273**



...Dorset Women's Week

Friday 8 March

Film & Talk

with Tracey West:

'Women of Kenya: living on the Front Line of Climate Change'

Time: 7pm-8.30pm. (Doors open & refreshments available from 6.30pm)

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

Cost: £5.00 which will be donated to Tracey's reforestation charity, The Word Forest Organisation. It will buy two trees and some building materials for a new classroom in an impoverished community in Kenya. Booking : Tickets available from www.wordforest.org Some may be available on the door

Meet Tracey West of the Kenyan reforestation charity, The Word Forest Organisation (Head Office in Lyme Regis). See exclusive footage from her forthcoming documentary, taken during Tracey's recent visit to Kenya to see her women's empowerment group, the Mothers of the Forest.

Find out how they're tackling period poverty, social isolation, impoverished living & depression. See how their supportive network helps them cope with the challenges of being a woman on the front line of climate change. Drink & biscuits included, other vegan light refreshments available for a donation.



Women of Kenya:

living on
the
frontline
of
climate
change



...Dorset Women's Week...

Friday 8 March

The Phoenix Theatre and Arts Centre

Isadora – I Dance What I Am

Time: 7.30pm-8.30pm.

Venue: Allendale Centre, Hanham Road, Wimborne, BH21 1AS

Cost: £11 / £10 concession

Passionate and unconventional, Isadora Duncan, the legendary "Mother of Modern Dance", was a trailblazer who opened the door to a new, expressive dance style and her creative legacy continues today. She was one of the first international superstars, her dancing enthralled audiences, yet her reputation was



destroyed by the press and her private life scandalised society.

This newplay, appropriately performed on International Women's Day, includes reimagined excerpts of some of her iconic dances and glimpses of her struggle to reconcile love and art.

Monday 11 March

Empowering women in Tanzania

Time: 10.30

Venue: Meeting Room, Wareham Library, South Street, Wareham BH20 4LR

Cost: Free

Booking advised - call 01929 556146

Talk on Pikilili, an organisation transforming the lives of Tanzanian women in Mwanza. Women are trained as motorcycle mechanics, first aiders and riders of motorcycle ambulances which will be used to reduce maternal mortality in remote areas of Tanzania. Refreshments provided.

ARTS FOR SURVIVAL C.I.C PRESENTS

THE 3RD BRONZE ANNUAL EVENT

Saturday
9th. March

THE BRONZE
PROJECT

INTERNATIONAL WOMEN'S DAY SYMPOSIUM AND GALA
In celebration of women's day 2019

Celebrating strength when diverse women in the community get together!

2019 Theme: #Balance For Better

A night to Celebrate and Award women.

GUESTS OF HONOUR:

The Worshipful The Mayor & Mayoress of Bournemouth
Councillor & Mrs Derek Borthwick

PLACE: ROYAL BATH HOTEL, BATH RD, BOURNEMOUTH BH1 2E

TIME: 15:30-12.00AM - DATE: SATURDAY 9TH, MARCH 2019

ADMISSION: FREE TICKETS / £20 EARLY BIRDS / £25 STANDARD / £40 V.I.P



CONTACT: 07960725517 OR FOR TICKET INFORMATION, PLEASE VISIT
<https://www.eventbrite.co.uk/e/the-bronze-project-international-womens-day-symposium-and-gala-tickets-54280625813>

ATTIRE: RED CARPET GALA STYLE FOR MEN AND WOMEN
RED CARPET / REMARKABLE SPEAKERS / ENTERTAINMENT / AWARDS / FOOD / DRINKS / RAFFLE / GALA / NETWORKING / STALLS

DONATIONS FOR RAFFLE PRIZES WILL BE GENEROUSLY ACCEPTED OR TO BE PART OF THE EVENT;
PLEASE CONTACT ARTS FOR SURVIVAL TEAM VIA TEL: 07960725517



arts4survival



missbronzeukscholarship



arts4survival

...Dorset Women's Day...

Saturday 9 March

Dorset Women's Day

10am-3.30pm • Dorford Centre

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. **We limit initial sign up to two workshops per person to enable as many people as possible to take part.**

Please note that propriety is given to women at 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 is especially unfair if you haven't paid! And please do attend if you've booked, so the place isn't wasted.

Borough Gardens House



Following the success of our additional venue for the last two years we are again holding 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 - Brooch Making

FREE

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

UNISON
the public service union

...Dorset Women's Day...

Boomerang Bags

with Litter Free Dorset's Sophie Colley

FREE

As part of the 'Plastic Free Dorchester' initiative Litter Free Dorset are inviting you to come and create a 'Boomerang Bag'. The bags will be made from recycled materials, left in shops and cafes across Dorchester to be reused by others. 'Boomerang Bags' encourage people to refuse plastic and in turn help create a Litter Free Dorset. www.boomerangbags.org/



Fun with Flowers

with Carrie Diamond & Annette Parker

£4

Come, relax and enjoy learning how to create a beautiful flower arrangement with fresh flowers and foliage. No experience necessary. We'll guide you through, step by step.

