

LISMORE WOMEN'S FESTIVAL PROGRAM

5 – 8 March 2021
Lismore City Hall

Lismore
Women's
Festival



YWCA
Australia



Welcome to the fifth Lismore Women's Festival!

YWCA Australia is a leading national feminist organisation working towards a future where all women, young women and girls are equal, safe and respected. We advocate for women leading change, and fight for gender equality and women's rights. YWCA Australia NNSW is proud to present the Lismore Women's Festival, an inclusive event celebrating International Women's Day.

The International Women's Day themes are "Choose the Challenge" and "Women in leadership: Achieving an equal future in a COVID-19 world". May we all consider these as we respectfully listen and learn together.

BE COVID SAFE

We are living in a COVID-19 world, with measures to keep everyone safe. Please stay home if you are feeling unwell, stay 1.5m apart from others outside your group and follow instructions at the venue.

PLEASE BOOK FOR ALL EVENTS

To avoid crowding or disappointment, please book on the below site, even if the event is free.

events.humanitix.com/lismore-womens-festival21

CHECK TARGET AUDIENCE

Most events are open to everyone, but please respect that some sessions have limitations on who is invited to attend.

PAY IT FORWARD

Buy a ticket for someone else! Some may not be able to afford to pay for tickets, but through your generosity we can offer them free participation. If you can, then please donate through the online Humanitix booking link listed above. Thanks!

FOOD AND BEVERAGES

Sat - Mon coffee van and tea & coffee station

Sat - Sun food available to purchase

Fri & Sat night Lismore City Hall bar open

AVOID WASTE!

Please remember to bring a clean, reusable keep-cup for the coffee stall, plus your water bottle.



We value your Feedback. Please complete a survey at the festival using the QR Code or contact us.

WANT TO GET INVOLVED?

Become a valued volunteer and be part of the fun! Contact Emma on 0490 437 376. Also check out the [Lismore Women's Festival Facebook Event](#) for activities to prepare for the festival.

INTERACTIVE INSTALLATION

Come and write, draw, or decorate your intention to this year's festival in our installation at the entry. You are welcome to bring a tiny plant, flower or foliage.

ACCESSIBILITY

All rooms are wheelchair-accessible. Accessible toilets are on both levels.

If you would like to attend a session and need Auslan interpretation, please contact the Festival Coordinator. Interpretation is dependent on availability. Zoom sessions will include closed captioning.

VENUE FOR ALL EVENTS

Lismore City Hall, 1 Bounty Street, Lismore NSW
Corner of Molesworth St and Ballina Rd

MAP



YWCA
Australia

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Proudly supported by Lendlease.

THANK YOU to all presenters, volunteers, supporters and staff for your vision, care and effort. Enjoy the festival!

CONTACT

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ywca.org.au/lismore-womens-festival/

 [Lismore Women's Festival](#)

FRIDAY 5 MARCH

Leadership: Our Voice, Our Platform, Our Future as Black Women

3 - 4:30pm, Fountain Room (and on Zoom)
Presented by YWCA Australia, in support of North Coast Aboriginal Development Alliance
Facilitated by Tashaya Roberts
Leadership as explained by our local First Nations' women. A panel with a Q&A session.
Enquiries: 0423 918 602
Cost: free

Coming Home - a Yoga Session

5 - 6pm, Fountain Room
Presented by Sam Voolstra
A resilience-informed yoga session suitable for all. Inquire into the feeling of well being. Mat based yoga session (chair options available). Please bring a mat and a cushion if possible, wear clothes comfortable for movement.
Enquiries: 0487 963 103
Cost: by donation

Fabulous, Funny and Female! Comedy Night

7 - 9pm, Studio
Presented by Larry Laughs Loud
Facilitated by Vanessa Mitchell
The annual display of "Fabulous, Funny and Female!" is back with a new line up of funny b*tches! Featuring local comedy duo 'Fisted Sisters', with Brisbane's hilarious Ting Lim, and your favourite Queen of Filth, Vanessa Larry Mitchell as host. Also featuring local funny females Odette Nettleton (Kyogle), Alexandra Hudson (Ballina) and Gemma Flanagan (Brunswick Heads). 18+ recommended.
Enquiries: 0413 558 200
Cost: \$18 full price, \$15 concession

ZOOM LINKS

The Zoom links for individual days are as stated below. Closed Captioning will be included for Zoom sessions.

Fri 5 March: bit.ly/3rdKrWw

Sat 6 March: bit.ly/3cAM64n

Women in Local Government: bit.ly/3jgSjDZ

Sun 7 March: bit.ly/39F0Qxi

Mon 8 March: bit.ly/3apnmJO

SATURDAY 6 MARCH

Women's Movement & Meditation Circle

9:15 - 10:45am (doors open 9am), Studio (and on Zoom)

Presented by Yemaya Centre for Reiki & Wellbeing

Facilitated by Helene Collard & Suzette Underwood

A safe place to focus inward - centre within Self and beyond. We aim to create a safe space for women to connect deeply to themselves and each other, and feel clear and connected in their body, within a shared community setting. This session is for those who identify as women.

Enquiries: 0405 656 797

Cost: by donation (\$0 - \$15)

Women in Local Government

9:30am - 1pm (doors open 9am), Theatre (and on Zoom)

Presented by Lismore City Council

Facilitated by Cassandra Coleman, President of the Australian Local Government Women's Association

Ever thought about running for Council? This workshop will provide women with information about running as a prospective Councillor Candidate in the Local Government Elections 2021. Please book in, as lunch will be served at end with discussion. This event is open to all community but the discussion will be focused on women only. Please contact Lismore City Council for more information about other prospective Councillor candidate sessions.

