

## Hello Everybody

"Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared" Buddha

WOW! What an inspiring day! On the 6<sup>th</sup> September 2005 - 23 women covering a range of ages and ideas met to focus on the theme for International Women's Day – 8<sup>th</sup> March 2006 around creativity.



The morning started with an introduction from Sarah a worker at the Council who organised the event. Sarah suggested that the women stopped thinking of all the tasks they did daily and to have a chance to be themselves – if only for the day.



The event started with a five-minute relaxation session and then the creativity started seeping from every pore!



Inspirational places were produced made out of a variety of mediums ranging from play dough to



straws to glitter and sparkles. From the pictures they seem to be enjoying themselves! What do you think?

It is often used with people who have more complex impairments or who usually excluded from having choices.



So it is a tool that helps people to “dream” about an event or their future initially without the constraints of money or realism.



What was produced (see pictures) is a wonderful, colourful plan of action for setting up a women's group which drives forward rights for women within the Council, ranging from top jobs to quality childcare to real consultation on key themes for example – Education, Leisure, Environmental.



The other aim was to discuss the ideas around International Women's Day for 8<sup>th</sup> March 2006. Creative, inspiring ideas came to mind with a focus on an aerial photograph of the woman of Salford with individual photographs, maybe an exhibition of art and photography as well as workshops around dance and entertainment.



The women from this group had specifically asked for a separate meeting but we are hoping in time that the two centres will join together and link different communities and cultures with one link, which is that they are all women.



Snowflakes are one of nature's most fragile things BUT just look at what they can do when they stick together. Vista M Kelly