



**YIWW
2021**

**YORK
INTERNATIONAL
WOMEN'S WEEK
6-14 March**

women in a time of plague

PROGRAMME

now all

~~most events online~~
all free or small donation

www.yorkwomen.org.uk



PROGRAMME 'AT A GLANCE'

PRE-PROGRAMME EVENTS

Tuesday 2 nd March	7.30-10.30	York Spoken Word Poetry and Prose Open Mic p5
Friday 5 th March	12.00-1.00	Fairtrade Connections: Farming in a time of Covid p5

CORE PROGRAMME

All week		Exhibition: Women Activists during the Covid Crisis p6
Saturday 6 th March	10.30-11.45	Yoga for All, Yoga for 'FROK' p7
	1.00-2.15	FROK, pandemic experiences in York & NW Pakistan p7
Sunday 7 th March	3.00-4.00	Femmes Fortissimo: Women Banding Together p8
Monday 8 th – Friday 12 th March		
each day	10.00-6.00	Kyra Celebrates for YIWW p8
Monday 8 th March	6.00-7.00	Herstory York: Making Invisible Women Visible p9
Tuesday 9 th March	7.30-8.30	Spotlight on Women in the Covid Pandemic p9
Thursday 11 th March	11-12.00	Find out what advocacy is p10
	6.30- 8.00	Women and the Russian Revolution p10
	7.00-9.00	St Nicks Creating Light in the Dark p11
Friday 12 th March	2.00-4.00	So far, right now & onwards . . . p11
Saturday 13 th March	12.30-1.30	Women and Natural Medicine in Times of Plague p12
	2.00-3.15	A piece of my jigsaw p12
Sunday 14 th March	10-12.00	Finding connection in a time of separation p13 (now online)
	3.00-4.30	Question Time? Women in a Time of Plague p14

All events now online, most on Zoom – support offered for Zoom beginners
Visit yorkwomen.org.uk or phone 01904 702060 for details

Details correct going to press. Any amendments on www.yorkwomen.org.uk
Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

YORK INTERNATIONAL WOMEN'S WEEK 2021

We are thrilled to offer a sensitive yet exciting Programme of talks, music, exhibitions, workshops, storytelling groups, and other events to explore this year's theme of 'Women in a Time of Plague'. Acknowledging the profound effect of the Covid pandemic on the lives of women is the focal point of the Programme, placing a spotlight on women's experiences and their often precarious situations in a world where women still have to fight to be heard and respected.

Our events are run by local women, both individuals and organisations, and pulled together into this Programme by a coordinating group of volunteers. The majority of events are online, mostly on Zoom, as we are 'living in a time of plague'. Internet events are brilliant for those who would otherwise find it difficult to get to events in person, and it also allows us to foster wider national and international connections now and for subsequent years. But we are very aware that it restricts access for some for whom participating online may be difficult or downright impossible. We are attempting to mitigate some of these issues by encouraging anyone who'd like to join in an event to contact the organiser to see if there are ways of making this possible. We are also offering a free 'Beginners Guide to Zoom' as a short online session and one-page guide (see Support p.4).

For this year, as we continue living through this pandemic, we hope you find something of interest (or maybe lots of things!) in this Programme and get involved – to discuss, to celebrate, to learn, to listen, to create, and to share your experiences both within the course of York International Women's Week and beyond. Feedback welcome – see contact details on p.4.

We look forward to meeting you online this March, and to a more balanced in-person and online YIWW Programme in 2022!

*With hope and warm wishes to everyone living in the pandemic, whatever your situation, from the **YIWW2021 Coordinating Group**: Rose Drew, Pilar Girvan, Penny Bainbridge, Marilyn Crawshaw, Margaret Everall, Kim Stephen, Kate Hignett, June Tranmer, Jamie Khoo, Candi Colburn, Ann Kaloski.*

Support for those new to online events

If you like the sound of an event but have not yet tried online events (for YIWW usually Zoom, or a similar system) then we encourage you to have a go. We'll be offering a free 'Beginners Guide to Zoom' in the week before the programme starts, as well as a short Zoom Guide available on the YIWW website or by post on request via email or phone. Feel free to email us with general queries about online participation – basic questions welcome! It's also worth contacting event organisers, and they will help if they can.

