

**York Racial Equality Network  
Events and Activities  
York Women's International Week 2021**

**Saturday 6th March: 2.30pm-3.30pm  
Drumming and Percussion Workshop – Free Event**



Led by Sue Hulbert, Director of Talking Drums. Sue runs hand-drumming / percussion corporate & community workshops. She's also an accomplished session musician & has performed on five continents including Africa, Australia & Europe. Drumming helps improve muscle tone, relieves stress and is suitable for all the family. The varying vibrations created during the session can transport you to other realms. Feel the drumming echo throughout your whole body ridding it of tension and uplifting your spirits.

Drumming can be done on common household objects so everyone can take part. Grab your pots and pans and join us for the first of our online wellbeing workshops.

To book your place visit:

<https://www.eventbrite.com/e/drumming-percussion-workshop-tickets-142660644829>

**Sunday 7th March: 1.45pm-2.45pm  
Soundbath Relaxation – Free Event**

Led by Practitioner, Christian Jenson, this session will take you into a deep healing and meditation space through the mystical vibes of Himalayan Singing Bowls & Hand-Pan, along with the gentle sounds of the Kosmosky Drum. Together they enable a process of healing on an emotional, physical, spiritual and mental level, to raise your vibration and improve your overall wellbeing - all in the comfort of your own home. Allow yourself to be still, to just be, concentrate on your breath, as you release and relax the muscles, the mind, body and spirit and bring awareness to your whole body - here and now.



All you need to join in this experience is a comfortable place to lie down with a cushion to support your head and a blanket to keep you warm. Its recommended to use headphones, however if that isn't practical for you, its ok to let the sounds fill the room. Bring a glass of water to drink at the end.

To book your place visit:

<https://www.eventbrite.com/e/international-womens-week-soundbath-relaxation-therapy-tickets-144199750335>

For more information on sound relaxation therapy please contact:

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

**Monday 8<sup>th</sup> March – 7.30pm – 8.30pm  
Aromatherapy Workshop – Free Event**



With over 35 years of experience in natural and integrative healthcare, June Tramner will offer advice and support during today's workshop. June has gathered some of her favourite self care tips to share with everyone who wants to help keep themselves well, calm and centred in these difficult times. Some are simple recipes for keeping our "defensive energy" awake, others are touch and massage for helping soothe and calm the mind. June has about 13 useful things in her list, which she will share with you so you can try out the ones that best suit

you in your own home. Feel free to pass them on to your friends and family too.

<https://www.eventbrite.com/e/international-womens-week-aromatherapy-workshop-tickets-142662662865>

For more information on Aromatherapy contact:

[www.facebook.com/JuneTHealing](https://www.facebook.com/JuneTHealing)  
[www.junetramner.co.uk](http://www.junetramner.co.uk)

**Tuesday 9th March: 11am-12pm  
Coffee & Chat Club – Free Event**

During normal times, YREN hosts free weekly sessions at St Aelred's Community Centre in Tang Hall. Everyone is welcome to come along to our Friendship Project. We offer two sessions, one for parents and toddlers, and a social group for adults. We do crafts, music, quizzes, games and even cooking at times. We have translation facilities to assist any language communication difficulties, and we love to learn about other cultures. All are welcome, our aim is to bring everyone together and to help prevent loneliness and isolation. Throughout lockdown we have continued our sessions online. For many of our members it is their only opportunity to chat and share with other adults during this time of enforced isolation. Children are welcome, so don't worry about noise or interruptions !



To join us just turn up with your favourite drink and a comfy chair. You don't need a zoom account, the link will work with your normal browser.

