

FOR IMMEDIATE RELEASE | Tickets on sale from Friday 2 February

POW Thanet Presents Restival - Embrace The Revolution: 2024 Is The Year Of Unapologetic Rest

POW Thanet, renowned for its celebration of arts and culture, today announces "Restival: Embrace the Revolution: 2024 is the Year of Unapologetic Rest." This year's theme is a bold declaration: rest is not just a theme; it's a necessary revolution.

In a world where women have long been measured by their productivity and societal contributions, often overshadowing their need for self-care and rest, POW Thanet Festival 2024 seeks to change the narrative. What if relaxation isn't a luxury but a revolutionary act?

Addressing the Unpaid Labor of Women

Statistics reveal a startling imbalance in unpaid labour, with women in the UK contributing an estimated 23.2 billion hours of unpaid childcare, worth approximately £382 billion. These figures underscore the need to re-evaluate women's roles and the importance of rest in their lives.

Festival Highlights

Power of Women Art Trail: March 1-31, Exhibitions showcasing artworks around Thanet, with free access to all.

Profanity Embroidery Group Exhibition: March 1-24 at Selina Hotel, Margate and Albion House Hotel, Ramsate, a curated exhibition themed around REST.

POW-er of GenZ: March 1 at Margate Leisure Centre, a student night with art, music, media, and more.

International Women's Day Sponsored Swim: March 8, a sponsored event at Walpole Bay, promoting wellness through physical activity.

Mother's Day at Powell-Cotton Museum: March 10 at Powell Cotton Museum, honouring maternal figures with diverse activities.

Digital Day: March 17, an online event featuring talks, workshops, and yoga sessions, accessible globally.

POW in the Park: March 23 at Ellington Park, a family festival with performances and workshops for all ages.

Variety Show: March 24 at Sarah Thorne Theatre, a grand closing party for the festival with comedy and performances.

Music for the Soul - 9th March at St Lukes Church, Ramsgate, A live music event featuring women and non-binary artists. Experience the musical magic of Mantawoman and Meg Bird, along with a performance by Institute Collective.

TKE Studios - We Do Not Sleep: 8th March - 19 May 2024 An ongoing exhibition showcasing a dynamic array of artistic expressions and collaborations. With work by Tracey Emin, Lindsey Mendick and Elissa Cray.

A Call to Embrace Rest

POW Thanet Festival invites everyone to join this revolutionary movement. It's a call to reject the relentless grind of productivity and embrace the radical act of rest. In 2024, we stand together to proclaim that rest is not just an act of self-care; it is an act of defiance and self-worth.

For more details and event schedules, please visit www.powthanet.com

About POW Thanet Festival

POW Thanet Festival is an annual event celebrating art, culture, and the empowerment of women. Through its diverse and inclusive events, the festival aims to create conversations, inspire change, and foster a community that values the arts and equality.

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