



MEDIA RELEASE

For immediate release

Tuesday 7 April 2020

Ladies Day channelling Inspiration in *Self* Isolation

Channel Country Ladies Day is adapting to the times and will be staging a series of virtual events, to be held each month over the next seven months.

The *Inspiration in Self Isolation* events will kick off with a comedy gala from past favourites, comedians Mandy Nolan and Ellen Briggs, in April. Each month, a virtual guest speaker or workshop will be hosted by the Committee, drawing on the pillars of the event: health & wellbeing, creative & performing arts, business skills and personal development. Workshops will include hands on arts activities and fitness. Women will be able to join from their kitchen table or lounge room, from properties and towns across the Channel Country.

The Channel Country Ladies Day weekend, in the format that we are all familiar, will return from 15 – 17th October 2021. The eighth event will be held at Bulloo Park, Quilpie, thanks to the support of the Quilpie Shire Council.

Committee President Di Dowrick says that while the Committee would love to have offered a physical event this year, the challenges of uncertainty and restrictions on social gatherings mean the Committee have had to adapt their offering.

“Our purpose has always been to provide ‘inspiration in isolation’,” says Di, “and this year is no different, we’ve just had to adapt the way we are going to do that.”

“We’re really excited about using technology to bring joy and inspiration to the lives of women in the remote Channel Country region. While we are being encouraged to physically distance ourselves, there’s never been a more important time to come together and connect with one another,” Di says.



Key Details:

'Inspiration in self isolation'
Comedy Night with Mandy Nolan & Ellen Briggs
Friday 24 April 2020
8.00pm – 9.00pm
On the Channel Country Ladies Day Facebook Page

Next weekend event
Channel Country Ladies Day
15 – 17th October 2021
Bulloo Park, Quilpie

ENDS.

For further comment, please contact our spokesperson:
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