

WORKSHOP PROGRAMME

21-23rd October 2005

FRIDAY 21st OCTOBER 2005

Brighton Women's Centre

Basement, Brighthelm Centre, North Road, Brighton, (01273 749567)

10.00am-11.30am RELATIONSHIP STYLES

A workshop providing a space to explore different types of relationships, e.g. open relationships, monogamy, and polyfidelity. We'll discuss definitions and issues such as safety, boundaries, jealousy, communication, intimacy, political theories, kids, etc. Facilitated by members of the Brighton Women's Health Collective

11.30am-1.00pm QUEERING UP FEMINISM

A slide show from Queeruption and Ladyfest Berlin, followed by a discussion of experiences & strategies in queer and feminist spaces (both good and bad). Reflections, fun and ideas wanted!
Facilitated by Andrea Kuhnke, a queer/feminist activist from Berlin

1.00pm-2pm LUNCH

Cheap & delicious vegan food served up by the Anarchist Tea-pot collective

2.30pm-4.30pm WOMEN AND MENTAL HEALTH

A significant proportion of women experience some form of mental health difficulty in their lifetime. The purpose of this workshop is to look at the effect that mental health issues can have on an individual's self esteem and self image, e.g. a sense of failure, fear of rejection, a lack of trust in oneself. The aim of the workshop is to be pro-self-acceptance through positivity and supportive discussion. Facilitated by Emma Corbett-Ashby.

The Peace and Environment Centre

39-41 Surrey Street, Brighton, (01273 766610)

10.00am-11.30am DEALING WITH STREET HARRASSMENT

This workshop will look at verbal strategies and responses for dealing confidently with street harassment in all its forms.

11.45-1.00pm BASIC INTRO TO FEMINIST D.I.Y. HEALTH

Exploring the history of the women's health movement and re-defining ideas around health and sexuality. Also looking at the politics of the menstrual cycle, 'PMS' and the toxic 'feminine' hygiene industry. Facilitated by members of the Brighton Women's Health Collective.

2.00pm-3.30pm BISEXUALITY: Sit on the fence and admire the view

Where are you placed if you identify as neither hetero nor homosexual? How does bisexuality relate to these 'scenes'? What's bisexuality's relationship to Queer? A workshop and discussion session drawing on experiences, life stories, and theory. All welcome, whether bi-identified or

not. Facilitated by Brighton Bothways committee member and Ladyfest organiser Camel Gupta.

4.00-6.00pm BAND PHOTOGRAPHY

An introduction to taking photos at live music events, including technical and practical aspects. Please bring a gig photo that you like- it can be your own or from a magazine. No camera necessary. Places are limited so please book in advance by emailing workshoplfb@gmail.com. Facilitated by professional band photographer Bec Chalkley.

SATURDAY 22nd OCTOBER

The Cowley Club

12 London Road, Brighton (01273 696104)

11.00am-12.30pm CLASS BACKGROUNDS:

Where & what feels like 'home'

A discussion session primarily for women from working class backgrounds, but open to anyone who is confused or affected by class issues. We will discuss our backgrounds and current experiences, and look at ideas of family, home, mobility, shame, pride, class guilt, and class prejudice. Facilitated by Ladyfest organiser, Red Chidgey.

11.00-1.00pm

COMPUTER MUSIC PRODUCTION:

Programming Beats/Sequencing

Using the popular and easy to use 'Reason' software, this workshop will show you the basic tools for all beat-based electronic music. Facilitated by Sherry Ostapovitch (freelance studio sound engineer, Music for One) and Iris Garrelfs (emotive, improvised glitch-tech music with band Sprawl).

1.00-2.00pm

LUNCH

Cheap & delicious vegan food served up by the Anarchist Tea-pot collective

2.00-4.00pm

COMPUTER MUSIC PRODUCTION:

Recording Audio

An introduction to recording your voice or guitar (or anything else for that matter) into the computer. With the help of the freely available 'Audacity', you will gain an understanding of the basic issues around digital recording and editing. Facilitated by Sherry Ostapovitch and Iris Garrelfs.

2.00-3.30pm

Confronting White Privilege

A discussion-based workshop aimed at thinking beyond the racist myth that in today's society 'race doesn't matter' and to examine the ways in which whiteness structures our everyday lives. The discussion will be geared towards developing strategies for how to interrogate and subvert racism. Participants are encouraged to also attend the afternoon workshop facilitated by Humey Saeed for continued discussion. Facilitated by Ladyfest Brighton organiser Terese.

4.00pm-5.30pm Silkscreening & Stencil Making

Hands-on workshop making stencils and then screenprinting using "low-fi-diy-on-yr-bedroom-floor" methods. Also looking at how to stencil on other surfaces with spraypaint, so bring your ideas for designs! Facilitated by Georgina and Hoyden.

4.30- 6.00pm Dealing with Racism in alternative communities

A discussion-based workshop that will draw on personal experiences of alternative and activist communities and the barriers to participation within them. We will also discuss strategies for building communities that are more diverse in terms of race and ethnicity. All welcome! Facilitated by Ladyfest organiser Humey Saeed.

