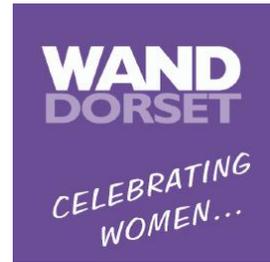


DORSET WOMEN'S DAY 2021



SATURDAY 6TH MARCH

The Women's Action Network Dorset (WAND) proudly presents the programme for our first virtual Dorset Women's Day!

EVENT PROGRAMME

10:00AM	Women & Trade Unions	2:00PM	Detox Your Wardrobe
10:00AM	Nature & Self Care	3:00PM	Dancing for Health
11:00AM	Vegan Curious?	4:00PM	The Art of Handwritten Letters
12:00PM	Awakened Belly Dance	5:00PM	Afterparty
1:00PM	Yoga Flow to Music	8:00PM	Cosy Home Spa

Raising money for...

The Shine Project

DORSET WOMEN'S DAY 2021

NOTE FROM WAND'S CHAIR



For 2021, our committee made the decision to theme the event all about wellbeing and self-care. Things have been challenging for us all recently, so we are really looking forward to hosting an event which encourages us to be kind to ourselves – at the same time as bringing women in Dorset together.

The workshops will take place via Zoom and you are welcome to join in with as many (or as few) workshops as you like. All Dorset Women's Day participants are also warmly invited to our "afterparty" at 5pm – we'd love to hear what you thought of the day!

WAND have also decided to fundraise for the **Shine Project** via our events this year. The Shine Project do some really invaluable work with teen girls, with the aim of building their confidence, self-esteem, and mental and physical health. While Dorset Women's Day workshops are free to attend, participants are encouraged to make a **donation to Shine** if they are able to do so.

On a practical note, some workshops require advance registration, so please do check the event information for each workshop carefully. Full information about each workshop can also be found on our **website** and **Facebook page**, and you are always welcome to contact us via email at **wanddorset@gmail.com**

Lastly, WAND would like to thank our wonderful workshop leaders and volunteers for their time and contributions to the event – you are all amazing.

We hope to see you at Dorset Women's Day!

Laura
WAND Chair

Raising money for...

The Shine Project

10:00AM - 10:50AM



Women & Trade Unions: What Can Trade Unions Offer Women? Hosted by Amanda Brown & Becky Brookman, UNISON

In this workshop, Amanda & Becky from UNISON Dorset (part of the Women's Self Organised Group) will be sharing what a Trade Union is, and what Trade Unions can offer to women in their work. The official theme for International Women's Day in 2021 is also #ChooseToChallenge, to recognise the power that we all have to call out gender bias and inequality – much of which is experienced in the workplace. One of UNISON's main aims is to help workers fight for fairness, and this session will leave you feeling informed about the benefits of Trade Union membership for women.

No maximum number of participants.

To register for this workshop, [please follow this link](#). You will be sent a confirmation email with instructions for joining the Zoom.

10:00AM - 10:50AM



Nature & Self Care - Hosted by Emma Pritchard

Emma is a qualified counsellor and life coach who puts self-care at the heart of her work.

She works indoors and outdoors, combining creative therapeutic interventions with shinrin yoku (forest bathing) in natural environments. In this session, Emma will share with you her passion for using nature to support wellbeing. You'll learn why self-care is important and how you can use the natural world to help with relaxation and healing. The session will incorporate a guided visualisation exercise.

Maximum 20 participants.

To register for this workshop, [please follow this link](#). You will be sent a confirmation email with instructions for joining the Zoom.

11:00AM - 11:50AM



Vegan Curious? - Hosted by Julia Forrest-Wilson

This year, Julia decided to participate in “Veganuary” for the first time. Julia will share her story as a vegan newbie, including some tips on the delicious plant-based foods that she discovered through the month. This session is ideal for anyone interested in veganism (whether you too are a vegan newbie, vegan-curious or a veteran vegan!) who would like the opportunity to connect with like-minded women.

No maximum number of participants.

To register for this workshop, [please follow this link](#). You will be sent a confirmation email with instructions for joining the Zoom.

12:00PM - 12:50PM



Awakened Belly Dance - Hosted by Fiona Penfold

Awakened Bellydance is a multifaceted and self transformative process that combines Egyptian Bellydance, guided visualisation and energy healing into a moving meditation. It is perfect for women who have an interest in movement for healing and reclaiming your sovereign dancer. No belly dance experience is necessary and you will be able to work to your own level of comfort and ability. In this workshop we will focus on grounding, emotional balance and expression, finding our inner wisdom and guidance and practicing self care from the heart.

No maximum number of participants.

To register for this workshop, [please follow this link](#). You will be sent a confirmation email with instructions for joining the Zoom.

