

4 CONVO CHANGE



International Women's Day: 8th March 2026

Currently 1 in 4 women in England & Wales will experience domestic abuse in her lifetime

Change starts with conversation, and you can be the catalyst.

This International Women's Day, why not host an event to raise awareness and vital funds for Refuge? Whether you're hosting a coffee morning, need recommendations for your book or film club, or conversation topics for a panel of guest speakers, we've got everything you need to get started.

Feminist Books

Pick a powerful read, explore bold ideas, and spark meaningful conversations.

- Know My Name: A Memoir (Chanel Miller)
- How (Not) to be Brave (Alex Scott)
- We Should All Be Feminists (Chimamanda Ngozi Adichie)
- The Transgender Issue: An Argument for Justice (Shon Faye)
- Stronger: Changing Everything I Know About Women's Strength (Poorna Bell)
- Fix the System, Not the Women (Laura Bates)
- Hood Feminism: Notes From the Women White Feminists Forgot (Mikki Kendall)
- It's Not About the Burqa (Mariam Khan)



Fundraising Checklist

Check out our top tips to get your fundraising off to a successful start!

- Organise a team to support you with your event
- [Request your fundraising pack here](#)
- Create a [Fundraising Page](#) & use the Refuge collection boxes for collecting cash
- Generate a QR code for your fundraising page to display at your event
- £52 could fund a safe night's stay in a refuge for a survivor and her children. Set a fundraising goal, raise it as you go to show you mean business
- Download our [Helpline poster](#) and [Warning Signs poster](#)

Conversation Topics

**Need some inspiration for your panel or event?
See our suggestions below!**

- The Past, Present and Future for Gender Equality
- Reproductive Rights & Women's Health
- Celebrating Women's Achievements
- The Gender Pay Gap
- How Does the Patriarchy Affect Both Men and Women?
- The History of the Fight for Women's Equality
- Intersectionality in the Feminist Movement



Film/TV Recommendations

Spark conversation and celebrate empowerment by hosting a screening of a feminist film, TV show, or documentary and dive into its powerful themes and stories



- Hidden Figures
- Queen of Katwe
- Enola Holmes 2
- Promising Young Woman
- The Help
- Little Women
- The Woman King
- We Are Lady Parts
- The Handmaids Tale
- Feminists: What were they thinking
- RBG Life & Career documentary

Podcasts

Ready to listen, learn, and lead the dialogue? Hit play and tune in!

- The Guilty Feminist (Deborah Frances White)
- You're Dead to Me - Mary Wollstonecraft Episode
- I Weigh (Jameela Jamil)
- Woman's Hour (BBC Radio 4)



TED Talks

Screen one of these TED Talks and ask your group or panel guests to share and discuss their thoughts

- Roxane Gay: Confessions of a bad feminist | TED Talk
- How to Close the Authority Gap | Mary Ann Sieghart | TED
- Woman's Hour - Kimberlé Crenshaw and Intersectionality at 30, and Bishop of London Sarah Mullally - BBC Sounds
- Kimberlé Crenshaw: The urgency of intersectionality | TED Talk
- Why we need to change our gender stories | Deepa Narayan | TEDxSaoPaulo
- How women can save (for) the planet | Anneka Deva | TEDxLondonWomen

Fundraising Checklist

- Download our Convo4Change fundraising resources
- Share, share, share! Use social media such as LinkedIn to raise awareness of your event
- Use hashtags in your posts. It's a great way of connecting and sharing your event. #IWD26 #Convo4Change #Refuge #GivetoGain
- Get in touch with your workplace and see if they offer matched funding. This could be another great boost to your final total
- For support with your event reach out to the Community Fundraising Team: community@refuge.org.uk

We recommend including a trigger warning before your Convo4Change event.

Here is our recommended copy:

Today's conversation(s) may touch on important but potentially distressing topics [such as abuse]. If at any point you need to dip out and take a break, please do take care of yourself.

Refuge



For women and children.
Against domestic violence.

Registered charity number 277424

In need of support? Scan the QR code here:

