WEN
Wales Cymru

INTERNATIONAL WOMEN'S DAY
March 8th 2020

TOOLKIT
Read on to find out how you can get involved....

INTERNATIONAL WOMEN'S DAY is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women's Day (IWD) has occurred for well over a century, with the first IWD gathering in 1911.

As part of the 2020 global celebrations we will be running some fantastic flagship events across Wales which you can see on page 6 but we want to help everyone get involved in International Women's Day.

This toolkit is designed to help you do just that! From celebrating your own personal inspirational woman, to making a pledge or organising a panel discussion, this toolkit can help you get involved. We've got two options - for those with little time and for those who want to do more.

If you need help or advice just drop us an email admin@wenwales.org.uk.

1: NO TIME, BUT WANT TO JOIN IN THE CELEBRATIONS ON MARCH 8TH?

CELEBRATE AN INSPIRATIONAL WOMAN IN YOUR LIFE

#WelshShero #100WelshWomen

Celebrate an awesome woman in your life. Need inspiration? Check out our 100 Welsh Women website, 100welshwomen.wales, to see some incredible women from welsh history and from contemporary times.

Choose who you want to celebrate ahead of March 8th and do a social media tribute on March 8th using the hashtags #WelshShero #IWD2020. Don't forget to tag us in @Wenwales so we can share it too.

SAMPLE TWEET:
This #IWD2020 I'm celebrating the inspiring women in my life with @WenWales. A big shout out to .... for ......
#WelshShero #100WelshWomen

YOU COULD ALSO:

• send your #WelshShero a card
• invite her for a cup of tea
  (or something stronger!)
• nominate her for an award

MAKE A PLEDGE AND SHARE IT ON SOCIAL MEDIA

Ask your colleagues and friends to pledge support to change something for women this International Women's day on March 8th.

At the end of this toolkit you will see a printable 'pledge card.' Print it out and write your pledge for #IWD2020. If you are based in a workplace, encourage all your colleagues to make a pledge. You could also come together in one place and take a photo of you all holding your pledge up showing your support for women's rights and the push for gender equality.

Here are some example pledges:

I pledge to celebrate amazing women everyday
I pledge to call out sexism wherever I see it or hear it
I pledge to campaign on the gender pay gap
I pledge to push for more diverse teams

Your pledge can be anything you will do to support equality for women – the important thing is that you make the pledge and share it on social media and tag us in @WENWales.

Think about what you as an organisation or you as an individual can pledge AND how you will follow up on the pledge to achieve it!

2: UP FOR DOING MORE?

If you have a bit more time, and want to put on an event or similar, here are some ideas:

- **Host a panel discussion** on an issue close to your heart. It can be about ANYTHING! But plan your event early and get the local press involved in publicising it or share it early with your colleagues if you plan to organise it at work or school. Successful events that have been held in the past included:
- Women in Leadership: the future
- Sported – how to get more teenage girls involved in sport
- Women's rights post #MeToo
- Women and Tech: is AI Sexist?

- **Host an International Women's Day café** at work or school and use our 100 Welsh Women list to discuss inspirational women, or invite one of them to come and chat to you (100welshwomen.wales);

- **Invite a representative from the WEN Wales team,** ambassadors or our board to come and speak at your event;

- **Organise a feminist film screening** and host a Q&A session discussing the topics raised in the film;

- **Work with creative organisations to hold an exhibition** or performance by women or works focused on themes around gender equality;

- **Host a book fayre, book club or signing** featuring the work of an inspirational feminist author;

- **Share the love** – blog, post or share any activity you attend using the hashtags #IWD2020 #WelshShero

- **Join WEN Wales** if you are not already a member!

HERE ARE SOME SAMPLE TWEETS TO ADVERTISE YOUR EVENT:

BEFORE THE DAY:
We're so excited to be taking part in #IWD2020 on 8 March with @WenWales. Come along to our event [*doing xyz*] at [*xyz time*] at [*xyz place*]. Tickets available here or just turn up!

We're delighted to announce that [@*NAME* & @*NAME*] are speaking at our #IWD2020 event on 8th March. Come along to hear more about ……. @WENWales

We're celebrating #100WelshWomen this International Women's Day with @WenWales. Come and join us at [*xyz time*] at [*xyz place*] and be inspired.

Tell us about the event you're planning

If you are hosting an event, please tell us about it by emailing details to admin@wenwales.org.uk so we can spread the word We will help publicise your event, but don't worry we won't share your personal data.

3: RESOURCES

Visit www.wenwales.org.uk for information on our events and lots of resources on women's rights.