Contact

Queries about specific events are best directed to the event organiser, their details are in this Programme. For general information, updates, feedback and to book for the 'Beginners Guide to Zoom' there are plenty of ways to contact the coordinating group.

email: yorkwomensvoices@gmail.com phone: 01904 702060

Facebook: YIWW Twitter: @YorkWomen Instagram: YIWW2021

YIWW hub: www.yorkwomen.org.uk for programme updates, late entries, International Women's Day (IWD) events elsewhere, the history of IWD and more . . .

Thank you

Many thanks to all event organisers featured in this Programme, who have shown determination and patience in converting face-to-face activities into online events. We are learning together how to manage this pandemic in a myriad of ways.

We appreciate people browsing this Programme in a strange year, and those who take a chance with new ways of engaging in creative and thought-provoking activities.

We are very grateful to our sponsors for funding the technical support, communication costs, and printing that enable this Programme to come together.



Details correct going to press. Any amendments on www.yorkwomen.org.uk
Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

PRE-PROGRAMME EVENTS

YORK SPOKEN WORD POETRY AND PROSE OPEN MIC

ORGANISER

Rose Drew ☎ 07914 271871
yorkspokenword@yahoo.co.uk
www.yorkspokenword.org.uk



When: Tuesday 2nd March | 19.30-22.30 Sign in from 19.00
Where: Online live event via zoom
Cost: FREE – book by emailing yorkspokenword@yahoo.co.uk
Access: Contact organiser if you have any additional needs and they will do their best to help if possible.

DESCRIPTION

We celebrate this year's theme: Women in A Time of Plague. Zoom event, 4 min slots, all abilities welcome. 10 slots saved for newcomers. Please contact yorkspokenword@yahoo.co.uk for a slot: you can change your mind on the night; or after seeing a few others have a go, decide to read. Very friendly group. Read your own words or those of a favoured author. 2021 is our 16th IWW session. York Spoken Word, founded by a woman, has always been free entry.

FAIRTRADE CONNECTIONS: FARMING IN A TIME OF COVID

ORGANISER

York Fair Trade Forum Contact:
 Joanna Pollard ☎ 01757 617143
joanna@fairtradeyork.com;
www.fairtradeyork.com



When: Friday 5th March | 12.00-13.00
Where: Online live event via zoom; recorded & available to watch later
Cost: FREE – advance booking needed via Eventbrite - <https://www.eventbrite.co.uk/e/133076091171>
Access: Contact organiser if you have any additional needs and they will do their best to help if possible

Details correct going to press. Any amendments on www.yorkwomen.org.uk
 Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

DESCRIPTION	Working in partnership with Shared Interest we will link up via Zoom with Immaculate Ochieno, East Africa Lending Manager (based in Kenya) who will share stories from producer groups working hard on gender equality & Kodzo Korkortsi, Programme Manager for the Shared Interest Foundation (based in Ghana) who'll talk about the Livelihood Security Fund, which invests in covid safe measures & a project supporting women beekeepers in Burkina Faso.
--------------------	---

CORE PROGRAMME EVENTS

WOMEN ACTIVISTS DURING THE COVID-19 CRISIS	
ORGANISER Human Rights Defender Hub, Centre for Applied Human Rights, University of York; hrdhub@york.ac.uk ; https://www.hrdhub.org/	
	
	When: Live all week: 6 th -14 th March Where: Online zoom exhibition featuring mainly visual works of art. Videos and audio outputs will have captions in English Cost: Free to attend by emailing hrdhub@york.ac.uk Access: Contact organiser if you have any additional needs and they will do their best <u>to</u> help if possible
DESCRIPTION	The online exhibition features artistic works created by women activists and artists from different parts of the world in response to the measures implemented by governments to curb the spread of Covid-19. The selected works highlight the impact that such measures have had on women, represent a cathartic tool to cope with these challenges, and emphasise the centrality of feminist intersectional struggles to build alternative futures.
Also see: Women Activists During the Covid-19 Crisis - Conversations on Arctivism Wednesday, 10 March 2021, 15:00 – 16:00 GMT https://www.eventbrite.co.uk/e/women-activists-during-the-covid-19-crisis-conversations-on-arctivism-tickets-143283345343	

