

International Women's Day & Women's History Month

March 2025



Welcome to this year's **International Women's Day and Women's History Month newsletter**, created for SWFT and GEH staff to support, inform and keep you up to date. This year's **#IWD2025** theme is **#AccelerateAction**, a global call to recognise and help strategies promoting women's advancement. This initiative highlights the importance of quick and clear action in tackling the biases women face on daily basis. Even with these challenges, progress toward gender equality is possible with the right support and action

International Women's Day (2025) **International Women's Day**. Available at: <https://www.internationalwomensday.com/> (Accessed: 10 February 2025)

Events

Women's History Month: Symposium - fantastic evening of talks exploring the untold stories of Birmingham women, 6th March 2025, 18.30-20.30pm at Bourneville Quaker Meeting House. See <https://www.eventbrite.co.uk/e/womens-history-month-symposium-tickets-798286565607> for tickets and more information

Voices in Verse - a free, four-week collaborative online poetry workshop celebrating International Women's Day. 6th-27th March, 12.00-2.00pm. For more information, see: <https://www.internationalwomensday.com/Activity/21159/Voices-in-Verse>

Accelerate Women by Accelerating All. Through the online session explore how accelerating action can advance female empowerment. 6th March, 3.00-4.00pm. Details at: <https://events.teams.microsoft.com/event/2d500067-0d30-4ce0-b250-63b2854989ba@b6c2e21e-4db7-4533-9163-98c1451c1caa>

SWFT International Women's Day Celebration 2025 #AccelerateAction. Two staff led sessions on Teams, 7th March, 12.00-1.30pm.

Accelerating Action for Women's Health: From Maternity to Menopause - Louise Turbutt (Lead for Professional Midwifery Advocate)

Navigating the NHS as a Young Professional: Growth, Adaptation, Lingos & Inclusion - Altea Vanspede (Administration Apprentice), Other speakers - to be confirmed. Contact edi@swft.nhs.uk for more information and an invitation



Events (continued)

NHS Confederation - Empowering Every Woman: Health and Care Women Leaders Network, 7th March, 10.00am-12.00pm. For more information, see <https://www.nhsconfed.org/events/empowering-every-woman-international-womens-day-2025>

International Women's Day Run. Sign up and run, walk or jog anywhere, any time on 8th March, and get your medal. For more information and prices, see <https://the-running-bug.com/>

Resilient Women in Space: Accelerating Action through Physiotherapy. This webinar explores the effects of space on the human body, and the role of physiotherapists in optimising performance. 8th March, 2.00pm, see <https://www.internationalwomensday.com/Activity/21158/Resilient-Women-in-Space-Accelerating-Action-Through-Physiotherapy> for more information

Stronger Together: International Women's Day. Be inspired by stories of success, drive, and perseverance from female creatives, activists, politicians and businesswomen. 8th March, 12.00-17.00pm at Queensbridge School, Moseley. See <https://www.internationalwomensday.com/Activity/20983/Stronger-Together-International-Women-s-Day-2025> for more information and tickets

CTC Coventry - join the cycle club and take part in the **George Eliot Ride** on 8th March, at 9.30am. Take a look at <https://coventryctc.org.uk/international-womens-day-2025>

Own Your Wins - an Imposter's Dilemma Game. This online workshop examines self doubt, discussing and exploring triggers. 13th March, from 6.00-7.30pm. For more information, see <https://emplumar.com/events/international-womens-day/>

Transformative potential of gender equity in negotiation and leadership. Find out how empowering women in negotiation roles accelerates equality. 16th March, 3.00-4.00pm. See <https://www.internationalwomensday.com/Activity/20982/Transformative-potential-of-gender-equity-in-negotiation-and-leadership> for details





Accelerate Action



Anguiano, D (2024) **US will have two Black women serving as senators for first time in history.** History has been made in America, as there has never been more than one Black woman in the Senate at a time. Available at:

<https://www.theguardian.com/us-news/2024/nov/05/election-black-women-senate-maryland-delaware> (Accessed: 23 February 2025)

Barnes, L. and Mellor, B. (2025) **Sculpture showcases role of women in textile industry.** BBC News. 4 February. Available at:

<https://www.bbc.co.uk/news/articles/cvg81gw572eo> (Accessed: 20 February 2025)

BBC (2024) **100 women portal: Annual list of 100 inspiring and influential women from around the world.** The BBC's global list of women who motivate and inspire. Available at:

