

*Perth & Kinross*

*Women's*



festival



**1st - 10th March 2019**  
*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 2019!

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





# Curves

**Event: Curves Strength Training for Women  
1st - 10th March**

Venue: Unit E Glenearn Road, Perth PH2 0NJ (Accessible to Disabled)

Time: Mon – Fri 09.00 – 13.00, 15.30 – 19.00

Cost: Free

Details: Curves is a facility specially designed for women. The Curves workout combines strength training with cardio and stretching all in just 30 minutes to develop lean muscle, raise metabolism, burn fat and tone up.



We are offering free workouts to all women from the 1st – 10th March.

**WOMEN ONLY EVENT**

**Event: Women's Festival Lunch  
1st, 7th and 8th March**

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

Time: 12.00 – 13.00

Cost: From £3.00 to £7.50 (Pre-booking essential. Call 01738 877605 / 01738 877715 or email [restaurant.Perth@uhi.ac.uk](mailto:restaurant.Perth@uhi.ac.uk) )

Details: An amazing opportunity to come to experience our hospitality at the training restaurant at Perth College UHI, twice winner of the "Best College Restaurant in Scotland and Northern Ireland" award.

Students on our food studies and hospitality courses make it all happen, and do everything from providing you with a warm welcome to preparing, cooking and serving the dishes on our carefully prepared menu, using as much local and healthy produce as possible to create a range of delicious dishes.

For more information about our restaurant, please visit:  
[www.perth.uhi.ac.uk/galleryrestaurant](http://www.perth.uhi.ac.uk/galleryrestaurant)





**Event: Free Taster Session of Fitdankbaby Class for Mums and Babies  
4th March**

Venue: Bälans Pilates Studio, 114 Nugent Drive, Perth Airport, Scone, PH2 6PL (Accessible to Disabled)

Time: 10.45 – 11.45

Cost: Free. (Pre-booking essential, 24 hours in advance. Call 01738 550 396 or book online: <http://www.balanspilates.com/timetables/>)

Details: Bälans is an Award-Winning Pilates Studio where women and men have enjoyed Pilates, BarreConcept and Fitdankbaby classes for over 13 years. All levels of ability are catered for, the space is warm, clean and accessible. The atmosphere is friendly and welcoming, and many classes are designed to help women maintain their fitness throughout pregnancy and make a swift return post-partum.

# Bälans



**Event: Scottish Country Dance Class  
4th March**

Venue: Craigie Church Hall, Abbott Street, Perth PH2 0EE (Accessible to Disabled)

Time: 19.30 – 21.30

Cost: £3.00

Details: A fun night learning Scottish country dancing. Suitable for new and accomplished dancers.





**Event: Free Taster Session of Women's Pilates Class**  
**5th, 6th and 7th March**

Venue: Bälans Pilates Studio, 114 Nugent Drive, Perth Airport, Scone, PH2 6PL (Accessible to Disabled)

Time: 10.45 – 11.45

Cost: Free. (Pre-booking essential, 24 hours in advance. Call 01738 550 396 or book online: <http://www.balanspilates.com/timetables/>)

Details Bälans is an Award-Winning Pilates Studio where women and men have enjoyed Pilates, BarreConcept and Fitdankbaby classes for over 13 years. All levels of ability are catered for, the space is warm, clean and accessible. The atmosphere is friendly and welcoming, and many classes are designed to help women maintain their fitness throughout pregnancy and make a swift return post-partum.



# Bälans

**Event: Hatha Yoga Class**  
**5th March**

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

Time: 14.00 – 15.30

Cost: £6.00 (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: Inspiring Women Event  
5th March**

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

Time: 18.30 – 20.00

Cost: FREE

Details: Perth Women's Collective provides a monthly space for women to talk and to listen, to be celebrated, and for anyone and everyone to continue the conversation around gender equality. This month we will hear from several inspiring local women on a variety of themes with an opportunity for discussion to follow. For further details visit the Perth Women's Collective Facebook page.

Perth Women's Collective meets on the first Tuesday of every month at Perth Theatre, 6:30-8:00pm.

**Event: Women's Festival Dinner  
5th 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: 18.30 – 21.00

Cost: £15.00 (Pre-booking essential. Call 01738 877605 / 01738 877715 or email [restaurant.Perth@uhi.ac.uk](mailto:restaurant.Perth@uhi.ac.uk))

Details: An amazing opportunity to come to experience our hospitality at the training restaurant at Perth College UHI, twice winner of the "Best College Restaurant in Scotland and Northern Ireland" award.

