

# Perth & Kinross

# Women's

## festival



*1st - 11th March 2018*  
*Celebrating the achievements of women and*  
*creating opportunities to achieve even more*



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



## 'Be Yourself Group'

The women of the 'Be Yourself Group' have organised Perth's International Women's Day celebrations since 1997.

Their role has been to promote the position and importance of women in the multicultural society of Perth and Kinross without distinction of political, religious or other opinions. All self-identified women are welcome at the women-only events.

In 2015 the group introduced Perth's Women's Festival - a programme of over 20 events including practical workshops, physical activities, talks and a film screening, all designed to inspire and celebrate the achievements of women. Hopefully even more participants will enjoy the celebrations for 2018!

*Come along, take part...  
ENJOY!!!*





**Event: Women's Festival Lunch**

**1st, 2nd, 8th and 9th March**

**Venue:** The Gallery Restaurant, Perth College UHI, Crieff Road, Perth, PH1 2NX  
(Accessible to Disabled)

**Time:** 12.00 – 14.00

**Cost:** From £2.00 to £8.00 - Pre-booking essential.

(Call 01738 877605 / 01738 877715 or email [restaurant.perth@uhi.ac.uk](mailto:restaurant.perth@uhi.ac.uk))

**Details:** 'Fabulicious' lunch prepared and served by our amazing professional chef and hospitality students. You may choose one, two or three courses plus tea/coffee at very competitive prices! The menu is planned and the food is prepared, cooked and served by our students. You may also wish to complement your meal with a range of alcohol and/or non-alcoholic beverages. We are happy to accommodate special dietary requirements requested at the time of booking.

We are looking forward to welcoming you very soon.....



University of the  
Highlands and Islands  
Perth College

**Event: 10 years of RASAC P&K**

**Examining the reality of sexual violence - 2nd March**

**Venue:** Blairgowrie Library, 46a Leslie Street, Blairgowrie, PH10 6AW  
Tel No: 01250 871305 (Accessible to Disabled)

**Time:** 10.00 – 13.00

**Cost:** Free

**Details:** To mark the 10th anniversary of RASAC P&K, the Centre is bringing an exhibition to Blairgowrie Library from 10am – 1pm on Friday 2nd March 2018. RASAC's exhibition will take visitors on a journey of the organisation's work over the last decade whilst highlighting key developments within the wider violence against women agenda.

RASAC P&K have been supporting individuals and families affected by rape, sexual abuse and exploitation since 2007. The service dedicates itself to delivering responsive recovery services and pro-active prevention activities in order to improve the identification of, and responses to sexual violence locally.





# PERTH TOY LIBRARY

**Event: Perth Toy Library****3rd, 6th, 8th and 10th March**

Venue: Beechgrove Lodge, Hillend Road, Perth PH1 1DL

Time: Saturday 3rd & 10th 9.45-12, Tuesday 6th 1.30-3,  
Thursday 8th 9.45-11.15

Cost: Various

Details: We are a volunteer run charity which specialises in providing toys for hire at a very low cost. Whether you are a parent, grandparent, childminder, nursery or even a school we can supply toys to suit your needs. We function just like any other library. By becoming a member, you can rent out a maximum of six toys and DVDs for three weeks at a time providing your child with a variety of toys without the huge expense. We also have a jungle playroom/ sensory room to keep children entertained while you browse or where members can come and relax during our opening times. Visit our Facebook page for more information. Why not come along this week for a cup of tea and cupcake and celebrate Perth's Women's Festival.



Academy of  
Sport & Wellbeing  
Perth College UHI

**Event: Women's Climbing Festival-Perth College UHI****5th - 11th March**

Venue: Academy of Sport and Wellbeing, Perth College UHI, Crieff Road, Perth, PH1 2NX - Tel No: 01738 877313 (Accessible to Disabled)

Time: Various session times 10.30am – 12.30pm, 2.30pm – 4.30pm, 7pm – 9pm (not Sat or Sun)

Ladies Club Night: Wednesday 7th from 6pm – 9pm for competent climbers.  
Registration Time: 10 mins before each session start timeCost: £20 pp per session - Ladies Club is normal access of £8.50 if already competent and not requiring instruction. Pre-booking is essential. Please call 01738 877313 or email [pccwinfo.perth@uhi.ac.uk](mailto:pccwinfo.perth@uhi.ac.uk)

Details: We will be holding a number of female only sessions throughout the festival -these will be aimed at all ability levels and from age 7 upwards. We are keen to support novice female climbers to 'Have a Go'. All participants must sign a supervised session form or register if climbing independently. We would require information about any disabilities so we can ensure we have the equipment/ expertise of staff available to support

**WOMEN ONLY EVENT**



**Event: Scottish Country Dance Class**

**5th March**

**Venue:** Craigie Church Hall, Abbott Street, Perth PH2 0EE

**Time:** 19.30 – 21.30 (Registration time 19.15)

**Cost:** £3

**Details** Come along and join us for an evening of fun and laughter. Spend time with friends and take the opportunity to make new ones while learning new dances and revisiting old favourites. No previous experience needed as teaching and support will be provided on the night – along with a cup of well-earned tea.