<https://www.bbc.co.uk/news/resources/idt-4f79d09b-655a-42f8-82b4-9b2ecebab611>

Bryant, M. (2025) **'Women are the best to women': has Iceland found the antidote to toxic 'girlboss' feminism?** Can the uniquely Icelandic idea of 'konur eru konum bestar' affect world patriarchy by uniting women? The Guardian. Available at:

<https://www.theguardian.com/world/2025/jan/16/women-are-the-best-to-women-has-iceland-found-the-antidote-to-toxic-girlboss-feminism?>

Forbes (2024) **Power Rising: These are the women to watch in 2025.** Take a look at the women with influential leadership roles this year. Available at:

<https://www.forbes.com/sites/maggiemcgrath/2024/12/11/power-rising-these-are-the-women-to-watch-in-2025/>

Inclusive Employers (ND) **Female representation in leadership.** How can we close the gender gap? Available at:

<https://www.inclusiveemployers.co.uk/blog/female-representation-in-leadership/>

NHS Employers (2024) **New guidance around legal duty to prevent sexual harassment.** 30 September. Available from:

<https://www.nhsemployers.org/news/new-guidance-around-legal-duty-prevent-sexual-harassment> (Accessed: 27 February 2025)

Ricks, R. (2025) **'A woman will be a Royal Marine, it's just when.'** BBC News. 30 January. Available at: <https://www.bbc.co.uk/news/articles/c361lww7y8po>

(Accessed 12 February 2025)



Health, Wellbeing & Leisure

Ahmed, S. and Baugh, E. (2025) "**Smear test is worth the pain, it saved my life**" BBC News. 21 January. Available at: <https://www.bbc.co.uk/news/articles/cwye7dxx5d2o> (Accessed: 27 February 2025)

Bradbrook, K. and Pope, A. (2025) '**Expectant mums left 'uneasy' over homebirth future**' BBC News. 7 February. Available at: <https://www.bbc.co.uk/news/articles/cvg9zk3yy2go> (Accessed: 25 February 2025)

Harcombe, C. (2024) '**Women thank us for keeping them safe**' BBC News. 24 November. Available at: <https://www.bbc.co.uk/news/articles/c5yg53rqn67o> (Accessed 27 February 2025)

Hoskins, R. (2025) '**Are surfboards designed for female bodies?**' BBC News. 7 February. Available at: <https://www.bbc.co.uk/news/articles/ckgv2d4gpxno> (Accessed: 27 February 2025)

Hoskins, R. (2025) "**I quit running after being followed home by men**" BBC News. 14 February. Available at: <https://www.bbc.co.uk/news/articles/c627k523ypgo> (Accessed: 27 February 2025)

Nicholson, R. (2025) "**We are making history**": **Afghanistan women's cricket team offer hope for future**' *The Guardian*. 29 January. Available online: <https://www.theguardian.com/sport/2025/jan/29/we-are-making-history-afghanistan-womens-cricket-team-offer-hope-for-future?> (Accessed: 5 February 2025)

Snowdon, C. (2025) '**Women with endometriosis earn less, research shows.**' BBC News. 5 February. Available at: <https://www.bbc.co.uk/news/articles/c0k5rp87nzlo> (Accessed: 17 February 2025)

Wellbeing of Women (2025) "**Just a Period**" **Calling time on heavy and painful periods**. Available at: <https://www.wellbeingofwomen.org.uk/news/just-a-period-calling-time-on-heavy-and-painful-periods/#:~:text=We%20must%20call%20time%20on,held%20back%20by%20their%20periods> (Accessed: 27 February 2025)

Women in Sport (2025) **More girls can dream of sporting success**. Available at: <https://womeninsport.org/> (Accessed: 25 February 2025)





LOADING...

Work in Progress

Figures HR (2025) **Gender Pay Gap in the UK: What to Expect in 2025**. 9 January. Available from: <https://figures.hr/post/gender-pay-gap-in-the-uk-what-to-expect-in-2025> (Accessed: 27 February 2025)

International Women's Day (2025) **#AccelerateAction videos** from the global community, Available at: <https://www.internationalwomensday.com/Videos> (Accessed: 26 February 2025)

Kallin, L. and Smith, E. (2024) **Progress for women in leadership isn't just slowing, it's reversing**. LSE Blog Available at: <https://blogs.lse.ac.uk/businessreview/2024/09/10/progress-for-women-in-leadership-isnt-just-slowing-its-reversing/> (Accessed: 24 February 2025)

NHS Confederation (2023) **Miriam González Durántez: We still do not have equal opportunities**, 8 March, [Podcast] Available at: <https://www.nhsconfed.org/podcast/we-still-do-not-have-equal-opportunities> (Accessed: 27 February 2025)