<https://www.eventbrite.com/e/international-womens-week-tickets-142662221545>

For more information on York Racial Equality Network services please contact:

[Info@yren.co.uk](mailto:Info@yren.co.uk)  
[www.yren.co.uk](http://www.yren.co.uk)

## **Wednesday 10<sup>th</sup> March – 12pm – 1pm**

### **Yoga – Free Event**

This workshop is led by Jenny Carpenter, a fully qualified and registered yoga teacher who has helped a range of people improve their sense of well-being. Yoga helps people to connect with each other, either in person or through online classes, and creates a sangha or community of positive, shared energies. Being part of a mutual sangha is extremely beneficial for those people in isolation or who find themselves alone. Through sharing their energy and experience of well-being at the end of a class, people feel a sense of warm comfort. As yoga promotes a slowing down and mindfulness of your own self, bringing yourself back to the present moment, it helps people to understand themselves more and generates an overall holistic sense of peace.

For this workshop wear clothes that you can freely move in. Bring a yoga mat or a large towel and have some water to drink nearby.



<http://www.twitter.com/intent/tweet?text=I+am+attending+https://www.eventbrite.com/e/international-womens-week-yoga-tickets-142661489355?ref=estw>

For more information on Yoga by Jenny Carpenter contact:  
[www.facebook.com/jenn carpenter yoga life coach](https://www.facebook.com/jenn carpenter yoga life coach)

## **Wednesday 10<sup>th</sup> March: 7.30pm - 8.30pm**

### **YREN Open Minds Presentation: West Indian Nurses in the 1950s-1960s National Health Service - Free Event**



YREN Member and Volunteer, Linda Ali, will be telling us all about her research into West Indian women working in the 1950/60's NHS. If her previous talk on Black and Caribbean soldiers during World War One is anything to go by, this is a presentation not to miss!

Linda was born in Trinidad and Tobago and travelled to Britain in 1961 to study Beauty Therapy and Electrolysis. As a result of sustained discrimination, she decided to follow a different career path in Trade Marks management working in the City of London for over 30 years. In 1997 she arrived in York where she completed a BA (Hons) History/Education and Masters in History at the University of York. Through her studies she began to focus on 'Black Presence in Britain'. This took the form of her MA Thesis titled 'West Indian Nurses working in the National Health Service 1950s-1960s', which we are going to learn about tonight.

At present, dedicated to her Christian faith, Linda volunteers in many areas of the Church of England, and is one of the Lay representatives of York Diocese on General Synod. She was also appointed as a Lay Canon of York Minister. In this regard, Linda was nominated as a member of York's Commonwealth diaspora to attend a reception at Buckingham Palace, in February 2018, where she was presented to Her Majesty, Queen Elizabeth, Head of the Commonwealth. In addition, on Holy Thursday 2018, Linda was appointed by the Archbishop of York to be one of 92 women involved in charity work in York, to receive the Maundy Money from Her Majesty in St George's Chapel, Windsor.

<https://www.eventbrite.com/e/international-womens-week-west-indian-nurses-in-the-1950s-1960s-tickets-142663712003>

For more information on York Racial Equality Network services please contact:  
[Info@yren.co.uk](mailto:Info@yren.co.uk) or [www.yren.co.uk](http://www.yren.co.uk)

**Thursday 11<sup>th</sup> March 1pm – 2pm**  
**Healing Racial Trauma**

***Please note this talk is a protected space for BAME women (trans inclusive).***



Amy from York Anti-Racist Collective (YARC) has developed a 10 week programme for Women of Colour to begin to heal from racial trauma. Amy works at a trauma informed women's centre in York so has combined her knowledge around trauma with the experience of racism to write this course.

Join this event to learn more about racial trauma, the theories behind the 10 week programme, an introduction to YARC and how you can refer yourself or women you know to the service.

<https://www.eventbrite.com/e/york-racial-equality-network-international-womens-week-tickets-143064193855>

For further information on this workshop or the full course, please ring Amy on 07812663703

**Thursday 11th March: 2pm-3pm**  
**Coffee & Chat Club – Free Event**

During normal times, YREN hosts free weekly sessions at St Aelred's Community Centre in Tang Hall. Everyone is welcome to come along to our Friendship Project. We offer two sessions, one for parents and toddlers, and a social group for adults. We do crafts, music, quizzes, games and even cooking at times. We have translation facilities to assist any language communication difficulties, and we love to learn about other cultures. All are welcome, our aim is to bring everyone together and to help prevent loneliness and isolation. Throughout lockdown we have continued our sessions online. For many of our members it is their only opportunity to chat and share with other adults during this time of enforced isolation. Children are welcome, so don't worry about noise or interruptions !