*Defined by no man, you are your own story
Blazing through the world, turning history into herstory.
And when they dare to tell you
all the things you cannot be
you smile and tell them
"I am both war and woman and you cannot stop me."*

Nikita Gill, British Indian writer and poet

Details correct going to press. Any amendments on www.yorkwomen.org.uk
Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

YOGA FOR ALL, YOGA FOR 'FROK'



YOGA FOR ALL YORK
Iyengar Yoga with Laura Potts



ORGANISER

Laura Potts, Yoga for All York laurapotts@phonecoop.coop; www.yogaforall york.wordpress.com



When: Saturday 6th March | 10.30-11.45

Where: Online live event via zoom

Cost: Free to attend. Donations to UK Friends of Khwendo Kor (www.frok.org.uk) to be sent to Laura, please, on booking confirmation
Please book via email - laurapotts@phonecoop.coop

Access: Contact organiser if you have any additional needs and they will do their best to help if possible

DESCRIPTION

A gentle and restorative session of Iyengar classical yoga for all: no experience required; household props (chair, books, stool, wall) can be used to help anyone less flexible or with an underlying health condition.

All donations will go to a charity supporting women and girls in NW Pakistan to realise their potential.

You'll need a firm floor, a bit of wall and some folded blankets or towels.

FILM AND FOOD WITH 'FROK' – SHARING WOMEN'S PANDEMIC EXPERIENCES FROM YORK AND NORTH WEST PAKISTAN

ORGANISER

UK Friends of Khwendo Kor (FROK)

☎ 01904 702060

frok.events@gmail.com; www.frok.org.uk



When: Saturday 6th March | 13.00-14.15

Where: Online live event via Zoom

Cost: Free to attend; book via frok.events@gmail.com or ☎ 01904 702060.
Donations please to UK Friends of Khwendo Kor (www.frok.org.uk).

Access: Contact organiser if you have any additional needs and they will do their best to help if possible

Details correct going to press. Any amendments on www.yorkwomen.org.uk
Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

DESCRIPTION	<p>Because our popular 'Frock for FROK' clothes-swap event cannot be held this year, we have put together a short film of women from York and northwest Pakistan sharing their pandemic experiences. If there's time we'll also show a documentary of the work of Khwendo Kor, the Pakistani women's NGO we support, and answer any questions.</p> <p>Enjoy it over something to eat and drink in your own home, perhaps wearing something you bought at an earlier clothes-swap!</p>
--------------------	---

<p>FEMMES FORTISSIMO: WOMEN BANDING TOGETHER</p> <p>ORGANISER Femmes Fortissimo Brass Band https://femmesfortissimo.weebly.com/ Get in touch via webform: https://femmesfortissimo.weebly.com/get-in-touch.html or ☎ 07792 633984</p>	 
--	--

	<p>When: Sunday 7th March 15.00-16.00 Where: Online webinar event via Zoom Cost: Free to attend but need to book via Eventbrite: https://femmesfortissimo2021.eventbrite.co.uk Access: Contact organiser if you have any additional needs and they will do their best to help if possible</p>
--	--

DESCRIPTION	<p>Webinar presenting Femmes Fortissimo, a brass band of all female-identifying players from bands across Yorkshire and further afield, originally formed for YIWW 2018. The online event will showcase our events and activities, hear from band members about how they have coped when the live music had to stop for the pandemic – and round off with two special video premieres featuring some of the FF players.</p>
--------------------	---

<p>KYRA CELEBRATES FOR YORK INTERNATIONAL WOMEN'S WEEK</p> <p>ORGANISER Kyra Women's Project – ☎ 01904 632332 contact@kyra.org.uk; www.kyra.org.uk</p>	 
--	---

	<p>When: Monday 8th March to Friday 12th March 10.00-18.00 Where: Online Zoom event – all week Cost: Free to attend but suggest donations when booking through Eventbrite https://kyraiwd2021.eventbrite.co.uk/ Access: Contact organiser if you have any additional needs and they will do their best to help if possible</p>
--	--