**Event: Author Visit at Perth College UHI**

**Day to be confirmed – see [www.perthiwf.co.uk](http://www.perthiwf.co.uk) for more details**

**Venue:** Brahan Lecture Theatre - Perth College UHI, Crieff Road, Perth, PH1 2NX  
(Accessible to Disabled)

**Time:** To be confirmed

**Cost:** Free – Pre-booking is essential. Please call 01738 877707

**Details:** A female author will explain the process of writing and the difficulties that she faced in her role.



University of the  
Highlands and Islands  
**Perth College**



**Event: Hatha Yoga Class**

**6th March**

**Venue:** Scone Old Church Hall, Burnside, Scone, PH2 6LP  
(Accessible to Disabled)

**Time:** 14.00 – 15.30

**Cost:** £6 Pre booking essential.  
Please call 01821 650403  
or email [alwynemacmillan@hotmail.co.uk](mailto:alwynemacmillan@hotmail.co.uk)

**Details:** Relaxing and invigorating series of gentle exercises and postures, good for body, mind and spirit. Suitable for all.



**Event: SWI Crafts Evening**

**6th March**

**Venue:** The Institute, Station Road, Bridge of Earn PH2 9EA

**Time:** 19.00 – 21.00 (registration 18.45)

**Cost:** £4.00. Booking not essential, but advisable.  
Please call 01738 850516

**Details:** An evening of different crafts, incorporating card-making and needlecraft. Participants will be able to try out various crafts.  
**WOMEN ONLY EVENT**





PERTH THEATRE  
2017 | 2018

**Event: Perth Film Society and Perth Theatre/Horsecross present:  
"The Eagle Huntress" (U Rating)**

**6th March**

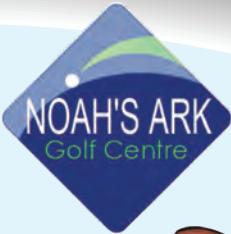
**Venue:** Joan Knight Studio, Perth Theatre, Mill Street, Perth, PH1 5HZ (Accessible to Disabled)

**Time:** Film screening starts 19.45 - Finish time 21.15 approx

**Cost:** £6 (Seniors/Unwaged/Students £5) - Pre booking not essential, but preferable. Tickets available via the Horsecross Booking Office, the Concert Hall, and the Theatre

**Details:** "The Eagle Huntress" expands your sense of what is possible. It is a 2016 British/Mongolian/American documentary by Otto Bell, filmed in Kazakh and narrated in English by Daisy Ridley, of "Star Wars" fame. The film also has a stirring soundtrack that ends with the anthem "You can do anything" sung by pop superstar Sia. The film tells of 13 year old Aisholpan, a girl with a soaring eagle on her arm but her feet firmly on the ground. We follow Aisholpan as she trains to become the first female eagle hunter in 12 generations, before reaching the top of a tradition that has been passed from father to son for centuries. Many old Kazakh eagle hunters vehemently reject the idea of any female taking part in their ancient tradition, but Aisholpan's father believes that a girl can do anything a boy can, as long as she's determined.





**Event: 'Get into Golf' beginners golf lesson**

**7th March**

**Venue:** Noah's Ark Golf Centre,  
Newhouse Farm, Perth, PH1 1QF  
Tel No: 01738 440678 (Accessible to Disabled)

**Time:** 11.00 – 12.00 (Registration time: 10.55)

**Cost:** Free – Pre-booking is essential  
(Book your place by calling the starter box at  
North Inch Golf Course on 01738 636481 or  
email [northinchgolf@pkc.gov.uk](mailto:northinchgolf@pkc.gov.uk))

**Details:** We are running a 'Get into Golf' beginner's golf session at Noah's Ark Golf Centre. You will learn the basics of the golf swing on our covered driving range and will also play some putting on our 18 hole putting course. This is a great opportunity to come and learn the basics of the game with tuition from PGA Professional Niall McGill. There is no need to have your own golf clubs as all equipment will be supplied. After the golf there will be coffee and tea served.

