

**SPONSORS & SUPPORTERS**

**FUNDERS**

Our team includes diverse women who are also, LGBTQ+, neurodiverse, chronically ill, and caregivers. We value bravery, equity, empowerment, and creativity, following feminist ideals of openness, collaboration, tolerance, and accessibility.

We work to highlight issues affecting women and girls and host an annual arts festival on International Women's Day. This year marks our 9th festival, with "REST" as our theme.

**ABOUT REST** Today, there's a lot of talk about the importance of radical rest, especially for women who juggle so much and rest too little. Post-pandemic, we're all rethinking our approach to health, mental well-being, and work-life balance. In a world that values constant work and rest are revolutionary acts. Encouraging our POW audience to embrace rest is a key message for the 2024



**EVENTS FROM OUR FRIENDS WHO ARE KINDLY SUPPORTING POW**

**SEE WHAT LOVE**

**Date:** Saturday 24th February  
**Time:** 7-10pm  
**Location:** St George's Church, Ramsgate  
**About:** An extraordinary fusion of art, music, and movement featuring the Gemima Sara exhibition and performances by Starling, Keziah, and Social Singing Choir.

Book tickets at [www.universe.com/events/see-what-love-tickets-GDC485](http://www.universe.com/events/see-what-love-tickets-GDC485)

**THE MARGATE BOOKSHOP IN CONVERSATION WITH KATHERINE MAY**

**Date:** Tuesday 5th March  
**Time:** 7-9pm  
**Location:** Fort Road Hotel, Margate  
**About:** Join Katherine May, the author of "Wintering: The Power of Rest and Retreat in Difficult Times," as she celebrates the paperback publication of her latest work, "Enchantment: Reawakening Wonder in an Exhausted Age."

Book tickets at [www.themargatebookshop.com/events](http://www.themargatebookshop.com/events)

**MARGO MCDAID EXHIBITION**

**Date:** now - until 17th April  
**Location:** Albion House Hotel, Ramsgate  
**About:** Renowned for her vibrant and expressive art, Margo McDaid draws inspiration from an eclectic mix of color, vintage fashion, and folk art. This exhibition showcases her latest works, with 100% of sales going to POW.

Cost: Free entry, artwork available for purchase from £50

**SABINA DESIR PRESENTS MAHOGANY**

**Date:** Sat 2nd March  
**Time:** 7pm-9pm  
**Location:** ARK, Cliftonville  
**About:** Produced by Sabina Desir, Mahogany is a celebration of the diversity, contribution and legacy of Black women in music, marking International Day of Women of Colour. Featuring the music of Nina Simone, Billie Holiday and Bessie Smith, alongside contemporary artists such as Jill Scott and Erykah Badu.

Book tickets at [www.arkcliftonville.com](http://www.arkcliftonville.com)

**ASHEN KEYS POW LIVE AT ROSSLYN COURT**

**Date:** Thu 7th March  
**Time:** 7-9.30pm  
**Location:** Rosslyn Court, Margate  
**About:** Rosslyn Court welcomes Ashen Keys, three talented women from Whitstable who are a multi instrumental, multi voiced celebration of heartfelt storytelling

Book tickets at [www.rosslyncourt.com](http://www.rosslyncourt.com)

**SONG SALON OPEN MIC**

**Date:** Thursday 7th March  
**Time:** 7pm  
**Location:** Margate Arts Club, 276 Northdown Road  
**About:** Mystery Jets William Rees leads monthly open mics, this month's spotlights female and non binary performers of Thanet. All are welcome to come with a song, or just come for a drink and enjoy the music.

Cost: £2 on the door

**INTERNATIONAL WOMEN'S DAY CELEBRATIONS**

**Date:** Friday 8th March  
**Time:** 7pm-1am  
**Location:** Margate Arts Club, 276 Northdown Road  
**About:** Female DJs of Thanet take to the decks for a chilled musical journey, with selections from Reggy Brown, Sophie Stirling, Abbie Neill, Cherelle Sappleton and Amy Zing.

