

## Activities include:

- **Upcycling** – sewing basics and DIY gift boxes
- **Self-defence**
- **Female explorer workshops** – orienteering, survival first aid, learn about female explorers
- **Bicycle maintenance** – learn how to fix your bike and enter our competition to win a bike
- **Woodwork** – make a trinket or jewellery box
- **Masterclass in bakery**
- **Poetry and spoken word workshops**
- **Nail art and hair-braiding workshop.**

Plus, many more health and wellbeing workshops, inspirational speakers and performances by girls and young women.

Come and join us to recognise and celebrate female achievements, be inspired and make friends

Lunch will be provided

Sign-up for free activities by using this QR code to register



CAMDEN IYSS - CELEBRATING INTERNATIONAL WOMEN'S DAY  
2023 REGISTRATION FORM



[camdenrise.co.uk](http://camdenrise.co.uk)

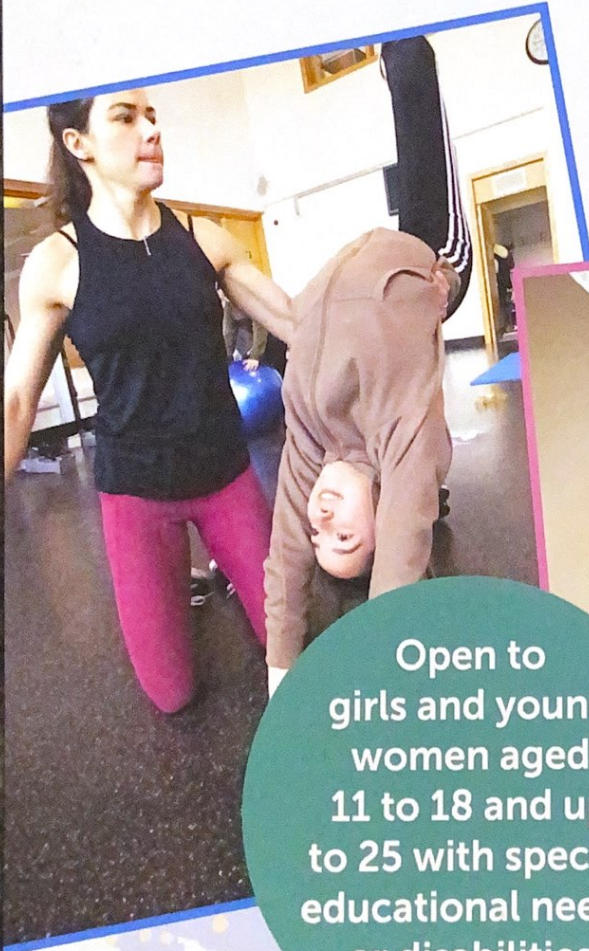


**Camden Integrated Youth  
Support Service invites  
girls and young women to:**

**Celebrate International  
Women's Day 2023  
at our event  
#EmbraceEquity**



**On Saturday  
4 March, from  
11am to 5pm, at  
Somers Town Youth  
Centre, 134  
Chalton Street,  
NW1 1RX**



**Open to  
girls and young  
women aged  
11 to 18 and up  
to 25 with special  
educational needs  
or disabilities**



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