1:00PM - 1:50PM



Yoga Flow to Music - Hosted by Carol Macartney

Carol lives on the Isle of Wight, where she has been inspiring and empowering women through yoga and dance for almost thirty years. She runs retreats around the world (or did before COVID!) and now offers her workshops through Zoom. For this Dorset Women's Day session she will be offering "The Goddess Arises" gentle flowing yoga and celestial communications to mantric music. The session welcomes everyone to join regardless of age, shape or yogic ability, just come with an open heart and a smile. Please wear something comfortable that you are able to move around in.

Find out more about Carol's work here: www.carolmacartneyyoga.co.uk

No maximum number of participants.

To register for this workshop, please follow this link. You will be sent a confirmation email with instructions for joining the Zoom.

2:00PM - 2:50PM



Detox Your Wardrobe - Hosted by the Eloise of the Wardrobe Foundation & Alice from Buddy and Noo

Eloise is the founder of the Wardrobe Foundation, a social enterprise set up to provide bespoke clothing packages to women in need of clothing support across Dorset. Alice is a personal and interior stylist, and founder of styling company Buddy and Noo. Eloise & Alice will share some top tips for sorting, arranging and clearing out your wardrobe, so that your wardrobe really works for you. Eloise & Alice also invite you to bring along one item of clothing that you would like some styling tips on, for a fun and interactive session designed to reinvigorate your personal style.

Places for this workshop are limited to 10, so be quick in reserving your spot!

Places can be reserved by emailing wanddorset@gmail.com on a first-come-first serve basis. After registering via email, you will be sent the Zoom details. Since spaces are limited, please only reserve a spot if you are certain you can attend.

3:00PM - 3:50PM



Dancing for Health - Hosted by Dr Rosaria Gracia

Whether you want to keep fit, have a break in your daily routine or are dealing with particular health circumstances, this session might be just what you are looking for. The session will be fun and nurturing and include a Somatic and fitness section (GYROKINESIS® stretches, Franklin method, Lebed method techniques) and short dances (from Latin to Bollywood, from 80s to current music). The session will start seated, so you will need a chair or stool. Please wear something comfortable that you are able to move around in.

Find out more about Dr Gracia's work here: www.rosaria-gracia.com

No maximum number of participants. To register for this workshop, please follow this link. You will be sent a confirmation email with instructions for joining the Zoom.

4:00PM - 4:50PM



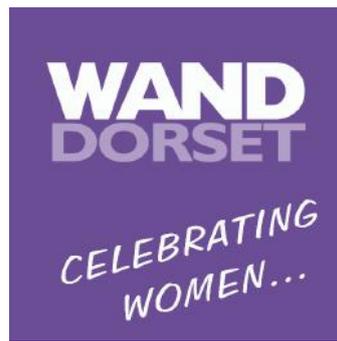
Appreciating the Art of Handwritten Letters - Hosted by Dinah Johnson, founder of The Handwritten Letter Appreciation Society

Receiving a handwritten letter through the post is a really special treat, and The Handwritten Letter Society is firmly committed to putting the fun and meaning into writing letters. To kick off the session, Dinah will talk about how The Society came into being and the adventures they've had along the way. Next, there will be a short writing activity for participants to do together – you only need to bring a pen and piece of paper/a postcard with you. There will be space to share ideas and inspiration about decorating your letters, as well as time for any Q&As.

Find out more about The Handwritten Letter Appreciation Society here: www.thehandwrittenletterappreciationsociety.org.

No maximum number of participants. To register for this workshop, please follow this link. You will be sent a confirmation email with instructions for joining the Zoom.

5:00PM - 5:30PM



Afterparty- Hosted by WAND

All Dorset Women's Day attendees, workshop leaders and WAND supporters are warmly welcomed to our afterparty to round off the event! We will hear from WAND's Chair and our lovely patron Tracey West, and we would love to get to know you all better too. We are also keen to hear your feedback on our first virtual Dorset Women's Day, so do come along and let us know what you thought.

To register for the afterparty, [please follow this link](#). You will be sent a confirmation email with instructions for joining the Zoom.

8:00PM - 8:50PM



Cosy Home Spa - Hosted by Lindsay Moss

Lindsay is a Neal's Yard Remedies Organic Independent Consultant, and she invites you to join her for an evening of self-care in a Cosy Home Spa Workshop. Here you will treat yourself to a super organic facial, and learn how to do a facial massage combined with some facial yoga exercises. This will all be topped off with a luxurious hand treatment.

Home Spa Sample Packs will also be sent out to participants in advance.

Places for this workshop are limited to 10, so be quick in reserving your spot!

Places can be reserved by emailing wanddorset@gmail.com on a first-come-first serve basis. At the time of booking, please also provide your address so that the product samples can be sent to you in advance. Since spaces are limited, please only reserve a spot if you are certain you can join in.

Registration must be received by Friday 26th February.