Students on our food studies and hospitality courses make it all happen, and do everything from providing you with a warm welcome to preparing, cooking and serving the dishes on our carefully prepared menu, using as much local and healthy produce as possible to create a range of delicious dishes.

For more information about our restaurant, please visit: [www.perth.uhi.ac.uk/galleryrestaurant](http://www.perth.uhi.ac.uk/galleryrestaurant)





**Event: Perth Film Society and Perth Theatre/Horsecross present:  
"Marie Curie – The Courage of Knowledge" (Cert 15)  
5th March**

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

**Time:** Film screening starts 19.45 - Finish time 21.30 approx

**Cost:** £6.00 (Seniors/Unwaged/Students £5.00) - Pre booking not essential, but strongly advised as previous PFS events have sold out quickly. Tickets available via the Horsecross Booking Office, the Concert Hall, and the Theatre

**Details:** Our film for 2019 is the internationally co-produced biography of Marie Curie, the Polish and naturalised French physicist and chemist. Filmed in French, German, English, and Polish, with English subtitles, the story follows Curie's struggle for recognition in the male-dominated science community of early 20th century France. A pioneer in the study of radioactivity, Curie spent her life setting precedents - she was the first woman ever to win the Nobel Prize (physics in 1903), and the first person to win it twice (chemistry in 1911).

"Marie Curie – The Courage of Knowledge" is perfect for this age of feminism. It tells of a woman struggling in a society that looks down on her, yet the men closest to her loved her mind and wanted to see recognition of her success. Marie Curie is remembered for her discovery of radium and polonium, and for her huge contribution to the fight against cancer. This film is a worthy tribute.



Care and support  
through terminal illness



*Love.golf*<sup>™</sup>  
TRY IT LOVE IT



**Event: 'Come and Try Golf' love.golf Experience Session  
6th March**

Venue: North Inch Golf Course, Hay Street, Perth, PH1 5HS

Time: 10.00 – 11.30 (Registration time: 09.55)

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

Details: Would you like to try playing golf?

The Solheim Cup is the world's biggest ladies golf competition and is being held at Gleneagles in September 2019. This 'Come and Try' session is the perfect opportunity to give golf a go and see if you might enjoy it.



Backed by ground-breaking research, love.golf is a proven approach to women's coaching, delivered by a community of coaches who engage, inspire and progress women in the sport.

An alternative to what might be typically expected from golf coaching; love.golf experiences take place on the golf course so that women learn how they want to learn in a group environment free from any dress codes or unnecessary rules.

**WOMEN ONLY EVENT**

**Event: Women Only Health Walk  
6th March**

Venue: Bell's Sports Centre, Hay Street, Perth, PH1 5HS  
(Accessible to the Disabled)

Time: 11.30 – 12.30 (Registration time: 11.20)

Cost: FREE

Details: A short led social health walk around the North Inch and Tay River.

For further information call 01738 454628 or email:

[camelville@liveactive.co.uk](mailto:camelville@liveactive.co.uk)

**WOMEN ONLY EVENT**







**Event: Scottish Country Dancing  
6th March**

Venue: St Matthew's Church Hall, Tay Street, Perth PH1 5LO  
(Accessible to the Disabled)

Time: 19.30 – 21.30

Cost: £3.00

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. The cost is £3 per night and you'll get a cup of tea and a biscuit too!



**Event: Horsecross Voices – Girl Bands with Debra Salem  
6th March**

Venue: Norie-Miller Studio, Perth Concert Hall, Mill Street, Perth  
(Accessible to Disabled)

Time: 19.30 – 21.30

Cost: £4.50, Concessions £3.50. Tickets from Horsecross or Perth Theatre box offices, [www.horsecross.co.uk](http://www.horsecross.co.uk) or phone 01738 621031.

Details: Join Horsecross Voices favourite Debra Salem, in this riotous girl-power-fuelled evening of song. From the Spice Girls to the Supremes we'll celebrate women's voices from through the decades!

Horsecross Voices is a fun, informal singing group for adults. No previous singing experience or music reading is required.





**Event: Women's Festival Lunch  
1st, 7th and 8th March**

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

Details: See start of events listing for details. cost and time.

**Event: Scottish Country Dancing  
7th March**

Venue: St Matthew's Church Hall, Tay Street, Perth PH1 5LO  
(Accessible to the Disabled)

Time: 14.00 – 15.30, registration 13.55.

