



International Women's Day 2024

Vintage Voices present a celebration of Women for International Women's Day 2024 at Mycenae House on **Friday 8th March** featuring:

Art Exhibition in Ground Floor hallway

All day View the work of five local women artists showcasing their art as an exhibition on display from March – April. The exhibition features works from Alison Campaign, Monica Chrys, Kate Hebden-Brittain, Doreen Whitter & Jane Cashman.

Domestic Abuse Workshop in Room 20 (2nd floor)

Workshop from **9.15 – 10.15am** (women only sessions)
During this 1 hour workshop, Domestic Violence Advocate Mya Squillace will explore the different definitions of domestic abuse, the cycle of abuse, how it can affect children and how to access support in the UK. There will be an opportunity to book a private session with Mya following each workshop.
To book your space email myadvocate@gmail.com

Creative Workshop for Women in Room 1 (ground floor)

10.30am Join Tanaz Assefi, Artist & Art Educator, to talk about how creativity can support you in your life by answering these questions: Are you ready to explore the power of your creativity? Do you want to cultivate more joy in your daily life? With some basic art material you will have a chance to dive into the joyful world of drawing and mark-making. To book your space email art@tanazassefi.com

Women's Wellbeing Workshop in Room 19 (2nd floor)

12 – 2pm + 4 – 6pm Join Wellbeing Expert Empress Namagembe for Beyond Menopause, a wellbeing workshop providing support and guidance for women to embrace and enjoy different stages of Womanhood from Menstruation, Perimenopause, and Menopause, Post Menopause.
To book your space email info.ednam@gmail.com

Full Body Bioresonance Scan in Room 14 (1st floor)

Running from **12 – 6pm** Life Experts are offering women a quick health check, sessions are **15 minutes** on a 1-to-1 basis. How it works: The device will scan the body's cell frequencies to detect for any imbalances initially taking up to 5 minutes. This is achieved by attaching wristbands to each wrist and allowing the device to analyse cell frequencies.

To book your space email info.ednam@gmail.com

Networking & Social in Room 7 (1st floor)

2.30 – 9pm Drop in for an opportunity to meet with women organisations / projects to make contacts / friends, share information, resources and services towards creating a directory & online resource.

Great Women of Greenwich series of talks in Room 10 (1st floor)

2.30 – 3.30pm Ann Dingsdale on The 1866 Women's Suffrage Petition in Greenwich and Blackheath

3.30 – 4.30pm Lynne Dixon on The three women who founded the Mother and Baby Hospital in Woolwich in 1905

4.30 – 5.30pm Mandy Barrie on Seizing the moment – the first women councillors of Greenwich

5.30 – 6.30pm Denise Scott-Macdonald on Baroness Doreen Lawrence and BAME women fighting for justice in British politics

8.00 – 9.00pm Jane Grant on Mary Stott: feminist journalist and campaigner

To book your space email info@mycenaehouse.co.uk

Iranian Women's Struggle and Cinema in Room 10 (1st floor)

6.30 – 7.30pm Filmmaker Pune Parsafar shares her personal experience of living under the Islamic Republic, where women are reduced to second-class citizens, both behind and before the camera. She will discuss how she translated that into filmmaking and in particular, through her feature length documentary 'Cheers to Iranian Women'.

To book your space email info@mycenaehouse.co.uk

Venue: **Mycenae House**, 90 Mycenae Road, Blackheath, SE3 7SE
Rooms accessible via stairs/stairlift only www.mycenaehouse.co.uk

Event produced by **Doreen Whitter**, creator of **Vintage Voices**