**WOMEN ONLY EVENT**



**Event: St Matthew's Church Country Dancing**

**7th March**

**Venue:** St Matthew's Church Hall, Tay Street, Perth  
(Accessible to the Disabled)

**Time:** 19.30 – 21.30

**Cost:** £3

**Details:** St Matthew's Church Scottish country dance class is held on Wednesday evenings in the main hall in Tay St, Perth from 19.30 to 21.30.

This is a very friendly class and if you would like to join us you will be made very welcome and you'll get a cup of tea and a biscuit too.





**Event: Falling into Crime**

**7th March**

**Venue:** Loch Leven Community Library, Muirs, Kinross, KY13 8FQ

Tel No: 01577 867205 (Accessible to Disabled)

**Time:** 19.15 – 20.15 approx (Registration time: 19.00)

**Cost:** Free – Pre-booking is essential. Please contact the library to reserve a ticket.

**Details:** Crime fiction was not what Helen Forbes expected to write. As a single parent and mature law student, she used her limited spare time to write contemporary and historical Scottish fiction. It was a chance remark at a writing club some years later that led to her debut crime novel, In the Shadow of the Hill, featuring Detective Sergeant Joe Galbraith, and a plot described in one newspaper review as having 'more twists and turns than the road to the isles, making it impossible to put down.' The novel and characters proved popular with readers, leading to the recent publication of a second book in the DS Joe Galbraith series, Madness Lies. Helen has now turned to crime with a passion, recently completing a psychological thriller, Deception. Helen will talk about her novels, the influences that turned her to crime, and how she manages to balance a demanding legal career with the life of a published author.

**CULTURE**  
PERTH & KINROSS



**In The  
Shadow  
Of The Hill**

**Event: Horsecross Voices - Women and Music with Jo Greer**

**7th March**

**Venue:** Norie-Miller Studio, Perth Concert Hall.

Mill Street, Perth (Accessible to Disabled)

**Time:** 19.30 – 21.30 (Registration: 7.20pm)

**Cost:** £4.50, Concessions £3.50.

Tickets from Horsecross boxoffice: [www.horsecross.co.uk](http://www.horsecross.co.uk).

**Details** A fun, informal singing group for adults where a different music style is tried out every week. No previous singing experience or music reading is required. Over 18 only event

**PERTH  
CONCERT  
HALL**



# PERTH TOY LIBRARY



**Event: Perth Toy Library**

**8th and 10th March**

**Venue:** Beechgrove Lodge, Hillend Road, Perth PH1 1DL

**Time:** Thursday 8th 9.45-11.15, Saturday 10th 9.45-12

**Cost:** Various

**Details:** We are a volunteer run charity which specialises in providing toys for hire at a very low cost. Whether you are a parent, grandparent, childminder, nursery or even a school we can supply toys to suit your needs.  
(See entry on 3rd for more details.)

**Event: Beauty Therapy taster sessions at Perth College UHI**

**8th March**

**Venue:** The Retreat Hair and Beauty Salons, First Floor , Academy of Sport and Wellbeing, Perth College UHI, Crieff Road, Perth, PH1 2NX  
(Accessible to Disabled)

**Time:** Various appointment slots available during the day, Finish Time: 5.00 pm

**Cost:** Various from £1.50 - Pre-booking essential. Please call The Retreat@Perth College UHI on 01738 877634 to book an appointment and confirm appointment times.

**Details:** Please join us for taster sessions with The Retreat@Perth College UHI. Our students are offering back, neck and shoulder massages, mini facials and file and polishes.





**Event: Because Women Are Worth It!**

**8th March**

**Venue:** Women's Centre, West Mill Street, Perth PH1 5QP

**Time:** 10.30 – 15.30

**Cost:** £ 5.00 (Pre-booking essential. Call Marie Jackson 01738 472 569)

**Working Hours:** Mon 8.45 – 4.15, Tues 8.45 – 5.00, Wed 8.45 – 4.15, Thurs 8.45 – 4.15, Fri 8.45 – 12.45)

**Details:** Soroptimist International (SI) Perth [www.sigbi.org/perth](http://www.sigbi.org/perth) is an organisation which strives to improve the lives of women & girls locally, nationally & internationally through education, empowerment and providing enabling opportunities. SI Perth is delighted to join with the One Stop Women's Service (OWLS) which is part of the criminal justice service supporting women in a whole variety of ways locally, to note International Women's Day. Recognising all of the different challenges presented to women today and that they often put other's needs before their own, we want women to have a short break away from their normal routines & demands on their time, to have a short beauty or therapy 'treatment', because they deserve it. Yoga - Head & Neck Reiki - Hand Massage & Nail Painting - A cuppa & cake - Because women are worth it!