Cost: £3.00

Details: Come along and enjoy simple Scottish country dances in a fun atmosphere with experienced dancers who will help you through the reels, jigs and strathspeys. Music – CDs.



**Event: RASAC P&K – From Gender Stereotypes to Gender Based Violence  
7th March**

Venue: RASAC P&K, 16 King Street, Perth PH2 8JA 01738 626290  
(Accessible to Disabled)

Time: 18.00 – 20.00

Cost: FREE.

Details: RASAC P&K's 'From Gender Stereotypes to Gender Based Violence' workshop – an informal opportunity to explore how rigid gender stereotypes lead to inequality for women and girls and ultimately to the existence of sexual violence in society.

**WOMEN ONLY EVENT**





**Event: Scottish Country Dance Class  
7th March**

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

Time: 19.30 – 21.30

Cost: £3.00

Details: A fun night learning Scottish country dancing. Suitable for new and accomplished dancers.



**Event: Free Taster Session of Barre Concept Class  
8th March**

Venue: Bälans Pilates Studio, 114 Nugent Drive, Perth Airport, Scone, PH2 6PL (Accessible to Disabled)

Time: 09.30 - 10.30

Cost: Free. (Pre-booking essential, 24 hours in advance. Call 01738 550 396 or book online: <http://www.balanspilates.com/timetables/>)

Details Bälans is an Award-Winning Pilates Studio where women and men have enjoyed Pilates, BarreConcept and Fitdankbaby classes for over 13 years. All levels of ability are catered for, the space is warm, clean and accessible. The atmosphere is friendly and welcoming, and many classes are designed to help women maintain their fitness throughout pregnancy and make a swift return post-partum.



# Bälans



**Event: Women's Conversation Café –  
Sharing Information about Criminal Justice Experience's  
8th March**

Venue: OWLS 58 West Mill Street, Perth, PH1 5QP (Accessible to Disabled)

Time: 11.00 – 14.00

Cost: FREE

Details: International Women's Day Celebrations at OWLS (One Stop Women's Learning Service)

One-stop Women's Learning Service, (OWLS), provides services for women within Perth & Kinross as a statutory service, in the centre we work closely as a multidisciplinary team, supporting women to make positive life changes; at a speed which is uniquely suited to each individual, ensuring that the woman remains at the centre of all activities.

Come along and meet women and staff who will share experiences of accessing Criminal Justice Services in Perth And Kinross.

Teas/Coffees and cakes will be available, this event is informal and would be useful for anyone wanting to hear women's experience's and how they address their issues with the assistance of services from Statutory and Voluntary Sector.

**Event: Women's Festival Lunch  
1st, 7th and 8th March**

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

Time: 12.00 – 13.00

Cost: From £3.00 to £7.50 (Pre-booking essential. Call 01738 877605 / 01738 877715 or email restaurant.Perth@uhi.ac.uk )

Details: See start of events listing for details. cost and time. For more information about our restaurant, please visit:

[www.perth.uhi.ac.uk/galleryrestaurant](http://www.perth.uhi.ac.uk/galleryrestaurant)





**Event: Margaret Morris – An Extraordinary Woman  
8th March**

Venue: Perth Museum and Art Gallery, 78 George Street, Perth PH1 5LB (Accessible to Disabled)

Time: 13.00 – 14.00

Cost: £2.00 – Pre-booking is essential. <https://www.eventbrite.co.uk/e/international-womans-day-talk-margaret-morris-an-extraordinary-woman-tickets-53177459212>

Details: Margaret Morris was indeed an 'Extraordinary woman' and not just for her own time. Her accomplishments, from child prodigy: reciting and dancing; to starting her own school and studio theatre in London, training in Physical Therapy and creating a system of movement that is still practised worldwide, all mark her out as an exceptional being.

In this International Woman's day Talk, Agnes Ness shares her passion for Margret Morris as an all-round creative woman and, through her letters (Margaret's to Ted Shawn in the Archives at Jacob's Pillow in America and Ted's responses in Margaret's archives in Perth) perhaps give a glimpse of a more real, even vulnerable person.

**Event: 100 Years of the Women's Vote in Britain: How Far Have We Come?  
8th March**

Venue: Perth Museum and Art Gallery, 78 George Street, Perth PH1 5LB (Accessible to Disabled)

Time: 19.30 – 20.30 approx., refreshments from 19.00

Cost: FREE Pre booking essential – tickets available from Perth Museum and Art Gallery and Eventbrite

Details: On the 6th of February 1918, after fifty years of campaigning, some British women were finally granted the vote. 100 years on, Culture Perth and Kinross Libraries would like to mark 100 years of suffrage by hosting a panel discussion on how far we have come in those 100 years.