The Marlborough Theatre

4 Princes Street, Brighton

2.00-5pm RIOT GRRRL PANEL £4/3 (free to w/bands)

A look at the legacy of this cultural movement with original riot grrrl organisers **Allison Wolfe (Bratmobile, Girl Germs)** and **Tobi Vail (Bikini Kill)**. Also a discussion about what happened to riot grrrl when it crossed the Atlantic, with Julia (Manifesta) and Red (riot grrrl Essex, fingerbang distro). With riot grrrl zines, music, and manifestos – this is an utterly unique opportunity to find out about a girl feminist movement which inspired Ladyfest and activism for our generation. Plus screening of riot grrrl documentary **Don't Need You**

Sunday 23rd OCTOBER

The Cowley Club

12 London Road, Brighton (01273 696104)

11.00am-12.00pm How to be a Fat Activist

A fatphobia-free zone in which we get to discuss the possibilities for creating radical body-positive activism. Facilitated by Charlotte Cooper, author of *Fat and Proud: The Politics of Size* and boss bitch of plus-sized girl gang, 'The Chubsters'.

11.00am-1.00pm Female Ejaculation (women only)

Intimate and safe workshop providing information on the history of female ejaculation. We'll be looking at books, discussing our experiences, and watching a film (note: this is very explicit and may not be suitable for minors). Facilitated by members of the Brighton Women's Health Collective.

12.00-1.00pm Who U Callin' a Bitch?

Disabling the negative though creative writing and role-play. Facilitated by poet/writer/performer Ebele Ajogbe, Black pixie, mango lover, and bad-ass women's workshop facilitator with performing credits at Glastonbury, WOMAD, and BBC Radio 3.

1.00-2.00pm LUNCH

Cheap and delicious vegan food served up by the Anarchist Tea-pot collective

2.00- 3.00pm **Burnin' Up the Keyboard: Writing Women's Porn**
This workshop will include a reading from *Cherry*, a dyke porn book that was seized for obscenity, a discussion about what makes good porn, and an opportunity to produce a short piece of Ladyfest porn by ourselves. Bring your dirty mouths and open minds! Facilitated by Charlotte Cooper, author of *Cherry* and associate editor of *Cheap Date* magazine. N.B. Not suitable for minors

2.00-3.30pm **Abortion: The Struggle for Autonomy**
This is a space to share ideas and experiences around abortion, including looking at access to abortion globally; underground abortion movements; and herbal abortion. Facilitated by the Brighton Women's Health Collective.

3.30pm-4.30pm **Alternative Menstrual Products**
A workshop looking at the more body and environmentally friendly alternatives to conventional tampons and pads. Practical information, FAQ, and benefits will be discussed. Facilitated by holistic therapist, Alice-Amanda Hinton (www.holisticworthng.co.uk)

3.30-4.30pm **Women's Self Defence**
An introduction to the basics of feminist self defence, including identifying boundaries, assertiveness, using our voice and body language, and other strategies. Facilitated by Isy, self-defence instructor at the Cowley Club.

4.30-6.00pm **Eco-Living and Consumer Cultures: Localisation vs. Globalisation**
A discussion session trying to make sense of how to live ethically and green in this day and age, including topics such as capitalism (what is it?), organic food, fair trade, local workers co-ops, and individual change.

The Marlborough Theatre
4 Princes Street, Brighton (01273 775648)

12.00-2.00pm **Radical Cheerleading**
Radical Cheerleading is a new form of subversive protest which combines routines, chants, and politics. This workshop will be a training session followed by a public direct action. Facilitated by members of the London Radical Cheerleaders.

2.30-3.30pm **Just Get Up and Do It: Songwriting workshop**
A basic songwriting workshop based on 2 minute autobiographical stories brought along by participants. Nobody needs to be at all "musical" for this. Facilitated by Helen McCookerybook, who started her musical life as a bass player in a Brighton punk band in the late 1970s, plays solo, and is not currently finishing a book about female punk instrumentalists.

3.30-4.30pm **African Drumming Workshop**
Participants will learn some Djembe drumming techniques and some African rhythms. Facilitated by Lynx Wildwood, who runs the African drumming performance group Bangshee.

The Engine Rooms

135 Kings Road, Brighton (01273 728999)

From 1pm **Sewlariods**

Cross-stitch portrait-sewing workshop from Polaroids. Facilitated by Sonja Todd, cross-stitch artist who stitches record sleeves in miniature, from Aphex Twin to Kylie, and has cross-stitched outside Downing Street to demonstrate for electoral reform. For more info and charts, see www.threadymade.co.uk.

The Prince Albert

48 Trafalgar Street, Brighton (01273 730499)

11.00am-1.30pm **“Start A Ladyfest” Panel**

& screening of **Ladyfesto** documentary £4/3 (free to w/b)

Ever wondered how to put on a Ladyfest? Think Ladyfests are amazing? Or that they've become formulaic, non-inclusive, and that its time we start something new? How do you put on a d.i.y. feminist event which has the right mix of music, culture, and education to reach out to more than a niche crowd? This panel, featuring Ladyfest organisers past and present, will let all the secrets out of the bag about what we did and want we wish we could have done better. Come with your criticisms, questions, or praise!

6.00-8.30pm **The past, present, and future of feminism panel**

& screening of **I Was a Teenage Feminist** documentary £4/3 (free to w/bands)

This panel features speakers from several generations of feminist activism as well as contemporary “post-feminists”. We’ll look at: What does feminism mean? What is their left to fight for? What do “post-feminists” want? What about men’s rights?

All workshops £1 donation/free to wristband holders (where places are limited, priority goes to w/bands)
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