



**CELEBRATING INTERNATIONAL  
WOMEN'S DAY WITH A  
CITY-WIDE FRINGE FESTIVAL**

**MARCH 2016**

**FREE EVENTS!**

**@IWDSHEFFIELD**

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# INTRODUCTION

International Women's Day (March 8<sup>th</sup>) is a global celebration of the social, economic, cultural and political achievements of women, past, present and future. Rooted in the struggle for equal rights for women, it has been celebrated worldwide since 1911. The 2016 theme continues this with #PledgeForParity

SheFest is Sheffield's inaugural International Women's Day fringe festival. The programme features a wide range of inclusive and celebratory events. Open to all self-defining women (and men) from across the city to come together, learn, discuss, celebrate, and have fun!

## SOCIAL MEDIA



Like our Facebook page to stay up to date with SheFest:

[www.facebook.com/SheFestSheffield](http://www.facebook.com/SheFestSheffield)



Tweet us @IWDSheffield and use the hashtag #SheFest2016



Got any questions? Email us at [shefestsheffield@gmail.com](mailto:shefestsheffield@gmail.com)



Want to know more about IWD? Visit [www.internationalwomensday.com](http://www.internationalwomensday.com)



# SHEFEST SATURDAY

**12-5pm on Saturday 12 March 2016**

**Sheffield Hallam Students Union (HUBS)**

**6 Paternoster Row, Sheffield, S1 2BF**

**All welcome. Fully disabled access**

**FREE!**

Join our main event for an interactive day full of activities, performances and discussion.

## **Market Hall**

Check out local businesses, entrepreneurs, craftswomen, artists and refreshments.

## **Entertainment**

Listen to local artists, bands and choirs throughout the day

## **Fashion show**

Watch international designers and models at our fashion show finale!

## **Workshops**

Engage in discussion, learn about a new topic or have a go at something you never dreamed of!

All workshops will be held at Sheffield Hallam University's Cantor Building, 153 Arundel St, S1 2NT - less than two minutes' walk from the HUBS!





# SHEFEST SATURDAY WORKSHOPS

TIME	EVENT	DETAILS	ROOM NO
12.00 – 13.00	<b>STEM careers and girls</b> <i>Facilitated by Carolyn Usher, Inova Consultancy</i>	For teachers, trainers, parents, and girls to think about stereotypes and non-traditional careers	Cantor 9231
12.00 – 13.00	<b>Women's wellness circle</b> <i>Facilitated by Frances Goodhall</i>	Explore the keys to healing that exist in the female body, and the powerful role of supportive circles of sisterhood in the healing process  <i>Women only</i>	Cantor 9016
12.00 – 13.00	<b>Sexual consent: why do we even need to talk about it?</b> <i>Facilitated by Carol Perry</i>	Explore how consent applies to our own relationships and why it's important to talk to our kids and friends about it	Cantor 9228
12.00 – 13.00	<b>The Street Food Chef: Getting started &amp; learning to be a leader</b> <i>Facilitated by Abi Golland</i>	Abi Golland talks about how she began The Street Food Chef and explains some of the lessons she has learnt along the way	Cantor 9232
12.00 – 13.00	<b>Journalling for parenting</b> <i>Facilitated by Bea Marshall, parenting coach</i>	A guided parenting coaching session using journalling as a tool	Cantor 9140
12.00 – 13.00	<b>"On Broadway" adult dance class</b> <i>Facilitated by Katy Robinson</i>	Have a go at Broadway style dancing, in a fun informal class  <i>Women only</i>	Cantor 9012
12.00 – 13.00	<b>Self-care and activism</b> <i>Facilitated by Sharmin Jahan</i>	Looking at different definitions of self-care, and practical ways to look after yourself and support each other  <i>Women only</i>	Cantor 9223



TIME	EVENT	DETAILS	ROOM NO
13.00 - 14.00	<b>Children &amp; porn: what can we do as parents &amp; carers?</b> <i>Facilitated by Carol Perry</i>	A workshop exploring the effects of exposure to porn, trends in teen relationships, and how to talk to our children about this sensitive topic	Cantor 9228
13.30 - 14.30	<b>Pilates taster session</b> <i>Facilitated by Jeni Ferguson</i>	Have a go at Pilates, in a relaxed women only environment  <i>Women only</i>	Cantor 9012
13.30 - 15.00	<b>A career in a tech start-up</b> <i>Facilitated by Elizabeth Shassere</i>	Come learn about starting a tech start-up, the LEAN start-up method, and the art of pitching  <i>Women only</i>	Cantor 9223
13.30 - 15.00	<b>Singing workshop</b> <i>Facilitated by Gina Walters</i>	Learn to sing in a workshop led by Gina Walters, a singer and teacher, and the leader of Sheffield Sofar Sounds	Cantor 9232
13.30 - 15.00	<b>"Make more time, feel less stressed"</b> <i>Facilitated by Jayne Spenceley, wellbeing coach</i>	Learn how to make more time for yourself, and reduce stress and busyness. Build a self-care plan and experience the benefits of mindfulness relaxation.  <i>Women only, no children please</i>	Cantor 9016
13.30 - 14.30	<b>Coaching for change</b> <i>Facilitated by Carolyn Usher</i>	An opportunity to reflect on what has made you who you are and identify the patterns of behaviour that prevent you from moving forward  <i>Women only</i>	Cantor 9231
13.45 - 14.45	<b>Yes! Parenting</b> <i>Facilitated by Bea Marshall</i>	A foundation in understanding and applying Yes! Parenting	Cantor 9140

**ALL WORKSHOP PLACES HAVE LIMITED CAPACITY - TO GUARANTEE YOUR FREE PLACE PLEASE BOOK ONLINE VIA EVENTBRITE: [SHEFESTSHEFFIELD.EVENTBRITE.COM](https://www.eventbrite.com/#!/search/sheffest/sheffield)**



