

Throughout March

#BreaktheBias

Following this year's theme, #BreaktheBias, the Cohesion Team will be collating social media messages of how we all #BreaktheBias to support women. If you have any messages that you'd like to share, please send them in to us.

Lead organisation: Cohesion Team, Kirklees Council

Venue: Facebook and Twitter, follow or tag @KirkleesCI #BreaktheBias or email pictures to joely.chambers@kirklees.gov.uk

We've all got a story to share...

'Our Stories, Our Places' celebrates the stories of people in our communities who are working together to make our local places even better. We'd love to hear your inspirational story. Please get in touch to tell us more.

Lead organisation: Democracy Team, Kirklees Council

Venue: Share your story at www.ourstoriesourplaces.org/IWD2022

Thursday 3 March

Telling it like it's lived - True-story open mic night

Calling all storytellers, writers, readers, and anyone with a good story to tell. We're celebrating World Book Day and International Women's Day with a night of true stories. All are welcome to share true stories loosely inspired by the theme, 'memories'. Stories might be about family, love, death, home, travel, beginnings or endings. They could be serious, funny, thoughtful or sad. It's entirely up to you. All we ask is that you tell the story in your own words, and that it's true. You can read your writing from paper or a device, use notes, or tell it straight (without notes), it's up to you.

Booking: Sign up for a 3-5-minute open mic slot. Email Yvonne at ybattllefelton@gmail.com or nisar.mayet@kirklees.gov.uk by 3pm, Wednesday, 2 March.

Lead organisations: Cohesion Team and Dewsbury Library, Kirklees Council

Timings: 6.30pm - 7.30pm

Venue: Dewsbury Library, Dewsbury

Tuesday 8 March

Sash Making

Join the Women Together group to make sashes for the Break the Bias: Walk for Women event that takes place on 12 March 2022.

Booking: Email claire.ewart@kirklees.gov.uk if you'd like to attend so that we have enough materials

Lead organisations: Women Together and the Cohesion Team, Kirklees Council

Timings: 5pm

Venue: Ravensthorpe Community Centre

Thursday 10 March

Launch of Hope Café

There will be a reading of poetry by women from our local community. The Café supports those with bereavement issues and after COVID concerns. The café will be alternating venues between Ravensthorpe Community Centre and Thornhill Lees Community Centre for future sessions. Please contact hospitalgeorge@gmail.com for further information.

Lead person: Fr George Spencer

Timings: 2pm - 4pm

Venue: Ravensthorpe Community Centre

Saturday 12 March

Break the Bias: Walk for Women

Bring along your sashes from the session on 8 March, or that you made at home, and celebrate International Women's Day with us on a walk. This will be followed by a picnic so please bring your favourite foods, drinks and snacks.

Lead organisations: Women Together and the Cohesion Team, Kirklees Council

Timings: 1.30pm - 3.30pm

Venue: Crow Nest Park, Dewsbury

Women in the Lead

Come along and celebrate with us, we've activities, stalls, workshops and guest speakers. For more information, or for a stall at the event, please contact info@imws.org.uk

Lead organisation: IMWS

Timings: 11am - 4pm

Venue: Al-Hikmah Centre, Batley

Saturday 19 March

Beyond expectations: Break the Bias

An online event to celebrate women and look further into this year's theme of #BreakTheBias. Join us for discussions around women's wellbeing, women in the world of work and women and culture.

Booking: Email cohesion@kirklees.gov.uk for a password to book via Eventbrite.

Lead organisation: Cohesion Team, Kirklees Council

Timings: 10am - 12pm

Venue: Online

International Women's Day Poetry event

Kirklees Libraries will be hosting a poetry event to celebrate International Women's Day 2022. Please email jude.lynn@kirklees.gov.uk for more information.

Lead organisation: Libraries, Kirklees Council

Timings: 2pm - 4pm

Tips and recommendations

Unwind or find inspiration with a good book

Make good all your bookish ambitions with our guide to recommended reads by female authors.

Fiction:

- *Circe* by Madeline Miller
- *Daughter of Shame* by Jaswinder Sanghera
- *Girl on the Train* by Paula Hawkins
- *Handmaids Tale* by Margaret Atwood
- *Noughts and Crosses* by Malorie Blackman
- *Parliament of Rooks: Haunting Bronte Country* by Karen Perkins
- *The Beekeeper of Aleppo* by Christy Lefteri

Non-fiction:

- *Be the Change* by Gina Martin
- *Invisible Women* by Caroline Criado Perez
- *Milk and Honey* by Rupi Kaur

An everyday affirmation

An affirmation is a positive statement that can help you to challenge and overcome self-sabotaging and negative thoughts. Take a moment to try this one from Don't give it away (1999), a self-awareness book by award winning and best-selling author, Iyanla Vansant.

Bring to yourself a rich consciousness

Be at one with yourself

Take a moment and pinch yourself and be thankful

Be happy for who you are

Embrace those that love you

With each day bring new thoughts

In the mirror I see a reflection, this is all of me

Take me as I am.

I SEE THE GOOD IN ME.

Highlighting health

Cervical screening

Did you know, one in three young women who are invited to their first cervical screening are not taking up their invitation? Try not to put it off. It's one of the best ways to protect yourself from cervical cancer. For more information and support visit www.nhs.uk/cervical-screening

Menopause

Half the population goes through the menopause and 1 in 10 women will experience symptoms for up to 12 years. There is help and support available. For more information visit www.nhs.uk/menopause

Covid vaccinations for pregnant women

COVID-19 vaccination is strongly recommended for pregnant and breastfeeding women. The COVID-19 vaccines available in the UK have been shown to be effective and safe. For details visit www.nhs.uk/pregnancy-and-coronavirus

Girlguiding

Girlguiding across the Huddersfield area has spaces for Rainbows (5-7 years), Brownies (7-10 years), Guides (10-14 years) and Rangers (14-18 years).

For more information, or if you would like to volunteer and join more than 80,000 others who make a real difference to girls and young women, please visit www.girlguiding.org.uk