

# International Women's Week

in Levenshulme



**FREE events at Inspire**

**5-9 March 2012**

**A week of fun,  
inspirational activities,  
provided by women,  
for women, welcoming  
everyone.**

## Monday 5 March

**12noon – 1pm**

**Come and dance!**

**FREE World & Belly Dance taster session with Zehara.** A joyful introduction to Zehara's unique style of dance. Women only. Wear comfortable clothing.

[www.zehara.co.uk](http://www.zehara.co.uk)

## Tuesday 6 March

**11.30am – 1.30pm**

**Women's Networking Lunch**

**Ticketed event, In association with Herbal Life.** Please contact Mrs Shamime Butt for further information – 07867 854 778. Women only.

[www.shamimebutt.co.uk](http://www.shamimebutt.co.uk)

**3.30 – 5pm**

**Come and sing!**

**FREE singing workshop with Rose Hodgson.**

Rose will lead a variety of easy to learn, inspiring songs that will get your foot tapping and put a smile on your face. You don't need to be an experienced singer. Just come along and get a taste of the magic of harmony singing!

## Wednesday 7 March

**10.30am–12noon**

**FREE workshop.**

**An Introduction to Conflict Resolution with Alison Ronan.** Exercises and ideas about how to resolve conflict peacefully. Useful for parents, couples, colleagues, and everybody! Ages 16+.

**6 – 8pm**

**Come and make poetry!**

**'Women Who Dare' - workshop with poet Shamshad Khan. FREE.** Women only.

No experience of writing poetry necessary. Shamshad runs 'Hard Rain Poetry' the last Monday of every month at Isis Café in Levenshulme.

**8 – 9.30pm**

**Come and be inspired!**

**'Inspirational Women' – Open mic.** A sharing of experience and poetry. If you would like to share a poem, share an experience, celebrate what you've learned, or simply listen, please come along and take part. **The event is FREE.**

**Bubble Café will be open for drinks.**

# Thursday 8 March



# International Women's Day

**11.30am – 1pm**

**Come and eat!**

FREE lunch for local women. First come, first served. All welcome. During the lunch there will be an opportunity to find out more about International Women's Day.

**1 – 3pm**

**Come and explore your potential!**

FREE mind-mapping workshop to unlock your inner resourcefulness. An inspiring two hours of fun and discovery. With Beth Creedon.

[bethcreedon.co.uk](http://bethcreedon.co.uk)

**7 – 9pm**

**Come to the cinema!**

FREE film screening with Levenshume Film Club. 'Potiche' – a feisty French wife takes on her husband's business and triumphs. Age 15+.

<http://potichemovie.com/>

**Optional meal deal available: Get a panini or pizza, salad, wedges and a hot drink, glass of wine or bottle of beer for £7.50.**

# Friday 9 March

**11am – 12.30pm**

**Come and join in!**

FREE drama taster session with Rosarie Walsh.

1½ hrs of interactive drama games and activities, a chance to meet new people and have some fun.

**7.30 – 11.30pm**

**'Two of The WooHoos'**

Tickets £5 from Inspire reception.

Come and be entertained! The Woo Hoos is a female musical group with an emphasis on fun, camaraderie and sweet vocal harmony. Their song list covers Pop, RnB, Jazz, Latin and Blues arranged in a quirky and unique way.

**Bubble Cafe will be open for snacks, meals, wines and beers from 6pm.**

**All events take place at Inspire,  
747 Stockport Road,  
Levenshulme.**



## ***Places on workshops are free, but limited...***

The first 10 places on each workshop can be reserved, so phone Inspire to reserve your place on 0161 850 5717 or call into the Inspire centre on Stockport Road.

You can also turn up on the day.

All are welcome until the workshop is full – first come, first served.

**Except where stated ‘women only’,  
all are welcome at the International  
Women’s Week events.**

***Please participate in a spirit of support  
for and celebration of women.***

***Thank you.***

Young people, under the age of 16, must be accompanied by a responsible adult. If you would like to check the suitability of an event for your child, or have any questions about access, please phone Fiona on 0798 038 7768.

Inspire is a fully accessible venue. **For further information, call Inspire on 0161 850 5717.**

This project is supported by  
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**MANCHESTER  
CITY COUNCIL**

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