Our panel will consist of local authors, journalists and businesswomen and will be hosted by writer Daniel Gray, the people's historian. Dan will steer our panel through their discussion, offering a little historical insight into local suffragette activities and will ask our panel to reflect on how winning political citizenship has impacted on women's lives today.

We want to look forward to the next 100 years and think about how far women have come and what challenges still lie ahead.

A small exhibition of photos and text will support this panel discussion.



**CULTURE**  
**PERTH & KINROSS**







**Event: 3G: 3 Generations of Women Artists Perform  
8th March**

Venue: Threshold Artspace at Perth Concert Hall, Mill Street, Perth PH1 5HZ (Accessible to Disabled)

Time: 14.00 – 18.00 (Registration as part of Menopause Café 13:00)

Cost: FREE

Details: Join us on the very International Women's Day for a dose of cross-generational feminism and performance art as part of our 4th annual 3G event and a special edition of Menopause Cafe. This year 3G also features the preview of Pause – our new exhibition at Threshold artspace. Experience new and existing works by women artists from our collection on the big screen. See the highly acclaimed work Three Women by the pioneer of video art Bill Viola showing at St John's Kirk of Perth. Hear from **Rachel Weiss**, the founder of Menopause Café, as she focuses on the three ages of women. Enjoy live, site-specific performances by Contemporary Art Practice students from Duncan of Jordanstone College of Art and Design led by artists Richard Layzell and Pernille Spence.

*'We should support initiatives such as 3G and art venues like the Threshold artspace, precisely because they are located in Perth and not in London or New York.'* HASTA Magazine

(Video still from To The End of the Fingertips by Roswitha Chester.  
Courtesy the artist and Horsecross Arts.)



**Event: Menopause Café  
8th March**

Venue: Classrooms Café, Perth Concert Hall, Mill Street, Perth PH1 5HZ (Accessible to Disabled)

Time: 13.00 – 14.00

Cost: Free. Booking not essential, but appreciated. Book your free place here to help us estimate the numbers, but we will welcome people who haven't booked too:  
<https://www.eventbrite.co.uk/e/menopause-cafe-perth-tickets-51731275638>

Details: Join us to drink tea, eat cake and talk menopause. All welcome: old and young, male and female.

A Menopause Cafe is a group directed discussion of menopause with no agenda, objectives or themes. It is a discussion group rather than a support or counselling session. We usually split into small groups and you are welcome to just listen, although we hope you will join in on discussions.

Our Menopause Cafés are offered:

- On a not for profit basis
- In an accessible, respectful and confidential space
- With no intention of leading people to any conclusion, product or course of action
- Alongside refreshing drinks and cake!

Menopause Cafes started in Perth in 2017, and have now spread throughout the UK.

Come to the world's only Menopause Festival in Perth on  
April 26th & 27th.

See [www.menopausecafe.net](http://www.menopausecafe.net) for details.

**Event: Rock Choir Concert  
8th March**

Venue: St Matthew's Church, Tay Street, Perth. PH1 5LQ

Time: 19.00 for 19.30, finish 21.45 approx

Cost: £10.00 Please email [siperth@outlook.com](mailto:siperth@outlook.com) to book tickets. Tickets will also be available on the door on the night from 19.00.

Details: Soroptimist International (SI) Perth's ([www.sigbi.org/Perth/](http://www.sigbi.org/Perth/) ) have organised a fantastic evening of song provided by the Rock Choir of Perth in support of the SI Perth's charities, the main one being Playlist for Life [www.playlistforlife.org.uk](http://www.playlistforlife.org.uk) this year. This Charity, formed by Sally Magnusson, is aimed at helping those with dementia connect with their friends and families though the power of music. Other charities/projects we support are Starter Packs, Books Aloud, Modern Day Slavery & Trafficking, OWLS(One stop Women's Learning Service), Meru Women's Garden Project in Kenya, Freedom from Fistula and Smalls for All.

SI Perth are a Women's Group who Make a Difference to the lives of women and girls, Educating, Empowering and Enabling.

There will be a raffle, as well as wine and shortbread at the interval for you to enjoy.



**Soroptimist  
International  
PERTH**

*Women's*  
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Festival logo design by Olga Kostrzewska

# Thank You To Our Partners