Cost: Free



**OUR IMPACT IN 2023**



Read more at [powthanet.com](http://powthanet.com)

Family Fun, Live Music, Comedy, Mindfulness, and Much More Across Thanet This March!

**POW IN THE PARK**

**Date:** Sat 23rd March  
**Time:** 10am - 4pm  
**Location:** Ellington Park  
**About:** A free family festival with performances, workshops, crafting, guided walks, Maker's Market, food and drink, and activities for all ages and genders.

Cost: FREE/Donation

**VARIETY SHOW** 16+

**Date:** Sun 24th March  
**Time:** 3pm - 6pm  
**Location:** Sarah Thorne Theatre  
**About:** Close the POW Festival with a lineup of incredible comedians and playwrights including Rosie Wilby, Carol Cooper, Liv Morris, Charlie George, Liz Bentley and Ellie Ward.

Cost: Tickets from £9





## POW-ER OF GEN Z 12+

**Date:** Fri 1st March  
**Time:** 6pm – 9pm  
**Location:** Margate Leisure Centre  
**About:** A youth night featuring art, music, media, and food and drink. Broadstairs College presents a vibrant student-led evening showcasing artistic talents in various disciplines.

**Cost:** FREE – book online

## POWER OF WOMEN ART TRAIL

**Date:** Fri 1st March – Sun 24th March  
**Time:** All different  
**Location:** Around Thanet  
**About:** An exhibition showcasing various artworks. The Power of Women Art Trail celebrates the creative spirit across Thanet. Featuring a diverse range of artistic expressions, it invites visitors to explore and engage with the unique cultural landscape of the area.

**Cost:** FREE (unless stated otherwise on event site)  
[www.powartrail.us](http://www.powartrail.us)

## PROFANITY EMBROIDERY GROUP EXHIBITION 16+

**Date:** Fri 1st March – Sun 24th March  
**Time:** Open daily  
**Location:** Selina Hotel Margate & Albion House Hotel Ramsgate  
**About:** A curated exhibition centered around the theme of REST with artworks created on pillowcases. The exhibition, a collaboration with PEG, promises a thoughtful exploration of rest and rejuvenation through artistic expression.

**Cost:** FREE

## PROFANITY EMBROIDERY GROUP EXHIBITION OPENING NIGHT 16+

**Date:** Fri 1st March  
**Time:** 6pm – 9pm  
**Location:** Selina Hotel Margate  
**About:** A special opening party of the PEG Exhibition with a DJ set by Inky. Enjoy an exclusive evening filled with art and music.

**Cost:** FREE



## TKE STUDIOS EXHIBITION 16+

**Date:** Fri 8th Mar – Sun 19th May  
**Time:** Check TKE Studios website for opening times  
**Location:** TKE Studios  
**About:** An ongoing exhibition at TKE Studios, showcasing a dynamic array of artistic expressions and collaborations.

**Cost:** FREE

## INTERNATIONAL WOMEN'S DAY SPONSORED SWIM 16+

**Date:** Fri 8th March  
**Time:** 1pm  
**Location:** Walpole Bay Tidal Pool, Margate  
**About:** A sponsored swim event to celebrate International Women's Day. Dive into a refreshing experience while supporting a great cause.

**Cost:** Sponsored participation

## MEDITATION AT TURNER 16+

**Date:** Fri 8th March  
**Time:** 3pm – 4.30pm  
**Location:** Turner Contemporary  
**About:** A meditation session led by Anna Brook of Shala Yoga. Join us for a serene experience to relax and rejuvenate your mind and body.

**Cost:** FREE – book online



## MUSIC FOR THE SOUL 16+

**Date:** Sat 9th March  
**Time:** 7pm – 10pm  
**Location:** St Luke's Church Ramsgate  
**About:** Experience the musical magic of Mantawoman and Meg Bird, along with a performance by Institute Collective.

**Cost:** From £10 – book online

## MOTHER'S DAY AT THE POWELL-COTTON MUSEUM 16+

**Date:** Sun 10th March  
**Time:** 11am – 3pm  
**Location:** Powell-Cotton Museum  
**About:** A day amongst the trees, celebrating maternal figures and important women in your life. Everyone is welcome for a stroll around the beautiful gardens, and creative workshops. Plus treat a loved one to a special cream tea and writing workshop with Maggie Harris.