Statistica (2025) **"Do you personally think gender equality has been achieved in relation to equal pay? (August 2019 to February 2025)"** 14 February. Available at: <https://www.statista.com/statistics/894062/women-s-opinion-on-equal-pay-britain/> (Accessed: 26 February 2025)

UK Parliament (2025) **In focus: International Women's Day 2024: Women in science and technology**. Available at: <https://lordslibrary.parliament.uk/international-womens-day-2025-women-in-science-and-technology/> (Accessed: 26 February 2024)

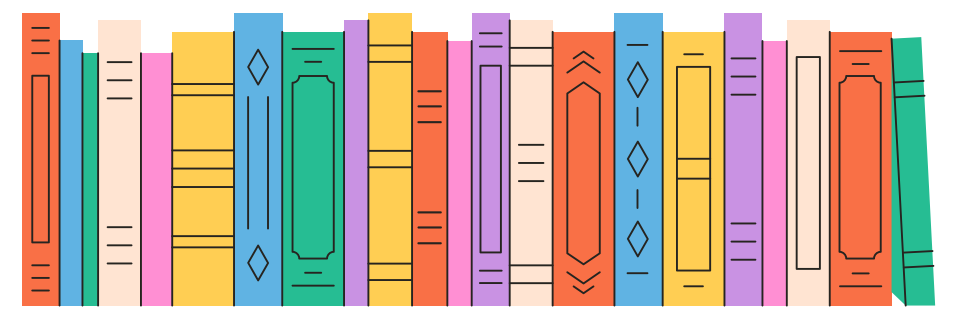
United Nations (2025) **International Women's Day - For ALL women and girls: Rights. Equality. Empowerment**. Available at: <https://www.un.org/en/observances/womens-day> (Accessed: 24 February 2025)

UN Women (2025) **Make 2025 count for feminism: What you can do right now**. Available at: <https://www.unwomen.org/en/articles/explainer/make-2025-count-for-feminism-what-you-can-do-right-now> (Accessed: 27 February 2025)





Reading Lists



International Women's Day Pioneering Women

<https://www.internationalwomensday.com/ReadingList-PioneeringWomen>

Penguin Random House Recommended Reads for IWD

<https://www.penguinrandomhouse.com/the-read-down/recommended-reads-for-international-womens-day/>

International Women's Day Bestsellers

https://www.waterstones.com/international-womens-day_

Women's Prize for Non-Fiction 2025 Longlist

https://blackwells.co.uk/bookshop/collection/Womens-Prize-Non-Fiction-2025-Longlist/-189189?utm_campaign=Feb12_2025&utm_medium=email&utm_source=1202_womensnfprize

Want more?

Take a look at some of the books you can borrow from our libraries:



You can also search the library catalogue and reserve books held by other health libraries across the Midlands to collect from your Trust library.

<https://koha.healthlibrariesmidlands.nhs.uk/cgi-bin/koha/opac-main.pl>

For fun

52 Inspirational quotes for women to share throughout the year. (2024)

International Women's Day

<https://www.internationalwomensday.com/Missions/19614/52-inspirational-quotes-for-women-to-share-throughout-the-year>

Kathy Burke's All Woman (2019) Channel 4's 3 part series exploring what it's like to be a woman today. <https://www.channel4.com/programmes/kathy-burkes-all-woman>

International Women's Day Wordsearch Puzzles (2025) Downloadable puzzles, with three levels <https://www.internationalwomensday.com/IWD-Word-Search>

'Rosie the Riveter' Jigsaw Puzzle (2010). Jigsaw Explorer Puzzle Player. Online jigsaw that can be played alone or collaboratively.

<https://www.jigsawexplorer.com/puzzles/rosie-the-riveter-jigsaw-puzzle/>

The Best podcasts for Women by Women (2024) Castos. A curated list of podcasts for women, covering everything from mental wellness and career tips to dating and self-care. <https://castos.com/the-best-podcasts-for-women/>

Women's Day Jigsaw Puzzles. (2020) Jigsaw 365. Puzzles with a Women's Day theme. <https://www.jigsaw365.com/womens-day>

Trust Support for you

For more information about support within the Trusts, please contact the Staff Health and Wellbeing Team.

Email: hwb@swft.nhs.uk



This newsletter has been produced by Librarians from GEH and SWFT Libraries.
Many thanks to colleagues who have shared links to useful resources.

For more information about accessing quality information resources, or if you are interested in a resources newsletter for your awareness event, please get in touch with

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