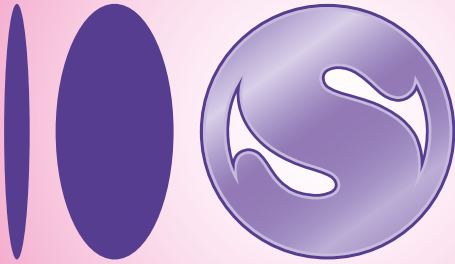




she's back!

superwoman2022



As for so many other events, Covid meant we were not able to hold Superwoman in 2020 or 2021 but we are delighted to be able to return in 2022 with a great line up of speakers.

WHEN Thursday 20 October 2022
5pm to 8.30pm

WHERE Canolfan yr Urdd, Wales
Millennium Centre, 6b Bute Place,
Cardiff, CF10 5AL

Programme

5:00-6:00pm Afternoon tea & registration

Network over a cup of tea and a slice of cake. Buy a raffle ticket (donations of prizes gratefully received). An opportunity to order wine from Baytree Wine and to start getting ready for Christmas (!) by ordering one of their wonderful Christmas hampers.

6:00-7:30pm Speakers

7.30-8:30pm Drinks and canapés



Some of you may not be aware that Europe's largest youth movement, the Urdd, has a residential centre in Cardiff Bay within the WMC. (It's round the back from where you usually go into WMC!) As our speakers this year include Sian Lewis, CEO of the Urdd, we are delighted to be able to host Superwoman 2022 at the Urdd's Cardiff venue.

The fabulous Emma Jenkins who has catered so many Superwoman events since 2005 decided to retire her business E J Catering over the pandemic but the Urdd's caterers Just Perfect will look after us, don't worry.

We are delighted that Amanda Kynaston of Bay Tree Wine will once again be providing wine at the event.

COST

£35 – net proceeds of the event will be donated to the Urdd's Ukrainian and Afghanistan refugee support programmes.



Sian Lewis

CEO URDD GOBAITH CYMRU

Urdd Gobaith Cymru, celebrates its centenary this year and is Europe's largest youth organization, today employing 310 staff and an annual turnover of over £15M. In March it was awarded the First Minister's Special Award at the St David's Awards for its work in supporting young people in Wales for a century and more recently providing sanctuary and support to young people fleeing Afghanistan and Ukraine.

Sian will tell us about the work of the Urdd and how it rose to the challenge of Covid, continues to evolve in order to remain current to the needs of children and young people in Wales today and the organisations ground-breaking work with refugees.

@SIANJOBINS

Mah Kakar

We'll also hear from Afghan refugee Mah Kakar, a young refugee from Afghanistan who stayed at the Urdd centre for 5 months and her story of how she came to live in Cardiff.



Joelle & Sarah Drummond

CO-FOUNDERS OF DROP BEAR BEER

Multi award-winning low and no alcohol Welsh brewery Drop Bear Beer was founded by Joelle and Sarah in 2019. A certified B Corp company that is also carbon neutral, their range of alcohol-free beers is vegan and gluten free.

Joelle and Sarah will tell us about their award-winning beer and their journey in business, why it's important to be an ethical business and how their business got its name.

There will also an opportunity to sample a drop of the beers.

@DROPBEARBEER



Dr Victoria (Lidi) Lidstone

THE HAPPY HIVE

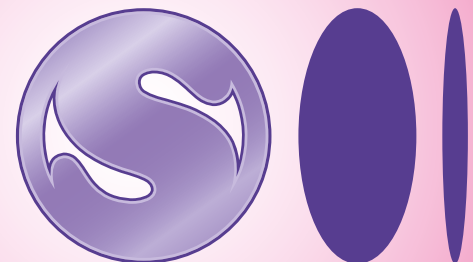
The Happy Hive was founded and run by doctor-beekeeper Dr. Lidstone, known as Lidi. Creating beautiful handmade skincare products using high quality natural ingredients, including organic shea butter, coconut oil, virgin olive oil and of course, beeswax from their own bees. Started as a kitchen table business in 2017 it is a social enterprise supporting bee and pollinator projects in Wales and the UK and has recently won first place in the Cardiff Life small business awards health and wellbeing category.

Formerly the Consultant in charge of transition in Palliative care for young adults



in Wales, Lidi had to stop work and retire in 2015 due to ill-health. Lidi has a rare (really rare) heart & muscle disease and so it was that after a long lie down, a new beginning was required.

Lidi will tell us how beekeeping saved her sanity. Losing a career you love and a role you have held for all your life is no small thing after all. Talking to the bees, and making the balms and salves was a therapy of sorts, over time taking on a life of its own blossoming into the business it is today. But life continues to feel like balancing on a knife edge, hard decisions need to be made and further brave steps taken.



BOOKING

If you would like to book a place on Superwoman 2022 please complete and return the booking form attached.

Payment can be made by cheque sent to:

**Superwoman,
c/o Thompson Darwin,
The Maltings,
East Tyndall Street,
Cardiff CF24 5EA**

or directly into our bank account:

**Superwoman
Lloyds Bank, Sort Code 30 67 64
Account Number 16490960**

We always sell out this event and this year we only have 100 places, which is around 50 less than usual.

We recommend that you book quickly if you wish to attend. Places cannot be guaranteed until payment is received.



SUPERWOMAN IS SUPPORTED BY



We would like to give a big shout out to brand design company Elevator, who have supported Superwoman's charities again this year like they have done since 2005 by designing our flyers for free.

elevator

www.elevatordesign.co.uk

Booking Form

SUPERWOMAN 2022 – 20 OCTOBER 2022

Name			
Job Title			
Organisation			
Email address			
I would like to book		places at the Superwoman seminar	
Details of those attending	Name	Company	Email address