Details correct going to press. Any amendments on www.yorkwomen.org.uk
Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

DESCRIPTION	We will join together through online zoom sessions to meet with a panel of inspiring women, supporting organisations and Kyra volunteers. You will have the opportunity to Q and A with a variety of women across York. Kyra members will showcase a selection of creative projects that have been inspired by the year of Covid19. Alongside our own projects we will raise awareness of the fantastic support shown to women throughout the global pandemic. A full timetable of the week's events will be on Kyra's website & Eventbrite.
--------------------	--

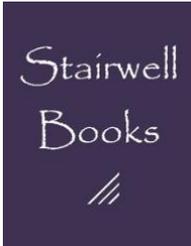
HERSTORY.YORK MAKING INVISIBLE WOMEN VISIBLE	
ORGANISER HERSTORY.YORK herstory.york@gmail.com ; https://herstoryyork.org.uk/	
	
	When: Monday 8th March 18.00-19.00 Where: Online live event via Zoom Cost: Free to attend but need to book via Eventbrite - https://www.eventbrite.com/e/york-international-womens-week-2021-event-tickets-138128139985 Access: Contact organiser if you have any additional needs and they will do their best to help if possible
DESCRIPTION	HERSTORY.YORK is a community history project aiming to tell and celebrate the stories of 100 women active in York between 1918 and 2018. This event will focus on women who have contributed in the health and caring professions and in the frontline of working to save lives, risking their own health and well-being to do so.

A SPOTLIGHT ON WOMEN IN THE COVID PANDEMIC	
ORGANISER Centre for Applied Human Rights (CAHR), University of York, clh500@york.ac.uk ; www.york.ac.uk/cahr (please note that this event is organised by CAHR postgraduate students)	
	
	When: Tuesday 9th March 19.30-20.30 Where: Online live event via BigBlueButton Cost: Free to attend but need to book via Eventbrite - https://www.eventbrite.co.uk/e/a-spotlight-on-women-in-the-covid-pandemic-tickets-136002086903 Access: Contact organiser if you have any additional needs and they will do their best to help if possible

Details correct going to press. Any amendments on www.yorkwomen.org.uk
Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

DESCRIPTION	Human rights students present a selection of filmed interviews with women about the impact of Covid-19 on their lives. We'll hear first-hand experiences of working in the NHS, teaching, caring for those with special needs, parenting, and the wide array of challenges faced by women globally during the pandemic. Several interviewees will be online during the session for a Q&A.
--------------------	---

FIND OUT WHAT ADVOCACY IS	
ORGANISER Older Citizens Advocacy York ☎ 01904 676200 info@ocay.org.uk ; www.oldercitizensadvocacyyork.org.uk	
	When: Thursday 11 th March 11.00.12.00 Where: Online live event via Zoom Cost: Free to attend, but you need to book via ☎ 07715 099498 Access: Contact the organiser if you have any additional needs and they will do their best to help if possible
DESCRIPTION	What is advocacy? Do you feel no-one is listening? How can we help you to get your voice heard? Older Citizens Advocacy York (OCAY) can help older people to be heard. Join us to find out more. The event is for women who want to find out about support for themselves or for women who are caring for someone and need help to support them to advocate for that person. We will explain how OCAY works, what we do and the types of issues that we can support you with.

WOMEN AND THE RUSSIAN REVOLUTION	
ORGANISER Stairwell Books: rose@stairwellbooks.com www.stairwellbooks.co.uk	 
	When: Thursday 11 th March 18.00.20.00. Sign in from 18.00 for 18.30 start Where: Online live event via Zoom Cost: Free to attend – book via https://www.eventbrite.co.uk/e/women-and-the-russian-revolution-tickets-138040782697 Access: Contact organiser if you have any additional needs and they will do their best to help if possible

Details correct going to press. Any amendments on www.yorkwomen.org.uk
 Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

DESCRIPTION	<p>If it's not a plague, it's political upheaval.</p> <p>Two scholars of Russian history will discuss the revolutionary year of 1905, the causes, course and consequences of the rebellion, and especially the roles played by women in events. Dr Katy Turton (Univ Highlands & Islands) who will soon publish her novel <i>Blackbird's Song</i> (Stairwell Books), will be interviewed by Dr Shane O'Rourke (University of York) on what those roles were and why so many women turned to terrorism.</p>
--------------------	--