Zoom link: bit.ly/3jgSjDZ

Enquiries: 6625 0497

Cost: free

Your Money Personality

11am - 12:30pm, Fountain Room (and on Zoom)

Presented by Lismore & District Financial Counselling Service

Facilitated by Simone Hickey

A fun, engaging workshop to find out how you deal with money naturally, how to avoid the pitfalls, and where to get some help! There will be a chance for questions at the end.

Enquiries: 6622 2171

Cost: free

Stomp and Shout - Feminist Superhero Pop-Up Squad

1 - 2:30pm, Studio

Presented by Zoe Xanadu

Women living in a patriarchy are SUPERHEROES, part of a kick-arse lineage in solidarity with empowered women across the world. Draw on and feed into this strength as your own inner superhero enjoys power poses, a fun and easy tap-inspired Whole Squad Dance Sequence, and engaging your breath to vocalize what matters. Loudly! Please wear comfortable clothes to move in.

Enquiries: 0406 787 847

Cost: \$15 adult, \$10 concession

Trans Women Perspectives

2:45 - 4:45pm, Fountain Room (and on Zoom)

Presented by Tropical Fruits: Trans & Gender Diverse Steering Group

In this session, local transgender women will share their lived experience through storytelling. The panel hopes to dispel myths and fears and find common ground. Parental Guidance recommended, as adult concepts may be discussed.

Enquiries: 6622 6440 / fruits@tropicalfruits.org.au

Cost: free

Women Up Front!

6 - 8:30pm, Studio

Presented by YWCA Australia

Facilitated by Mim O'Grady

A night of dance, music, surprise and intrigue. All women, all ages, on stages. Families are welcome. Young children are expected to sit and be respectful.

Enquiries: 0413 878 523

Cost: \$10 adult, \$5 concession. Kids under 10 free

SUNDAY 7 MARCH

Welcome Ceremony

10 - 11am, Theatre (and on Zoom)

Presented by YWCA Australia

Gather together for a Welcome to Country, music, speakers and stalls to mark International Women's Day, and celebrate our women. Auslan interpreted.

Cost: free

2021 Feminism - Challenges Ahead

11:15am - 1:15pm, Theatre (and on Zoom)

Presented by Deb Woodbridge and Lavender

A panel of women speakers of diverse backgrounds discussing what feminism looks like in 2021 and beyond. Q&A session to follow speakers. Auslan interpreted. Young women in particular are encouraged to come.

Enquiries: 0400 954 906 (Deb) or 0448 876 536 (Lavender)

Cost: free

Chilean Women's Chant

1:30 - 1:45pm, Theatre

Presented by Deb Woodbridge

Facilitated by Sayen

A performance of this chant, which originated in Chile in response to rape culture and other forms of violence against women. It has reverberated sentiment amongst women throughout the world. It aims to empower women and give them a voice. For those who identify as women.

Enquiries: 0400 954 906

Cost: free

Laughter Yoga

2 - 2:30pm, Outside, on the grounds of City Hall

Presented by Manuela Matheson

Laugh like a kookaburra! Laughter Yoga facilitates laughter as a form of exercise and incorporates yoga style breathing exercises. Participants may be standing or sitting. Research has shown that practising Laughter Yoga can improve physical, emotional and social wellbeing.

Enquiries: 0488 983 062

Cost: free

Sound Healing Journey

2:45 - 3:45pm, Studio

Presented by Siri Shakti Yoga Sound

Facilitated by Siri Shakti (Heidi Bone)

Siri Shakti leads a transformational experience with sound. Relax into a deep journey through sound, taking into your inner landscape for self-healing using high vibration instruments (large brass gongs, singing bowls, medicine drums) and voice. Not suitable for young children. Participants need to sit or lie still. Bring a mat/blanket to cover the floor and any extras to keep warm.

Enquiries: 0431 094 483

Cost: \$10

INTERNATIONAL WOMENS DAY MONDAY 8 MARCH

Mothers' Kitchen Table Conversation

9:30 - 10:30am (doors open 9am), Foyer of Theatre (and on Zoom)

Presented by Interrelate

Facilitated by Jess Walker

Facilitated conversation between mothers about parenting. Come with your hot questions, tricky moments, and share ideas on loving homes. Coffee, tea and light snacks available.

Enquiries: 6623 2732

Cost: free

Women's Wellbeing Checks

Throughout the day, Foyer of Theatre

Presented by Lismore Women's Health Resource Centre

Come and do a quick 5-minute health check.

We will check your Blood Pressure, cholesterol and Blood Glucose, plus ask a few questions.

Information about health services available. For those who identify as women.

Enquiries: 6621 9800

Cost: free

Hysteria, Neurosis? No, it's Real Pain.

11am - 12pm, Foyer of Theatre (and on Zoom)

Presented by Lismore Women's Health Resource Centre

This forum will present guest speakers

and someone with a lived experience

discussing pain in many forms including

physical, emotional, and psychosocial pain

(eg: endometriosis, musculoskeletal and

fibromyalgia). The session will be wrapped up

with a Q+A. For those who identify as women.

Enquiries: 6621 9800

Cost: free

International Women's Day Luncheon – Leadership and Community Awards

12:30 - 2:30pm, Theatre

Presented by Lismore City Council

A luncheon to celebrate International Women's Day - A conversation with Mandy Nolan. Known to many of us as a national comedian, we will talk to Mandy about her views on feminism, and women in leadership. Please note this event is 18+.

Enquiries: 1300 878 387

Cost: \$45 per ticket, tables of 10 at \$400.