Cross Stitch Creations

with Sally O'Neill

£2

Learn the basics of the art of Cross Stitch and create a simple colourful design to be mounted onto a greetings card.



...Dorset Women's Day...

An Interview with Minette Walters

FREE

Minette Walters is an English crime writer, published in over 35 countries and winner of multiple awards. Several of her books have been adapted for TV, and she has also written for the Quick Reads initiative which supports adult literacy. Minette lives near Dorchester, and one of her recent novels (The Last Hours) is set in Dorset during the time of the Black Plague. In this session WAND interviews Minette - what would you ask?



FREE

Most people like nature but are unsure why. Find out how nature can help you feel healthier and be your best. Enjoy feeling more energised. Whether you are inside or outside. After my sessions people say they feel "150%" better, have "shifted their mindset" or can "de-stress in just 10 minutes"! You can too! So join us to find out how. (Weather permitting, we will take a 20 minute mindful sensory nature stroll outside. Wear sturdy footwear and suitable clothing.)

Borough Gardens House



Easy Ways to get your Daily D.O.S.E. of Happiness...

...using all your senses and the power of nature
with Maria Morris





Digital Superheroes:

First steps in getting on Instagram / Snapchat

with Catherine Bolado

FREE

Are your kids and grandkids always on 'the Gram' or sending 'Snaps'? Do you want to get involved in the fun but don't have an account? THIS IS AN ABSOLUTE BEGINNERS' WORKSHOP. I will take you through how to set up and account and how to send your first Snap or first Instagram post.

To save time, please download both apps to your phone before the day.

Sugarcraft Workshop

with Cherise Luke Bennett

FREE

Come and create an edible paper rose which you can use to decorate cakes for special occasions or make into a bouquet for a very special gift.



Laughter Workshop

with Jo Keane

FREE

Laughter exercises to improve mental health and physical wellbeing. Followed by a relaxing meditation to restore the self.



Borough Gardens House



The Art of Deep Self Care: Yoga

with Sian Alcock

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. Please bring mats and blankets if you have them.



Dementia Friends Awareness Session

with Julie Hammon

FREE

People and places can become dementia friendly. It is simply about understanding dementia and the various symptoms that arise and facilitating people living with dementia where you can. Together this reduces the fear, stigma and barriers people face and enables people living with dementia and their carers to live well.

Medicines from The Garden

The Gifts of Rosemary

with Fiona Heckels

FREE

Fiona is one of the Seed Sistas and author of the upcoming book The Sensory Herbal Handbook. Come and learn some top tips for home herbalism, get a sneak peak inside the book before it comes out and learn how to use your senses and creativity to explore how plants can heal. Bring a note book and pen).

...Dorset Women's Day...



Do one thing in your garden for wildlife

with Imogen Davenport & Nicki Brunt

£3

Find out how to help pollinators in your garden and make a bug hotel to put up at home. There will be plenty of information about welcoming pollinators into your garden and how to be part of Get Dorset Buzzing to help you do something new for pollinators in your garden this year.

50:50 Getting Elected!

with Janine Miller

FREE

50:50 Parliament is the non-partisan, cross-party campaign, inspiring, encouraging and supporting women along the path to Parliament. This workshop will lay out some basic steps to starting your journey of being an MP.



17

16

...Dorset Women's Day...

No More Silence

VIVA! Women's Choir share songs to empower and inspire

FREE

An uplifting and empowering singing workshop with Kathie Prince and her Dorchester-based, VIVA! Women's Choir. Join us for songs with wonderful harmonies that will lift your spirits!



Borough Gardens House



An Introduction to Burlesque

with Miss Lou Lou La Belle

FREE

Miss Lou Lou La Belle (aka Louise) will be delighted to introduce you to the art of Burlesque, from its foundation to the modern day. Demonstration and group interaction. Guaranteed fun and laughter, with lots of feather boas.

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.



17

Healthy You - Powerful You

with Gabriela Lerner

FREE

As women we often feel pulled in all directions – being an amazing partner/wife, mum and career woman requires stamina, energy and mental agility.



Too often the one thing that gives us all three is neglected and treated as secondary – that is our health. In this talk Gabriela will inspire you to make your health a priority and give simple strategic tips on how to achieve it through food and lifestyle choices. Gabriela Lerner is a Wholistic Vegan Lifestyle Coach and Raw Nutrition Coach.



