

# INTERNATIONAL WOMEN'S DAY 2020

*Supporting & Empowering*  
the Women of Frome

A day of talks and workshops with  
*special guest speakers*

SAT 7TH MARCH 2020

*The Cheese & Grain, Frome*

9:15AM - 4PM / £5 ADMISSION PLUS BOOKING FEE / £5 WORKSHOPS

# Programme

Women inspiring women – in business, in art, in life



**9:30** - We will start the day with **Mojo Moves** warming us up. Cheryl has been getting Frome fit since 2017 with her special brand of comedy fitness.



## **9:45 - Jen Gale**

Jen is an ordinary, knackered mum of two whose life changed when she cajoled the family into a year buying nothing new. The family are still (just about) talking to her and live in Wiltshire where Jen writes and podcasts about all things Sustainable(ish) and is the author of The Sustainable(ish) Living Guide.



**10:15** - Our **Women Mean Business panel** is chaired by Anita Collier, Deputy Mayor of Frome and is made up of local and inspiring women, each with a different story. Featured on the panel will be:

**Pauline Davey** is currently President of Frome Chamber of Commerce. She also runs a freelance PR consultancy. **Sam Evans** is the owner of the Walled Garden Nursery in Mells, a new initiative aimed at improving the well-being of those experiencing loneliness and isolation. **Helen Rochfort** currently runs POP! on Cheap Street but began her journey by running her own international fashion brand. And **Rhiannon Swannell** is the founder of Maverick Mums and is inspiring women to step away from their ordinary lives.





### **11:15 - Goal Setting & Confident Networking with Dawn Denton**

Writer and business owner Dawn Denton will lead us into lunchtime by sharing her expertise on goal setting and networking confidently. Dawn runs her own businesses and teaches small businesses how to create content.

**12:00 - Break for lunch & networking opportunities**

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### **12.45 - Women Over 50 Film Festival**

Celebrating the work of older women, on both sides of the camera and created by Nuala O'Sullivan, the festival champions and showcases the work of older women on screen & behind the camera. WOFFF addresses the ageism and sexism many women face in the film industry and believes inclusive spaces to watch films together and conversations between generations of women can help make older & younger women feel less isolated and feel more connected.



#### **With Introduction from Nuala O'Sullivan**

Nuala O'Sullivan is the founder of Women Over 50 Film Festival. A writer and producer, she has written plays for theatre and has been a series writer for the BBC Radio 4 drama Brief Lives.



#### **And Q&A with Producer Thomasina Gibson**

Thomasina Gibson has been a journalist, author, producer/director for past 20 years working in TV, Film and DVD production. She has worked with the BBC, SKY, C4, Sony International Television, MGM International Television, SciFi Channel and the VEA Group in Australia.

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#### **2:30 - Gender Bias Bingo with Lizzie Boyle**

Lizzie Boyle is a Director of SE<sup>2</sup> Ltd, Frome Town Councillor and a published writer and editor of comics and fiction. Her interactive Gender Bias Bingo will identify bias and ask what we can all do to ensure we are #EachforEqual.

# Workshops

Workshops from 3pm - £5 each



## Filmmaking on your Smartphone with Deirdre Mulcahy

To inspire, to tell a story, to support your business, or amuse your loved ones. Deirdre is an experienced trainer. Having been a BBC Camera/Editor/Journalism trainer for 12 years, she has developed and delivers workshops to deliver first class smartphone shooting skills.



## Unlock your Blocks with Jaye Mason

Jaye Mason is a life coach and specialises in helping women in business ditch stress, anxiety and imposter syndrome, and to be fearless! Unlock the blocks to your potential in an hour with Jaye!

Alternatively join us from 3pm for our free event in the café to network and chat about the day's events. Frome Poet Laureate, Jo Butts, will be there to provide some inspiration for a memorable end to the conference. Refreshments will be available from the Cheese & Grain cafe bar.



## Our MC for the day - Rosie Eliot

Rosie is a co-founder of Engaging Women. She is a Director for a charity working with people with multiple sclerosis and is currently in the process of raising over one million pounds to build a new therapy centre in South Somerset. She is also a co-founder of Nevertheless Pub Theatre.

**Engaging  
Women**

**CHEESE  
& GRAIN** 

**FrOme**  
TOWN COUNCIL

For tickets: [www.cheeseandgrain.com/event/international-womens-day/](http://www.cheeseandgrain.com/event/international-womens-day/)