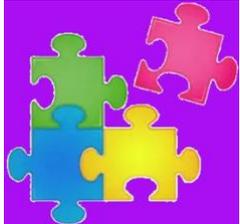
<p>ST NICKS CELEBRATE YIWW CREATING LIGHT IN THE DARK</p> <p>ORGANISER St Nicks Nature Reserve & Centre for Green Living ☎ 01904 411821; becka@stnicks.org.uk https://stnicks.org.uk/about-us/contact</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>	
	<p>When: Thursday 11th March 19.00.20.15</p> <p>Where: Online live event via Zoom</p> <p>Cost: Free – booking on Eventbrite http://bit.ly/stnicksyiww2021</p> <p>Access: Contact organiser if you have any additional needs and they will do their best to help if possible</p>
DESCRIPTION	<p>St Nicks will lead a craft demonstration on how to make a nature decorated candle holder, celebrating woman's light in the darkness. Afterwards, we will practise Trataka, the ancient art of candle gazing. This helps calm the mind, alleviating anxiety & insomnia, providing mental focus for greater clarity. There will be time to connect with others & enjoy a cuppa in the comfort of your own home. The workshop is open to anyone with their own craft materials or wanting to watch and craft later, though a candle is essential for Trataka.</p>

<p>SO FAR, RIGHT NOW & ONWARDS...</p> <p>ORGANISER Bryony Rowntree Coaching ☎ 07760 464551 coaching@bryonyrowntree.com; www.bryonyrowntree.com</p> <div style="display: flex; justify-content: space-between; align-items: center;">   </div>	
	<p>When: Friday 12th March 14.00.16.00</p> <p>Where: Online live event via Zoom</p> <p>Cost: FREE but need to book via coaching@bryonyrowntree.com (open up to 30 mins before the start). Encouraging donations to Kyra Women's Project: https://tinyurl.com/virginmoneygiving-Kyra</p> <p>Access: Bryony is happy to have conversations with potential participants and/or see if she can meet accessibility needs.</p>

Details correct going to press. Any amendments on www.yorkwomen.org.uk
 Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

DESCRIPTION	Together we'll create a space for recognising collectively & individually what has been lost in this time of plague, the limits brought with it and the challenge of unknowns. Through group coaching and conversation, we'll come back to what really matters, acknowledge the self care that is needed at this time for our mental, physical and soulful health and identify the elements of feminine intelligence that we have to bring to the table to continue to find our way through. This is a chance to stop, see how far we have come, realise what we have learnt and replenish for the next part of the journey. Please note that coaching is not therapy. Pens and paper may be useful to have to hand.
--------------------	--

WOMEN AND NATURAL MEDICINE IN TIMES OF PLAGUE	
ORGANISER Wellbeing in York CIC: The Raylor Centre, James Street, York YO10 3DW; ☎ 01904 927157 enquiries@wellbeinginyork.org www.wellbeinginyork.org	
	When: Saturday 13 th March 12.30.13.30 Where: Online live event via Zoom Cost: FREE but need to book via https://buytickets.at/wellbeinginyorkcic/483299 Donations please to Kyra Women's Project - www.kyra.org.uk Access: Contact organiser if you have any additional needs and they will do their best to help if possible
DESCRIPTION	A panel of specialists in their fields of Nutrition, Homeopathy, Emotional Resilience, Herbalism and Chinese Medicine / Acupuncture will open a discussion about how these techniques have been used down the centuries and millennia (mostly by women) to help people through many plague times and times of turbulence. The event will also include self-help tips for practical use at home.