To join us just turn up with your favourite drink and a comfy chair. You don't need a zoom account, the link will work with your normal browser.

<https://www.eventbrite.com/e/international-womens-week-coffee-chat-club-tickets-142664185419>

For more information on York Racial Equality Network services please contact:  
[Info@yren.co.uk](mailto:Info@yren.co.uk)  
[www.yren.co.uk](http://www.yren.co.uk)

**Thursday 11 March: 3pm - 4pm - Free Event  
YREN Open Minds Presentation - 'Things You've Forgotten; Words from Lockdown'**



YREN invites you to an hour of poems and anecdotes, with local writer, founding Member and former Chair of YREN, Yvie Holder. Yvie's writing is drawn from her life and inspired by the lives of others too. She will reflect on the York International Women's Week theme for 2021, 'Women in a Time of Plague.' Using imagination, biography and extracts from her upcoming memoir, she'll focus on times before, during and (possibly) after lockdown.

Yvie's memoir centres on her parents' struggles in the 1950's when they met in the UK and how their experiences replayed in her own life. Her book spans 200 years, from a Caribbean slave plantation, to Brexit and the Windrush scandal. It covers themes of loss, separation, adoption, interracial marriage, reconciliation and enduring love. It explores what it is to belong and what values shaped the Britain we know today.

<https://www.eventbrite.com/e/international-womens-week-open-minds-presentation-tickets-14267>

Read more about Yvie here: <http://www.herstoryyork.org.uk/yvie-holder>

Hear Yvie reading an extract from 'Changing Times: A Suburban Childhood' here:  
<https://untoldhull.org/CreativeJourneys>

Watch Yvie reading two poems The Valley Press Anthology of Yorkshire Poetry, in Scarborough, Yorkshire. (Scroll to 43 mins.48 secs):  
<https://www.youtube.com/watch?v=hUjsUUVmGt4>

Listen to a 90 minute interview with Yvie here:  
<https://untoldhull.org/1143-YvieHolder>

**Friday 12th March: 8pm- late  
Girls Night Out – Free Event**

Join us for a fun filled evening, put your glad rags on, grab a drink of your favourite tipple, pop in for just a short time, or stay for the whole evening, we will be there to entertain you.

<https://www.eventbrite.com/e/international-womens-week-girls-night-out-tickets-142671140221>

For more information on York Racial Equality Network services please contact:  
[Info@yren.co.uk](mailto:Info@yren.co.uk)  
[www.yren.co.uk](http://www.yren.co.uk)



**Sunday 14th March: 1.30pm - 3.30pm  
Black Women Let Loose Theatre Company - Free Event**

York Racial Equality Network(YREN) present Black Women Let Loose Theatre Company with extracts of their inaugural show *Shades Of Our Lives* and *Ama's Tide* which debuted at the Bristol Old Vic in Sept 2020. Created to highlight the experiences of women of African and Caribbean descent through theatre, this group of 6 women will perform monologues/sketches & poetry, followed by a question and answer session with the performers.



<https://www.eventbrite.com/e/international-womens-week-bwll-theatre-company-tickets-142671689865>

For more information on York Racial Equality Network services please contact:  
Info@yren.co.uk  
[www.yren.co.uk](http://www.yren.co.uk)

**All the above events are free, if you would like to support YREN please donate to us at**

<https://cafdonate.cafonline.org/13492>

**York Racial Equality Network would like to thank  
The Big Lottery and The Coronavirus Community Fund for supporting our  
International Women's Week events  
#CommunitiesCan**