Women of Kenya

Living on the front line of climate change
with Tracey West

FREE

Meet Tracey West of the Kenyan reforestation charity, The Word Forest Organisation (Head Office in Lyme Regis). See exclusive footage from her forthcoming documentary, taken during Tracey's recent visit to Kenya to see her women's empowerment group, the Mothers of the Forest. Find out how they're tackling period poverty, social isolation, impoverished living & depression. See how their supportive network helps them cope with the challenges of being a woman on the front line of climate change.



Free Fuzion®

mastering your magnificent mind
through relaxation and movement

with Alex Warner

FREE

Free Fuzion® is a unique new class for health and happiness. The gentle movements, breath work, visualisation and relaxation will release the stresses, strains, aches and pains of everyday life, enabling you to tap into your calm and confident self.

Suitable for all as no level of fitness or flexibility required. Please bring an exercise mat if possible.



Creating your Sketch Book

with Caz Scott

£2

Participants will be introduced to the excitement and inspiration created when they begin to produce their own sketch books using a variety of media.



Borough Gardens House



Beautiful Belly Dancing

with Shona Iona

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...

The Handwritten Letter Appreciation Society

Adventures in Letter Writing

with Dinah Johnson

£2

Come and find out about the idea behind The Handwritten Letter Appreciation Society as well as be inspired to take part in a handwritten letter revival by putting pen to paper again (or for the first time). There will be a chance to write postcards and letters, use stampers and pens to decorate envelopes, trying out quills, and posting your mail. Join our quiet revolution in the art of intimacy!



...Dorset Women's Day

Interactive Literature:

Finding your voices

with Rowan Prescott Hedley

FREE

Discover the tools to write with your heart and soul to inspire your word-craft off the page and into the hearts, minds and souls of others. Rowan Prescott Hedley is a poet, comic, actor and improviser who has been writing and performing across Bristol and Dorset for 5 years. She has taken 3 shows to the Edinburgh Fringe Festival,



We will also be celebrating women with a range of fantastic performances on the stage in the main hall...

Empowering women in Tanzania with motorcycles!

with Sheonagh Ravensdale and Pat Thomson

FREE

Last year we told you how Claire Elsdon, founder of Pikilily, 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. Our apprentices are now licensed motorcycle riders; they can do basic maintenance and first aid and they're taking their first steps towards financial independence and making a difference in their community. See more at www.pikilily.com and come and hear the latest update!



Viva! Women's Choir

The Viva! choir started almost decade ago, now membership of 60 women. And have truly established themselves as an outstanding women's choir.



April Skinner

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



Magdalena Atkinson

A soulful singer-songwriter, yogini, mother, and a dreamer. Her music heals confusion, empowers and open your heart. She has published 2 albums "Beauty & Power" and "Love & Light". www.magdalenaatkinson.co.uk FB: Magdalena Atkinson Music



Dorset Women's Day Programme

Saturday 9 March 2019 - Dorford Centre

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: Viva! Women’s Choir	Rummage Room Come and support WAND by rummaging and buying!	Boomerang Bags with Litter Free Dorset Sophie Colley	Fun with Flowers! Carrie Diamond & Annette Parker	Cross Stich Creations Sally O'Neill	An interview with Minette Walters	Daily D.O.S.E of Happiness - using all your senses and the power of nature Maria Morris
11.45 - 12.30		12.30: April Skinner		Digital Superheroes: Instagram/ Snapchat Catherine Bolado	Sugarcraft Workshop Cherise Luke-Bennett	Dementia Friends Awareness Session Julie Hammon	Laughter Workshop Jo Keane	The Art of Deep Self Care: Yoga Sian Alcock
12.45 - 1.30				The Gifts of Rosemary Fiona Heckels	Get Dorset Buzzing! Imogen Davenport & Nicki Brunt	50:50 Getting Elected! Janine Miller	No More Silence - VIVA! Choir Kathie Prince	An Introduction to Burlesque Louise Johnson
1.45 - 2.30		2.30: Magdalena Atkinson		Living Well with Lavender! Jo O'Connell	Healthy You - Powerful You Gabriela Learner	Women of Kenya: living on the Front Line of Climate Change Tracey West	Free Fuzion® Alexa Warner	Beautiful Belly Dancing Shona Iona
2.45 - 3.30				Handwritten Letter Appreciation Dinah Johnson	Creating your Sketch Book Caz Scott	Empowering women in Tanzania with motorcycles! Sheonagh Ravesdale & Pat Thomson	Interactive Literature: finding your voices Rowan Prescott Hedley	
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...

Graft and information stalls

Stalls in main hall include:

- Nantes Solicitors
- Unison
- Homestart West Dorset
- Neals Yard Remedies Organic
- The Word Forest
- Dorset Lavender Farm Project
- You Trust
- Usborne Books
- Isha Jewellery
- And many more...

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 our events. If you have any donations, please bring them along on the day.

Free crèche

available on first come first served basis.

Scrumptious Refreshments

Tea, coffee and delicious cakes and sandwiches will be available in the lounge

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 2019