



# International Women's Day

## AGENDA

10:00AM FOYER	Stalls, Arts and Crafts, Street Fairy Workshop with Artist Stephanie Roberts
10:30AM & 2:00PM CONFERENCE ROOM	Lived Experience Under A Dictatorship In Iran Exhibition and Discussion with Kiana Khosravizad
10:40AM FOYER	Official Launch with NuWave Dance Performance
10:50AM FOYER	'Coffee and Laughs' and 'Age Alive' Choir
11:00AM STUDIO THEATRE	The launch of the Newport Women's Bursary
11:30AM DANCE STUDIO	Women's Only Yoga with Sam (14+)
11:50AM STUDIO THEATRE	Women From The Wallich - 'Gwent Women Will Unite' Creative Writing Performance
12:00PM STUDIO THEATRE	Q&A with Female Writers - The Power of Support and Achieving Your Goals
12:00PM FOYER	Operasonic's Jam - Music from Inspirational Women
12:20PM DANCE STUDIO	Introduction to Qi Gong with Beneath The Trees <i>Slow gentle movements unifying mind, body and breath.</i>
1:00PM STUDIO THEATRE	Cyfannol Women's Aid: How Sharing Your Strengths Helps Women Workshop <i>Attendees will discover meaningful, accessible ways to give their voice, time, connections, or ideas.</i>
1:45PM STUDIO THEATRE	Active Lives Group Presentation and Workshop <i>Speaking about the transformative impact of their work with Muslim women and challenge dominant narratives by sharing the true role, rights, leadership and identity of women in Islam.</i>
2:00PM DANCE STUDIO	Bollywood Dancing with Mandy
2:30PM STUDIO THEATRE	Her Story Theatre Group: Writing 'The Story of Mary Frost' <i>Newport playwright Adele Corder discusses her new play Pianoforte with Sylvia Mason, author of Mary Frost, Wife, Mother, Chartist, the biography that inspired the play.</i>
3:00PM FOYER	What Is It To Be A Woman In Mid-Life? Come and chat to Noni Lewis about this and other themes in her original new play, Grip of Life. A humorous and touching exploration of memory, the emotional realities of the perimenopause.
3:15PM STUDIO THEATRE	Building Hope, Women's Voices from Palestine <i>Discussion with The Palestinian Solidarity Campaign.</i>
3:15PM FOYER	Musical Finale by Kizzy Crawford
5:00PM STUDIO THEATRE	Prime Minister (12A) Free Film Screening <i>Tickets are free but space is limited so please try and book ahead.</i>



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10:00AM CYNTEDD	Stondinau Crefftau, Gweithdy Tylwyth Teg Stryd gyda'r Artist Stephanie Roberts
10:30AM & 2:00PM YSTAFELL CYNHADLEDD	Profiad Byw Dan Unbennaeth yn Iran Arddangosfa a Thrafodaeth gyda Kiana Khosravizad
10:40AM CYNTEDD	Lansiad Swyddogol gyda Perfformiad Dawns NuWave
10:50AM CYNTEDD	Côr 'Coffee and Laughs' ac 'Age Alive'
11:00AM THEATR STIWDIO	Lansio Bwrsariaeth Menywod Casnewydd
11:30AM STIWDIO DDAWNS	Ioga i Fenywod yn Unig gyda Sam (14+)
11:50AM THEATR STIWDIO	Menywod y Wallich - 'Gwent Women Will Unite' Perfformiad Ysgrifennu Creadigol
12:00PM THEATR STIWDIO	Sesiwn Holi ac Ateb gydag Awduron Benywaidd - Pŵer Cefnogi a Chyflawni Eich Nodau
12:00PM CYNTEDD	Operasonic's Jam - Cerddoriaeth gan Fenywod Ysbrydoledig
12:20PM STIWDIO DDAWNS	Cyflwyniad i Qi Gong gyda Below The Trees <i>Symudiadau ysgafn araf sy'n uno'r meddwl, y corff a'r anadl.</i>
1:00PM THEATR STIWDIO	Cymorth i Fenywod Cyfannol: Gweithdy Sut Mae Rhannu Eich Cryfderau'n Helpu Menywod <i>Bydd mynychwyr yn darganfod ffyrdd ystyrlon, hygyrch o roi eu llais, amser, cysylltiadau neu syniadau.</i>
1:45PM THEATR STIWDIO	Cyflwyniad a Gweithdy Grŵp Active Lives <i>Siarad am effaith drawsnewidiol eu gwaith gyda menywod Mwslimaidd a herio naratifau dominyddol trwy rannu gwir rôl, hawliau, arweinyddiaeth a hunaniaeth menywod yn Islam.</i>
2:00PM STIWDIO DDAWNS	Gweithdy Dawns Bollywood gyda Mandy
2:30PM THEATR STIWDIO	Grŵp Theatr Herstory: Ysgrifennu 'The Story of Mary Frost' <i>Mae'r dramodydd o Gasnewydd Adele Corder yn trafod ei drama newydd Pianoforte gyda Sylvia Mason, awdur Mary Frost, Gwraig, Mam, Siartydd, y bywgraffiad a ysbrydolodd y ddrama.</i>
3:00PM CYNTEDD	Beth yw bod yn fenyw yng nghanol oed? Sgwrs gyda Noni Lewis
3:15PM THEATR STIWDIO	Adeiladu Gobaith, Lleisiau Menywod o Balesteina Trafodaeth gydag Ymgyrch Undod Palestina.
3:15PM CYNTEDD	Perfformiad cerddorol gan Kizzy Crawford
5:00PM THEATR STIWDIO	Prime Minister (12A) - Dangosiad Ffilm Am Ddim Mae tocynnau yn rhad ac am ddim ond mae lle yn gyfyngedig felly ceisiwch archebu ymlaen llaw.