See our 100 Welsh Women websites, 100welshwomen.wales, in English and Welsh and share some of the stories of the incredible women on the list.

Check out www.internationalwomensday.com. They have tons of ideas and promotional packs you can send off for. Be sure to upload your event on their website too.

About WEN Wales

WEN Wales is a vibrant network of organisational and individual members committed to transforming Wales into a country free from gender discrimination. You can join us free.

Contact

If you'd like to discuss any of your ideas, need further help in planning an event, want ideas for speakers or anything else, please email admin@wenwales.org.uk

CHECK LIST

☐ Put March 8th in your diary now

☐ Talk to your colleagues and friends about IWD 2020 in plenty of time

☐ Print out the pledge form and decide on your pledge

☐ Tell us about your event- email admin@wenwales.org.uk

☐ Choose your inspirational woman or women that you want to celebrate

☐ Share it on social media using the hashtags: #IWD2020 and #100WelshWomen and #WelshShero

WEN WALES INTERNATIONAL WOMEN'S DAY EVENTS 2020

WEN Wales will celebrate International Women's Day 2020 at four events throughout Wales. From workshops to women activists combating plastic pollution there is something for everyone so please put these dates in your diary now!

FRIDAY 6 MARCH 2020

Small World Theatre, Ceredigion, SA43 1JY

Celebrate 100 Welsh Women
15:30 – 20:00

Exhibition: 100 Welsh Women & Zine Workshop
15:30 – 17:45, Free, drop-in
Inspired by 100 Welsh Woman Cranogwen (Sarah Jane Rees), join artist Nicky Arscott to create your very own DIY zine.

Climate Challenge & Women's Rights
18:00 – 20:00, £8 / £5 concessions,
Home-grown Playback Theatre Company
https://smallworld.org.uk/event/wen-wales-celebrate-international-womens-day-2020/
A unique evening of Playback Theatre exploring equality, women's rights and our ever changing environment in today's challenging climate.

SATURDAY 7 MARCH 2020

Our Voices, Our Lives
Aberystwyth Arts Centre, Aberystwyth University, SY23 3DE
www.aberration.org.uk

Afternoon
Release your inner rock star with a music workshop run by The Rock Project; play up with Forum Theatre or make your own zine with Nicky Arscott. For full programme and to book see www.aberration.org.uk

Celebratory evening : Speak Up
£7 / £5
18:00 Hear from inspirational women activists
including Maria Mesa; Leena Sarah Farhat; Shroukie El-Masry, Chaired by Helen Sandler.

20:00 Live performance
Music, spoken word and dance including poet Kittie Belltree, singer Magda, queer dancer Shroukie El-Masry and Leeds band Fingersmith.

SUNDAY 8 MARCH 2020

National Waterfront Museum, Swansea, SA1 3RD
Free Event but ticketed https://www.eventbrite.co.uk/o/super-science-swansea-2020-28892790629
Celebrating 100 Welsh Women in Science

Super Science Swansea, In partnership with National Waterfront Museum and Oriel Science.

Exhibition: 100 Welsh Women

12:00 - 13:00 From Trash to Cash: interactive workshop:
Dr Jennifer Rudd& Martin Paley host an interactive workshop - transforming old objects into something new live on stage!

13:30 – 14:30 Citizen Science: stemming the tide of plastic pollution
TV presenter Lauren Eyles (Blue Planet UK, BBC Coast) reflects the impact of plastic pollution on our oceans.

14:45 – 15:30 Plastics, podcasts and petri dishes
Hear from five inspiring women activists in science, chaired by Dr Kamila Hawthorne with Lauren Eyles, Alice Gray, Dr Jennifer Rudd and a short video contribution by Emily Penn.

THURSDAY 2 APRIL 2020

Pontio, Bangor University, LL57 2TQ
Free but ticketed:
https://www.pontio.co.uk/online/20Women

Remarkable Women in health and innovation
18:00 – 20:15
Networking and Nibbles
18:30 – 19:30 Meet the game changer: Dr Elin Haf Davies,
Dr Elin Haf Davies discusses founding Aparito - a digital health company and being an Ocean Adventurer.

19:30 – 20:15 Women Innovators: Panel Discussion
Pioneering women discuss being at the forefront of innovations in health and technology and the challenges women face in this field including Dr Elin Haf Davies, Yasmine Boudiaf and Chaired by Dr Olwen Williams OBE.

WEN Wales Cymru

INTERNATIONAL WOMEN'S DAY
March 8th 2020

PLEDGE CARD

THIS INTERNATIONAL WOMEN'S DAY I PLEDGE TO:

#WelshShero   #IWD2020   #100WelshWomen   @wenwales