Zoom Live links to be sent to participants a week in advance. Please make sure you have the relevant software downloaded onto your device. Material and equipment lists for each event shall be sent to participants in advance.

All workshops and talks shall be recorded and placed on our website.

## Every Monday

# "Open Ended Space" 3pm - 5pm - Zoom live

A drop-in event for anyone to be part of where each session will have a loose theme where attendees can input into the discussion.

Event shall be open to the public as well as DIY Knicker Project participants and collaborators; all attendees must abide by a set of rules; the event link shall be sent to people who show interest via e-mailing Wombenhood.

Jan

### 9th Launch of the Project 11am - 12pm - Zoom live

A welcome event for all participants of the DIY Knicker Project. A chance for us all to discuss up and coming events and an opportunity for people to meet each other. We will also be discussing how to make the knickers with the option to ask any questions.

# Workshop\_ "What is your ritual?" 1pm - 4pm - Zoom live

A workshop run by Valeria Medici and Rhianne Burgess exploring routines and objects that surround the menstrual cycle. From this workshop participants will begin to explore their own personal journey through menstruation and we invite those from the Secondary Party - those who do not experience menstruation directly - to reflect upon their perceptions of the cycle. Please bring along any objects that you feel of use to help you during your cycle. Workshop estimated to last 40 mins with the rest of the time open for discussion.

Feb

## 3rd Talk\_ "On Cyclical..." 6pm - 7pm - Zoom live

A talk hosted by Adriana Olívera and Rhianne Burgess, exploring the menstrual cycle and its relations to the moon and other symbols. This talk shall be followed by a workshop a week later.

#### 13th Workshop\_ "On Cyclical..." 11am - 12pm with open discussion from 2pm - Zoom live

A workshop run by Adriana Olívera and Rhianne Burgess, using the discussions from the talk a week before, this workshop shall explore responses in collage form.

#### 27th Catch Up Time tbc - Zoom live

An opportunity for all participants to meet up and see how we are doing with the DIY Knicker Kits. A space to discuss any developments, revelations or future aims.

Mar

#### 2nd Workshop "Written words on menopausal perception" Time tbc - Zoom live

A workshop led by Lytisha Tumbridge where participants will respond to the topic of menopause through written word.

## 16th Talk\_ "Menopausal Perception" Time tbc - Zoom live

Lytisha Tumbridge will host a talk to catch up following the recent workshop and discuss responses and general perceptions surrounding menopause. An opportunity for participants to share experiences and opinions.

## 22nd Talk\_ "Periods and Myths" 3pm - 5:30pm - Zoom live

A workshop run by Meera Darji where the group will explore cultural and religious differences in menstruation with a sculptural and written outcome.

#### Conclusion of Stage 1 of the DIY Knicker Project Time tbc- Zoom live 27th

Wombenhood shall conclude the first part of the DIY Knicker project in this meetings with opportunity for participants to provide feedback, share creative responses and discuss future plans.