



WOMEN'S WEEK PROPOSAL

FRANSCHHOEK VALLEY COMMUNITY SPORTS CENTRE

WOMEN'S WEEK

3 AUGUST 2015 - 8 AUGUST 2015

GOALS

where are
the women in
the community
centre?

our goal is to provide a wide range of activities and services to women over the course of the week to **create long term impact for women** at the community centre.

social issues do not exist in isolation from one another. in addition to addressing obstacles facing women accessing services at the community centre, we hope to tackle the following problems:

- challenges facing young girls in the community (teenage pregnancy, inadequate access to information about higher education, drug and alcohol abuse, etc.).
- perceived barriers between afrikaans and xhosa speakers at the centre.
- lack of adequate information about nutrition and healthy living.

PLAN

we plan on achieving these goals through the following means:

- our **promotion scheme** will involve visiting schools to talk about all the events, reaching out to members of the community through word of mouth and via social media, and hanging posters throughout the community. we expect that the number of women visiting the centre as a result of this scheme will increase significantly from a typical week at the centre.
- early on in the planning process, we will ask women attending yoga and aerobics classes to tell us what kinds of programs they want to see planned for women's week. we will **incorporate their input** into the event schedule.

- we will reach out to other organizations who are also planning women's day events and **collaborate with them to host joint events**. this will maximize attendance at each event while reducing the burden on each organization.
- we will reach out to companies that focus on women or women's products and **search for sponsors**.
- all registration forms issued during women's week will include a section for women to write down their interests, athletic and otherwise. it will also include a space for them to indicate **what kinds of programs they wish to see at the community centre**. data from this survey will help the centre develop future programs that will target women specifically.
- no events will involve pre-registration with a team. whenever team activities are involved, groups will be assigned randomly. this will encourage participants to engage with people of different backgrounds and **promote non-discriminatory play**.
- we will provide **all female staff members and female young leaders** working at the centre with some kind of leadership role in at least one of the events.
- we will ensure that the discussion about women and community involvement **does not end with these events**. we will entrust the plans and programs we initiate in the coming weeks to permanent staff members and provide all the information and documentation that they need to carry on a legacy of female involvement at the centre.

THEME

EMPOWERING WOMEN & CREATING ALLIES

women's rights are human rights. studies show that communities that make an effort to improve the lives of women have lower crime rates, stronger economies, and overall happier populations.

in that spirit, women's week will be about both men and women. we hope to empower women and provide them a safe space to enjoy at the community centre, but we also hope to include men in the discussion about gender equality.

TARGET



women of **all ages**
male **friends and family members**



SCHEDULE

DATE	THEME	ACTIVITY	LOGISTICS
MONDAY 3 AUGUST	GIRLS IN SPORT	DROP-IN SPORTS AND ACTIVITIES <ul style="list-style-type: none"> • like score for all, various stations will be set up around the centre for children to drop in and play. • only girls will be allowed to participate. • the first session will focus on primary school girls who leave school early in the afternoon. the second session will focus on older girls, who are leave school later in the afternoon. • most of the children who come to play at the centre in the afternoons are boys, who are generally unwilling to let girls play with them. by providing a space for girls to engage in sports, we hope that they will recognize that the centre is just as much a place for them as it is for boys. • activities to be planned: relays, netball, basketball, field hockey, volleyball. 	TARGET GROUP: girls aged 4-8 (first session), girls aged 9-14 (second session) EXPECTED ATTENDANCE: 100 TIME: 1:00pm-3:00pm (first session), 3:00pm-5:00pm (second session) LOCATION: various
TUESDAY 4 AUGUST	WOMEN'S HEALTH	WGILS <ul style="list-style-type: none"> • wgils is a forum for young girls at the centre to discuss problems they face at home and in the community. • this particular session of wgils will focus on women's health. topics to be discussed are body image, safe sex, and menstruation. feminine products will be distributed to girls who cannot otherwise afford to obtain them. • this event will encourage girls to feel safe talking about sensitive issues with mentors at the centre. 	TARGET GROUP: girls aged 14-20 EXPECTED ATTENDANCE: 30 TIME: 4:00pm-5:00pm LOCATION: lecture rooms 1 and 2

WEDNESDAY 5 AUGUST	ALLIES	<p>MEN AND WOMEN'S DIALOGUE</p> <ul style="list-style-type: none"> • this session will provide a platform for men and women in the community to discuss gender-based problems openly. • a police officer specializing in rape and domestic violence cases will facilitate a discussion. • by informing men about the problems facing women today and giving them tips on how they can be good allies, we hope to address the issue of gender equality from various angles. 	<p>TARGET GROUP: men and women in the community</p> <p>EXPECTED ATTENDANCE: 50 at each session</p> <p>TIME: 4:00pm-5:00pm (first session), 6:00pm-7:00pm (second session)</p> <p>LOCATION: lecture rooms 1 and 2</p>
THURSDAY 6 AUGUST	HEALTHY LIVING	<p>YOGA AND AEROBICS</p> <ul style="list-style-type: none"> • yoga and aerobics classes will continue on thursdays as usual. • we hope that women this afternoon will be geared towards older women and encourage them to return to the community centre. 	<p>TARGET GROUP: women aged 18 and over</p> <p>EXPECTED ATTENDANCE: 40 (yoga), 100 (aerobics)</p> <p>TIME: 4:00pm-6:00pm</p> <p>LOCATION: lecture rooms 1 and 2 (yoga), soccer field (aerobics)</p>
FRIDAY 7 AUGUST	SISTERHOOD	<p>AFTERNOON TEA</p> <ul style="list-style-type: none"> • women over the age of 18 will be invited to have tea and snacks at the centre. • there will be a series of questions at every table that will range from serious to lighthearted topics. • there will also be a brainstorming session during which we will ask the women in attendance to think of the kinds of programs they would like to see offered to women at the centre in the future. <p>FRANSCHHOEK STEEL BAND CONCERT</p> <p>YOUTH AFFAIR DRAMA</p> <ul style="list-style-type: none"> • youth affair, a drama society based in franchhoek, will perform a production of a south african play 	<p>TARGET GROUP: women aged 16 and over</p> <p>EXPECTED ATTENDANCE: 20</p> <p>TIME: 4:30pm-6:00pm</p> <p>LOCATION: resource centre</p> <p>TIME: 6:00pm-6:45pm</p> <p>LOCATION: indoor field</p> <p>TIME: 7:00pm-8:00pm</p> <p>LOCATION: lecture rooms 1, 2, and 3</p>

