

International Women's Day 8 March 2011



Bethany House celebrated International Women's Day by learning about self-defence in a boxing session taught by Leroy from Sweet Science.

Alexandra commented that "it was a good way to let off steam!"



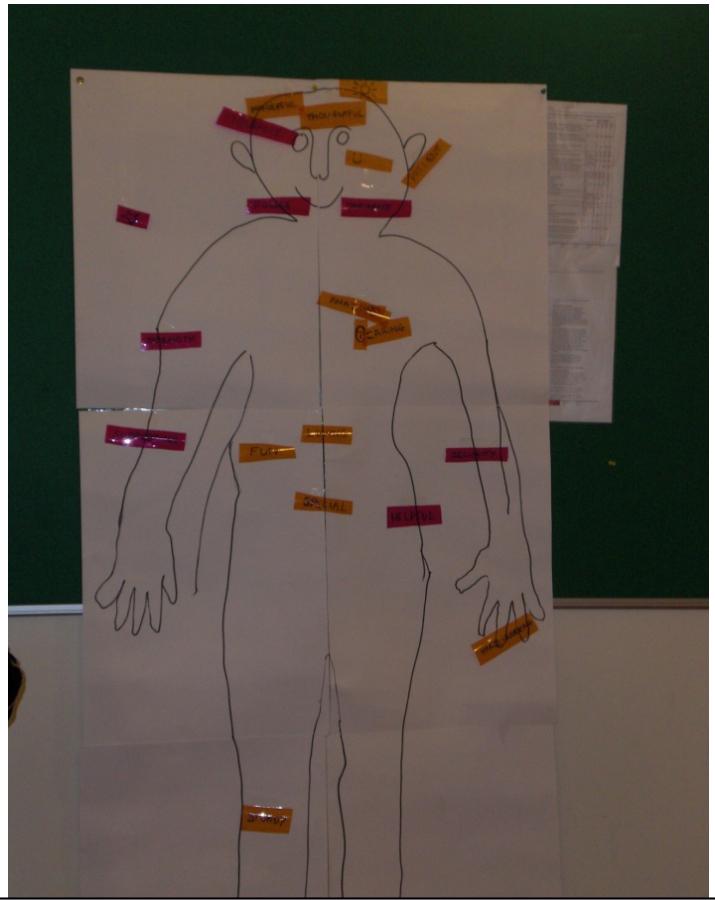
A BIG thank you to Mary, Rose and Sue for preparing a much needed tasty lunch. Phew!

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Residents also took part in a confidence building workshop run by Crisis Skylight.

The residents drew around each other, one bit at a time, which resulted in an outline that represented all of them.

Positive words such as fun, special and power were stuck around the body to show their feelings and they acted out these feelings.



Did you know that...?

The first International Women's Day events were run in Austria, Denmark, Germany and Switzerland in 1911. It is a celebration of the economic, political and social achievements of women past, present and future.

Women were only allowed to vote from 1918 in UK and even then, you had to be over 30 yrs old! It was only in 1928 that the age was lowered to 21 yrs old, the same as men.

Margaret Thatcher was Britain's first and only female prime minister

In a study by Shelter, 40% of all homeless women stated that domestic violence was a contributor to their homelessness.

UN figures show that women do 2/3 of the world's work, produce half of its food yet earn 10% of its income