A PIECE OF MY JIGSAW	
ORGANISER Real People Theatre: Sue Lister ☎ 01904 488870 www.realpeopletheatre.co.uk	

Details correct going to press. Any amendments on www.yorkwomen.org.uk
 Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

**FINDING CONNECTION IN A TIME OF SEPARATION
– WOMEN ONLY**

Marie Dove Life Coaching, ☎ 07788 713393;
dovemarie481@gmail.com; www.mariedove.co.uk



	<p>When: Sunday 14th March 10.00.12.00 Where: NOW ONLINE, A BREATH OF VIRTUAL FRESH AIR Cost: FREE but need to book by contacting Marie by phone or email. Access: Contact organiser if you have any additional needs and they will do their best to help if possible. Contact Marie to talk through the set up.</p>
<p>DESCRIPTION</p>	<p>Stop Press 25 February: This event just misses the return of the ‘rule of six’ and will be held online. Maria says: “Join me online to explore the importance of connection in a time of separation. Together we will learn how nature takes us back to the very basics, allowing us to establish a deeper connection with ourselves, which is now more important than ever. We have all had to dig deep over the past year, finding strength and challenging uncertainty; what can nature teach us about resilience, adaptability and change? What incredible lessons can we take from the seasons? This workshop will allow us to immerse ourselves in the wisdom of nature, taking its lessons and applying them in our own lives, for a deeper and more fulfilling connection.” This is a woman-only event</p>

	<p>When: Saturday 13th March 14.00-15.15 Where: Online live event for all women via Zoom Cost: FREE but need to book via ☎ 01904 488870 Access: Contact organiser if you have any additional needs and they will do their best to help if possible</p>
<p>DESCRIPTION</p>	<p>Covid – a time for looking back and finding items that make us who we are. “My mum knitted this jumper for me 50 years ago.” “This is a photo of our civil partnership ceremony.” “We once had a West Highland terrier.” Find 2 or 3 items and revive their stories. You may find something that points to the future. Stories linking past, present and future – join us for the telling.</p>

Some people ask: 'Why the word feminist? Why not just say you are a believer in human rights, or something like that?' Because that would be dishonest. Feminism is, of course, part of human rights in general — but to choose to use the vague expression human rights is to deny the specific and particular problem of gender. It would be a way of pretending that it was not women who have, for centuries, been excluded. It would be a way of denying that the problem of gender targets women.

Details of events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

Events described as 'women-only' are for those who self-identify as women. All genders welcome to most events.

Chimamanda Ngozi Adichie, Nigerian writer, speaker and activist

<p>QUESTION TIME? WOMEN IN A TIME OF PLAGUE</p>	
<p>ORGANISER York International Women’s Week Planning Group ☎ 01904 702060 yorkwomensvoices@gmail.com; www.yorkwomen.org.uk</p>	
	<p>When: Sunday 14th March 15.00.16.30 Where: Online live event via Zoom Cost: FREE but need to book via Eventbrite - https://www.eventbrite.co.uk/e/a-york-international-womens-week-2021-event-tickets-138229284511 Access: Contact organiser if you have any additional needs and they will do their best to help if possible</p>
<p>DESCRIPTION</p>	<p>Lockdown has had significant and distinct consequences for women: women have borne the brunt of home schooling and caring, job losses and increased domestic violence among others (https://wbg.org.uk/). Women have also been at the forefront of community responses. Why? Join us for the final event of the week to put questions to, and debate with, a panel of leading local female politicians</p> <ul style="list-style-type: none"> - Councillor Rosie Baker (Greens) - Sally Duffin (Women’s Equality Party) - Councillor Anna Perrett (Labour) - Fabia Tate (Conservatives) - Councillor Paula Widdowson (Liberal Democrats) <p>Chaired by BBC Radio York’s Elly Fiorentini</p> <p>Join us for a lively and insightful 90 minutes!</p>



And that’s it for YIWW2021! We hope you’ve enjoyed the programme and engaged with others in ways that were stimulating and worthwhile.

Feedback is welcome – please email your constructive comments to help us make YIWW2022 even better. And if this year’s programme has given you ideas for organizing an event for next year, hold on to those thoughts – alongside some of the regular favourites each year we’re always on the look-out for new events and activities that explore and advance women’s lives.

Details correct going to press. Any amendments on www.yorkwomen.org.uk
 Events described as ‘women-only’ are for those who self-identify as women. All genders welcome to most events.

To go on the mailing list for the Call for Events, and be one of the first to know when the Programme for 2022 is launched please email yorkwomensvoices@gmail.com