SATURDAY 8 AUGUST	FEMALE EMPOWERMENT	WOMEN'S DAY TOURNAMENT AND CELEBRATION <ul style="list-style-type: none"> • participants will randomly be assigned a team when they register in the morning and will participate in a series of events (netball, basketball, hockey, drawing, cheering, dancing, etc.) to earn points for their team. the team with the most points at the end of the day will win a prize. • sexual health education and counselling services will be available throughout the day. • sandwiches and fruit rather than candy will be sold at the tuck shop to promote healthy living. • guest speakers and performers will be scheduled throughout the day • there will be some activities for men, but the objective of the day is to promote the centre as a space for women specifically. 	TARGET GROUP: all women EXPECTED ATTENDANCE: 100 TIME: 11:00am-3:00pm LOCATION: various
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PLANNING TIMELINE

6
JULY

- final changes and corrections made to planning proposal and schedule.
- divide responsibilities between key planners.

10
JULY

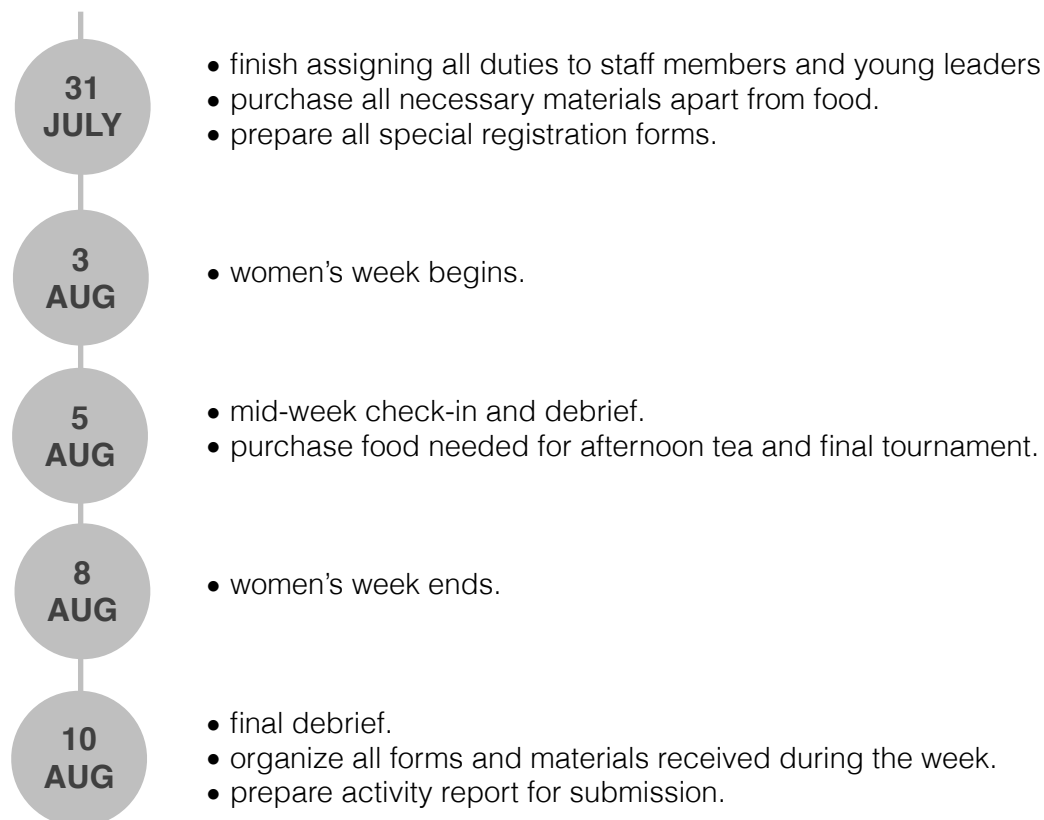
- contact all potential speakers and performers to ensure their availability.
- finish contacting all potential sponsors.
- explain the concept of women's week to the young leaders and gauge their interest in helping with planning and execution.

17
JULY

- confirm logistics; ensure that all spaces are available for the dates and times of each event.
- complete the final schedule and make a poster to be printed and published on social media.

20
JULY

- school opens: begin promoting women's week events to students and teachers.
- make banner promoting women's week and hang it up outside the centre.
- confirm participation of all guest speakers and performers.



SUPPORT

we are seeking support in the form of the following items. all contributions will be instrumental in the success of the women's week events.

- 1000 feminine sanitary napkins
- 500 tampons
- 100 white sticker labels
- 100 tea bags
- 2 jars of instant coffee
- 200 disposable cups
- 200 serviettes
- healthy food for 150 people, such as
 - fruits (apples, oranges, bananas)
 - healthy, low-sugar and low-fat crackers
 - brown bread
 - peanut butter