**Cost:** FREE, some activities ticketed

## BORN TO DREAM - PRINTING WORKSHOP 16+

**Various dates & locations**  
**About:** Join us for an immersive printing workshop themed on dreaming with Becky Vincer. Beginners welcome.

**Cost:** FREE – book online

## POW THANET ART TRAIL - ACCESS FOR ALL DAY

**Access:** Check website  
**Date:** Sat 16th March  
**Time:** Check website  
**Location:** Various – see website  
**About:** A day dedicated to inclusivity, ensuring everyone can experience the artistic talents in Thanet. Venues on the POW Art Trail will be running workshops, talks and quiet hours especially for those with disabilities, chronic illnesses or neurodivergence.

**Cost:** Free/Donation  
[www.powartrail.us](http://www.powartrail.us)

## IN CONVERSATION WITH PROFANITY EMBROIDERY GROUP 16+

**Date:** Sat 16th March  
**Time:** 10am – 11.30am  
**Location:** Albion House Hotel, Ramsgate  
**About:** A discussion with PEG artists, hosted by Amy (POW), about the group, their 10-year anniversary, and the concept of REST.

**Cost:** Free / Donation – booking required

## PROFANITY EMBROIDERY GROUP WORKSHOP 16+

**Date:** Sat 16th March  
**Time:** 12 – 3pm  
**Location:** Albion House Hotel, Ramsgate  
**About:** Try your hand at embroidery at this beginner's workshop for those who identify as disabled, chronically ill or neurodivergent.

**Cost:** Free/donation – booking required

**Support Us:** Aim for 100,000 in 2025! Your donations empower our team to create impactful events for our 10th anniversary, boosting Thanet and advancing gender equality. Join us as a volunteer, Trustee, sponsor, or donor at [info@powthanet.com](mailto:info@powthanet.com).

**£5**

per month supports our work with women who are in precarious employment through creative workshops, support groups and free tickets

**£10**

per month supports our mentoring programme, supporting women and non-binary people aged 16-25 to learn workplace skills and improve their confidence

**£20**

per month allows us to offer fair pay to creative professionals, support local talent and champion women and nonbinary creatives



16+



## DIGITAL DAY

**Date:** Sun 17th March  
**Time:** 8am-5.30pm  
**Location:** Online  
**About:** Enjoy POW from the comfort of your own home with a series of talks, workshops and exclusive content exploring rest and gender equality

**Cost:** FREE/Donation

**WORKSHOP:** Cleopatra Yoga - experience powerful feminine yoga flow, deep relaxation and connection with your inner goddess

**WORKSHOP:** Somatic Healing Therapy - join Hannah Rzyzko to discover the benefits of somatic healing

**TALK:** Relentless restlessness: ADHD & Women - panel discussion with Rebecca Douglas, Hana Walker Brown and Lucie Chiocchetti

**PODCAST:** Feminist Kings Talk Feminist Things - hear our Young Producers' take on the Barbie movie and contraception

**PODCAST:** Do Good and Do Well - special live recording of Sarah Fox's podcast on how we can rest when there is so much good to be done in the world

**WORKSHOP:** Ancestral trauma release for all - an open workshop with Beth Turrell

**PODCAST:** Everyday Racism have kindly shared their exclusive bookclub interview with author Tricia Hersey, whose book "Rest is Resistance: A Manifesto" and Nap Ministry inspired the POW Festival theme of rest

**TALK:** Beyond Form - hear from Turner Contemporary about their current exhibition "Beyond Form: Lines of Abstraction 1950-1970" which explores the work and impact of over 50 women artists across the globe

**TALK:** Unpicking the mental load - discover more about The Fair Play Method and how it can help redistribute domestic labour

**FILM:** Young Creatives - enjoy short films created by students at Broadstairs College



Family-Friendly event

16+

age restricted event

BSL interpreter