**Events: Scottish Country Dance Class**

**8th March**

Venue: St Matthews Church Hall, Tay Street, Perth

Time: 2:00pm to 3:30pm

Cost: £3

Details: Come along and join us for an afternoon of fun and laughter. Spend time with friends and take the opportunity to make new ones while learning new dances and revisiting old favourites. For all levels, no partner needed, just flat shoes. No previous experience needed as teaching and support will be provided.

**Event: 3G: 3 Generations of Women Artists Perform**

**8th March**

Venue: Norie-Miller Studio & Threshold Artspace, Perth Concert Hall, Mill Street, Perth, PH1 5HZ (Accessible to Disabled)

Time: 14.00 – 18.00

Cost: £5 per person, FREE to students with valid ID (Pre-booking essential, call Horsecross Arts Box Office: Tel: 01738 621 031 or email [info@horsecross.co.uk](mailto:info@horsecross.co.uk), website: [Horsecross.co.uk](http://Horsecross.co.uk) )

Details: Celebrate the finale of WOMEN – the first survey exhibition of 60 works by 40 women artists represented in Horsecross Arts museum collection – with a dose of cross-generational feminism and performance art. Experience works by European women video pioneers from 1970s. See a rare performance talk by Elaine Shemilt as she responds to her work *Doppelgänger* (1979-81). Hear from Laura Leuzzi as she traces the performance art legacy of women artists. Enjoy performances by students led by artists Richard Layzell and Pernille Spence. Curated by Laura Leuzzi, Iliyana Nedkova and Pernille Spence. Produced by Horsecross Arts in partnership with Duncan of Jordanstone College of Art and Design, University of Dundee and the Arts and Humanities Research Council project European Women's Video Art.

Over 16 only event.





**Event: Women's Festival Lunch  
8th and 9th March**



University of the  
Highlands and Islands  
Perth College

Venue: The Gallery Restaurant, Perth College UHI, Crieff Road, Perth, PH1 2NX (Accessible to Disabled)

Time: 12.00 – 14.00

Cost: From £2.00 to £8.00 (Pre-booking essential. Call 01738 877605 or 01738 877715 or email: [restaurant.perth@uhi.ac.uk](mailto:restaurant.perth@uhi.ac.uk) )

Details: See entry on 1st for details.



**Event: PSNS "Curious Minds" - Dr Mhairi Towler, Vivomotion,  
"Bringing science to life"  
9th March**

Venue: Soutar Theatre of the AK Bell Library. (Accessible to Disabled)

Time: 7:30pm

Cost: Admission is £6 for the general public and £2 for PSNS members and registered students. School pupils are free. Tickets will be available at e-Computers on Kinnoull St in Perth and at [www.EventBrite.co.uk](http://www.EventBrite.co.uk) (search for PSNS Curious Minds).

Details: Mhairi is the founder and CEO of Vivomotion, a Dundee company using computer graphic techniques, derived from the games industry, to create beautiful 3D animations that not only help scientists visualize complex process but also communicate their work to a wide audience.





**Event: Menopause Café – Workshop & Choir  
10th March**

**Venue:** Perth Theatre, Mill Street, Perth PH1 5HZ  
(Accessible to Disabled)

**Time:** 14.30-17.30

**Cost:** Free. Booking not essential, but advisable. Book via Eventbrite,  
see [www.menopausecafe.net](http://www.menopausecafe.net) for link.

**Details:** The menopause is inevitable for women and yet so many feel unable to talk about it. We aim to change this, one conversation at a time.  
Join us for an afternoon of menopause events, consisting of:

- a talk by Dr Laura Jarvis, from Perth Menopause Clinic, with Q&A
- a sing-along lead by renowned composer and choir director Debra Salem
- a Menopause Café, where we gather to eat cake, drink tea and talk about menopause (or you can just listen)

All are welcome, men & women, young & old.

See [www.menopausecafe.net](http://www.menopausecafe.net) for further details and link to Eventbrite booking. Any enquiries, please email: [menopausecafe@outlook.com](mailto:menopausecafe@outlook.com)



# Menopause Café

# Women's festival



Festival logo design by Olga Kostrzewska



# Thank You To Our Partners



PERTH TOY LIBRARY



Menopause Café



PERTH THEATRE  
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**CULTURE**  
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