

INTERNATIONAL WOMEN'S WEEK

Friday 6 March
9:30 am - 2:30 pm

Enterprise Solutions and the HoneyComb Children's Centre are delighted to offer you an opportunity to celebrate International Women's Week. We have organised a day of activities to celebrate and share women's achievements and aspirations. The day is intended to support women to experience new activities through a day of workshops mainly delivered by female entrepreneurs and leaders. These workshops are designed to enable women to consider new opportunities, have new experiences, try new things, relax and unwind and have fun. Face painting will be available for children.

We offer **free** workshops, **free** lunch, **reduced** price pamper sessions and **free** crèche places, but places are limited. It will be a case of first come first served. You will need to pre-book all activities and pay for the pamper session in advance. The booking deadline is Tuesday 3rd February. Below are workshops descriptions an outline programme for the day.

9:30 am - Opening address

A range of inspirational female speakers leaders and entrepreneurs, will give a short talk about women.

10:30 am

1. Meet your local children services and Children's Centre manager

This is an opportunity for women to learn about children services in Basingstoke and have access to representative who can support women to access Children's services, CIS and CAB.

2. Personal development – In - a Coaching Ltd – ‘*How to Handle a Difficult Conversation*’

We all have to face a tough conversation whether we try our best to avoid one!

Coach and trainer Jeanette Marshall will deliver a workshop enabling women to find ways to: Handle a difficult conversation and keep your relationships working in just few simple steps. This fun session will give you the confidence and “know how” to be able to handle difficult situations.

3. Islamic crafts – Multicultural Group for Women & Children - Silk painting

Relax, unwind and use your creative skills. Come and peep into the fascinating and most magnificent world of Islamic Art. You will be making a colorful silk painting choosing an Islamic pattern from a wide range available. Your finished art would be ideal to be used as a wall hanging.

11:30 am

1. Personal development - In - a Coaching Ltd – ‘*Discover and Appreciate the Unique YOU!*’

Jeanette Marshall will deliver another workshop of personal discovery - Do you know that there is no one else like you? You are more than one in a million, you are special? If you don't know this then come and learn how you are special and unique. If you do know come and learn how to communicate your qualities and gifts to others.

12:30 – 1:20 - LUNCH

1:30 pm

1. Volunteering - Basingstoke Voluntary Services (BVS)

Rebecca Kennelley the Chief Executive of BVS will give an introduction on the benefits of setting up a community group, and what that group can do for individuals, groups and the local community.

Robinson will talk about the benefits of volunteering to the individual to: improve their mental health, make

Sarah

friends, change of career, have new experiences, gain new skills, access training, have fun and how to get involved. BVS will give examples of local volunteering opportunities, particularly any available in Bucks.

2. Martial Arts - Akhawati

Martial arts is a great way to keep fit and feel empowered. It can give you the skills you need to defend yourself in an attack and promotes mental well being. At Akhawati we operate a no ego policy, its not about trying to hurt your opponent its about improving your technique and feeling more confident in all walks of life.

3. Music and Movement – ROCKY

Rocky will play his guitar and provide a musical workshop to move to and fun, A workshop designed for all the family to take part. During this session children and their parents will play musical instruments, sing together in an activity for that enabled the whole family to have fun together.

Pamper - Body wise – Health & Beauty

Try a pamper sessions at a reduced rate! 'Taster' treatments for £4.00 per session.

This is the highlight of the programme. Each session lasts 15 mins and will cost £4.00, a fraction of the normal cost. A range of treatments are available:

<p><u>Hydro-Facial & Scalp Massage.</u> Laying on two warm water filled cushions with the feeling of flotation, receiving facial and scalp pressure point massage.</p> <p><u>Benefits:</u></p> <ul style="list-style-type: none"> • Instant warming of muscles, giving a sensation of relaxation • Relieve stress and muscular tension, especially held around jaw area • Improve concentration, can help relieve eye strain and headaches • Can help problems with sinuses and insomnia 	<p><u>Hydro- Foot Massage</u> Laying on two warm water filled cushions with the feeling of flotation, receiving a foot massage.</p> <p><u>Benefits:</u></p> <ul style="list-style-type: none"> • The gentle heat of the water helps to soothe painful areas • The whole body is supported in perfect spinal alignment • Helps circulation in legs and feet • Eases tension from constant daily pressure • Soothing and invigorating
<p><u>Reflexology</u> This is a gentle and relaxing pressure massage to the feet to stimulate the reflex points and balance the eight bodily systems.</p> <p><u>Benefits:</u> Helps with:</p> <ul style="list-style-type: none"> • Stress and anxiety • Low energy levels • Back/Shoulder/Neck Pain • Menstrual problems 	<p><u>Henna Tattoos</u> <i>Experience the ancient body art</i></p> <ul style="list-style-type: none"> • Henna is an ancient herb used for body decoration. • It's completely natural, non-permanent, painless and relaxing. • For centuries, women have used henna to decorate their bodies. • Choose from selection of beautiful and eye catching designs for: arm bands, wrist bands, anklets, hands and feet. <p>Look different feel unique</p>
<p><u>Reiki</u> Pronounced Ray-Key - is a Japanese word meaning Universal Life Energy, an energy which is all around us.</p> <p><u>Benefits</u></p> <ul style="list-style-type: none"> • Stress reduction • Promotes healing • Treats the whole person including body, emotions, mind and spirit <p>Leaves you feeling relaxed, peaceful</p>	<p><u>Back, Neck Shoulder Massage</u> This is a non-evasive treatment, which can be done either with oils or over light clothing.</p> <p><u>Benefits</u></p> <ul style="list-style-type: none"> • Relieves muscular tension • Improves circulation • Stress release, (held so often in the shoulders and neck) • Soothing and calming

IWW - Booking form

Date.....

Title:	Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Miss <input type="checkbox"/> Other
Name	
Address (inc. postcode)	
Tel	
Mobile	
E-mail	
Do you have any specific or additional requirements?	

Tick to attend

9:30 - 10:20 am

Opening address

10:30 – 11:25

Meet your local Children’s Centre Manager

Personal development

Islamic crafts

11:30 – 12:25

Personal development

1:30 – 2:30 pm

Volunteering

Martial Arts

Music & movement

Lunch - 12:30 – 1:30

I would like lunch

Face Painting for children @ £2.00 each will be available for 10:30 – 2:30

Tick if crèche place is required							No crèche provision					
Tick below for the time & treatment you would like	10:30 – 10:50	10:50 – 11:10	11:10 – 11:30	11:30 – 11:50	11:50 – 12:10	12:10 – 12:30	12:30 – 12:50	12:50 – 1:10	1:10 - 1:30	1:30 – 1:50	1:05 – 2:10	2:10 – 2:30
Hydro Massage												
Reflexology												
Reiki or Back, neck & shoulder massage												
Henna Tattoos												

For those who require a Creche place please provide Child’s name Child’s age

If you have high or low blood pressure you are advised to seek medical advice before booking.

I have paid £4.00 for my pamper session (Please tick)

Please return your booking form and pay for your pamper at the HoneyComb Children;s Centre by 3rd March, located at Chiltern Way, Basingstoke, RG22 5BB. Tel no. 01256 331574 or email: honeycomb.cc:hants.gov.uk.

We will confirm your workshop booking, pamper sessions and crèche places on **Wednesday 4th March.**