



Living Well North Tyneside

Supporting Health and Wellbeing

International Women's Day (IWD), celebrated annually on **8 March**, is a global event recognising the achievements of women across cultural, political, and economic spheres. It is also a powerful call to action for gender equality and women's rights worldwide.

IWD 2025 Theme: 'Accelerate Action'

This year's theme, 'Accelerate Action', emphasises the urgency of tackling gender inequalities and driving progress faster. While significant strides have been made, challenges such as the gender pay gap, underrepresentation in leadership roles, and gender-based violence persist. This theme encourages individuals, organisations, and governments to take bold steps in closing these gaps and creating lasting change.

The History and Significance of IWD

The origins of International Women's Day date back to 1908, when women marched in New York for better working conditions and voting rights. By 1911, the first official IWD was celebrated in several European countries, and in 1977, the United Nations formally recognised it as a global observance. Today, IWD is celebrated in over 100 countries, uniting people in the fight for gender equality.

Why We Need to 'Accelerate Action'

Despite years of advocacy, gender inequality continues to impact women worldwide. The 2025 theme calls for collective action in key areas:

- **Equal Pay & Economic Empowerment** – Women globally earn on average 20% less than men for the same work. More policies and corporate commitments are needed to close this gap.
- **Women in Leadership & STEM** – Women are still underrepresented in politics, business, and science. Encouraging and supporting women in leadership roles is vital for progress.
- **Access to Education & Healthcare** – Many women and girls face barriers to education and essential healthcare services. Accelerating action means improving access and breaking down these obstacles.
- **Ending Gender-Based Violence** – One in three women globally experiences gender-based violence. Urgent action is needed to improve protection, support services, and legal measures.

How to Get Involved

1. Take Action in Your Community

- Support local organisations advocating for women's rights.
- Attend or organise events that promote gender equality.

2. Support Women in Business and Leadership

- Buy from women-led businesses.
- Encourage and mentor women in your workplace.

3. Raise Awareness & Educate

- Share stories of inspiring women.
- Learn about gender issues and challenge biases in daily life.

4. Advocate for Change

- Support policies and initiatives that promote gender equality.

- Engage in discussions that push for real, structural change.

International Women's Day in North Tyneside

There are many ways to celebrate and take action locally, including:

- **Panel discussions and workshops** – Featuring women leaders and change-makers.
- **Community initiatives** – Supporting women's charities and projects in North Tyneside.
- **Networking events** – Connecting and empowering women in business and leadership.

This International Women's Day, let's not just reflect on progress but take real, meaningful action. It's time to accelerate change and create a fairer, more inclusive future for all.

Related Links

- [International Women's Day Official Website](#)
- [The Fawcett Society \(UK Gender Equality Charity\)](#)
- [Women's Aid \(Domestic Abuse Support\)](#)



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