# FRINGE

**Thurs 25 Feb – Thurs 3 Mar:** *She Art of Now*. Contemporary feminist art show. 10am–5pm daily, 35 Chapel Walk, S1 2DP. Free. More info at [bit.ly/SheArtOfNow](http://bit.ly/SheArtOfNow)

**Thurs 3 Mar:** *Verse Matters*. Inclusive feminist arts event. 7.30–10.30pm, Theatre Deli, S1 4PF. Pay what you want. More info at [www.versematters.wordpress.com](http://www.versematters.wordpress.com)

**Mon 7 Mar:** *Introduction to Assertiveness Training*. 6.45–8.15pm, The Academy S.P.A.C.E., S10 2FF. £10. More info at [www.facebook.com/AcademySpaceSheffield](http://www.facebook.com/AcademySpaceSheffield)

**Tues 8 Mar:** *Beauty Pampering Day*. Drop in for a facial, treatment, or makeover. 10.30am–5pm, Alicia Nang Hair and Beauty, S3 8NB. Free. Contact Brenda on 07921 216628.

**I'm Worth It! workshop.** Learn how to talk about money confidently when negotiating fees or salary. 1–4pm or 7–9.30pm, Theatre Deli, S1 4PF. Places free but must be booked by emailing [valerie@bounceforward.co.uk](mailto:valerie@bounceforward.co.uk)

**The Hunting Ground.** Premiere screening of a documentary investigating sexual crimes on American campuses, with Q&A afterwards. 6pm, Showroom Cinema, S1 2BX. Book online at [www.showroomworkstation.org.uk](http://www.showroomworkstation.org.uk)

**Women In Aid.** Participatory event exploring issues affecting women giving and receiving aid. 6–7.30pm, The Circle, S1 4FW. Places free but must be booked at [www.aidworks.org.uk/news](http://www.aidworks.org.uk/news)

**Weds 9 Mar:** *The Colour Purple and networking discussion with Paul Blomfield MP*. Film screening and stalls raising money for charity. 6pm, Nelson Mandela Auditorium, S10 2TG. Free. More info at [www.facebook.com/womensofficer.sheffieldunion](http://www.facebook.com/womensofficer.sheffieldunion)

**International Women's Day on Verdon Street.** Stalls, activities and workshops, including health checks, Zumba and DJs. 10am–2pm, Verdon Recreation Centre, S3 9QS. Free, women only. Find out more by emailing [saira.nadeem@soarcommunity.org.uk](mailto:saira.nadeem@soarcommunity.org.uk)



# EVENTS

**Fri 11 Mar:** *Friday Night Ride – The Women's Movement Ride.*

Leisurely ride to locations associated with women's struggle for emancipation. 6.30pm, Weston Park Museum, S10 2TP. Free, all welcome. Find out more at [www.sheffieldfridaynightride.org.uk](http://www.sheffieldfridaynightride.org.uk)

**Sat 12 Mar:** *Park Fit by Revitalize Fitness.* Bodyweight circuit for all fitness levels. 9.30–10.15am, Coronation Park, Oughtibridge. £5, women only. More info at [www.revitalizefitness.co.uk](http://www.revitalizefitness.co.uk)

*International Women's Fashion Show – Roots and Culture Social Evening.* Fashion show, live music, food and stalls. 6.30pm–12.30am, Broomhall Centre, S10 2FD. Free. More info at [bit.ly/rootsandculture](http://bit.ly/rootsandculture)

*Girl Gang Sheffield Meet Up.* Make new friends and check out the work of amazing creative women! 2pm, Roco Creative Ltd, S10 2HW. Free. More info at [www.facebook.com/girlgangsheffield](http://www.facebook.com/girlgangsheffield)

*Clothes Swap!* Clean out your wardrobe and save money! 1pm–4pm, Together Women, S1 4RF. Free, donations welcomed. Women only. Find out more by calling 0114 275 8282

**Sun 13 Mar:** *Women's Iyengar Yoga Class.* All equipment provided. 5–6.15pm, Zagyoga Iyengar Yoga Studio, S2 4QU. Free, donations will go to Refuge Charity. Find out more at [www.zagyoga.net](http://www.zagyoga.net)

**Weds 16 Mar:** *Feminism and 'Various Pets Alive and Dead': a book reading by Marina Lewycka.* 7.30pm, Sheffield Quaker Meeting House, S1 2EW. £5. Find out more at [bit.ly/marinalewycka](http://bit.ly/marinalewycka)

**Sun 20 Mar:** *Sunday Assembly Sheffield.* A secular community celebrating the wonder of life. 11am–12pm, DINA, S1 4HP. Free, donations welcomed. Find out more at [www.facebook.com/sundayassemblysheffield](http://www.facebook.com/sundayassemblysheffield)

**FIND OUT MORE ABOUT THE FRINGE PROGRAMME  
AT: [WWW.FACEBOOK.COM/SHEFESTSHEFFIELD](http://WWW.FACEBOOK.COM/SHEFESTSHEFFIELD)**



# THANK YOU!

SheFest would like to say a special thanks to all those individuals and organisations involved in the coordination and planning of the festival, including:



Beckie Brackett, Ali Coldwell, Nitya Teagarajan, Zatoon Sadiq, -Reeve & all members of the SheFest Planning Group



Together Women Project



Alicia Nang Hair & Beauty



Laura Hegarty & Showroom Cinema



The Edge Of The Universe Printing Press



Cathy Borman, Sheffield Hallam University & volunteers



The Women's Hub, part of Sheffield's Equality Hub Network



Sheffield City Council

## SPONSORS



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