



Inspire Cheshire

VOLUME 10

MARCH 2022

A MAGAZINE TO INSPIRE GIRLS IN CHESHIRE



#WOMENOFWORDS



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FIRE & RESCUE SERVICE



Welcome

Welcome to the Spring edition of our Inspire Cheshire magazine. This issue's theme mirrors Motherwell's Crewe Women's Day celebration, taking the topic 'Women of Words' #WOW. Words play such an important role in society, and in history. Whether it's a speech, a poem, a slogan, a book - words surround us. What is said matters, but so does what is left unsaid.

If you'd like to share your words with us, please get in touch:

Email inspirecheshire@motherwellcheshirecio.com

Local Shining Star

This issue's shining star is Daniel Jackson.

Daniel has just achieved distinctions in both ballet and contemporary dance at Grade 3.

Daniel says:

"I love dancing because I feel free and really happy. When I'm dancing I feel energetic and strong. I don't know what I would do without it."

Brilliant Daniel - Keep Dancing!



Do you know someone who is a shining star?

Send us their details and they could be featured in our next issue!

Email inspirecheshire@motherwellcheshirecio.com

International Women's Day Events

Tuesday 8th March is International Women's Day. International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women. The day also marks an opportunity for groups to come together to celebrate women's achievements or rally for women's equality which activities such as:

- celebrating women's achievements
- raising awareness about women's equality
- lobbying for accelerated gender parity
- fundraising for female-focused charities

Motherwell Cheshire run Women's Day events across Crewe and Winsford and online, details of which can be found on the website:

motherwellcheshirecio.com/our-services/international-womens-day-2022

For families we are holding some Women's Day trails where you can learn about inspiring women whilst getting fresh air and exercise!

13th March 11am - 3pm:


Family Treasure Trail - join a self-guided trail around the park and follow the clues to find the name of a famous woman (start at the steps, Winsford Town Park)

16th March 11am:

Women's Walk - open to all women - children and dogs welcome - meet at the Red Lion car park.

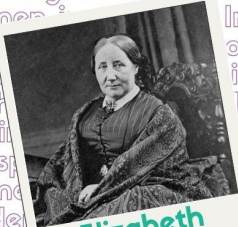
Build a wall of positivity!

Who inspires you, and why? Fill in the details in the brick below and let's build a wall of positivity!



Inspiring women authors

This issue's theme is Women of Words. Here are just a few of our favourite inspiring female authors:



Elizabeth Gaskell



Hardine Aristio



Julia Donaldson



Toni Morrison



Murasaki Shikibu



Jane Austen




Sigrid Undset




Amrita Priam



Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history



J.K. Rowling



Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history



Carol Ann Duffy



Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history



Buchi Emecheta



Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history



Zora Neale Hurston




Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history




Simone De Beauvoir




Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history




Mary Wollstonecraft




Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history



Beatrix Potter



Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history



Holly Bourne



Inspiring women in science - Inspiring women in medicine - Inspiring women in business - **Inspiring women authors** - Inspiring women in education - Inspiring women in film - Inspiring women in the arts - Inspiring women in history



Kate Pankhurst



New Inspire Website

We are excited to have launched our new #InspireCheshire website:

inspire-motherwell.co.uk

The website includes details of the project, #IAM Board, forthcoming events and our new Patron, Keziah Hodgson. Plus you can catch up with back issues of the Inspire Magazine!



We're on Etsy!

Our fabulous Inspire merchandise is now available on Etsy!



Peachy Children's top
£6.00



Encourage, Inspire, Empower top
£8.00



We're stronger together lined A5 notebook
£3.00



IAM pin badge
£3.00



Love and believe in yourself tote
£5.00

www.etsy.com/uk/shop/InspireMeUK

All our products have been designed by the young people we support - get yours now.

#MentalHealthMatters - Wellbeing tips

In this edition of our Inspire magazine we are going to focus on recognising that mental health matters and our general wellbeing.

The last two years have been really tough on everybody including young people not just adults so as we emerge from lockdowns and the pandemic it is ever more important to take notice of how you are feeling. It is ok to be anxious, worried or uncertain about what the future may hold.

But don't worry there are loads of things you can do to look after your own mental health and wellbeing.

Some of us deal with change with no problems at all while for others change can make us feel really anxious, stressed out and irritable. Change can be things like moving house, school, changing friends or moving out of the pandemic.

- A regular routine can really help give structure when everything else feels chaotic.
- Getting or being creative can be a great way to help us feel less stressed and show ourselves some self care. This might be through drawing, painting, colouring, singing, dancing, acting or playing a musical instrument. Really anything that uses your imagination.
- Meeting up with friends, family and loved ones can be a great way to help with the way you are feeling by sharing experiences or doing an activity together.
- Take a few moments to think about the things that help you to relax. It might be a walk in the park or woods in the sunshine or rain. Reading a favourite book, playing a game, watching a film or listening to music. Take



note of when you feel relaxed and use similar situations when you are feeling anxious or stressed.

- Learning something new can increase confidence in ourselves, helping us to feel empowered, motivated and give us a feeling of pride and achievement. It might be learning a new dance routine, song, baking or cooking a new dish or even a new language.
- Eating a healthy well balanced diet and keeping yourself hydrated is important to give you enough energy to manage your day and keep you feeling healthy, happy and motivated.
- Try to keep active, exercising helps us to feel better releasing endorphins into our body which help us to feel more energised, active and improve mood.
- Getting enough sleep helps to rest our body and mind allowing us to have more energy, feel more positive and less stressed. Some things you could try maybe putting a routine in for bedtime such as taking a bath, cutting down on screen time reading a book or listening to relaxing music.
- Try to introduce some relaxation techniques into your day such as mindfulness exercises or breathing exercises.



Competition corner

For this issue's competition we are asking for a poem or story on the topic:

Who are your role models?

The prize will be an Usbourne book provided by www.facebook.com/FreyaUsborne/

To enter send your poem or story to: inspirecheshire@motherwellcheshirecio.com

Closing date 31st April 2022.



Women of Words - Words of Wisdom

Young girls need to see role models
in whatever careers they may
choose, just so they can picture
themselves doing those jobs someday.
You can't be what you can't see.



Sally Ride

*The first American woman
astronaut in outer space*

Inspiring Women Wordsearch

There are many many inspiring women, but how many can you find in our wordsearch?



Names to find (surnames only)

Jessica Ennis Hill
 Rosa Parkes
 Emmeline Pankhurst
 Nicola Adams
 Millicent Fawcett
 Michelle Obama
 Taylor Swift
 Greta Thunburg
 JK Rowling
 Mother Teresa
 Florence Nightingale
 Beatrix Potter
 Steph Houghton
 Billie Eilish
 Diane Abbott
 Julia Donaldson
 Dina Asher Smith
 Barbara Castle
 Marie Curie
 Alice Perry



Prince's Trust Team programme delivered by Cheshire Fire and Rescue Service

FREE programme for 16 - 25 year olds

A twelve-week programme that gives you practical skills, self-belief and help with getting a job



What's in it for me?

- Gain new skills and qualifications
- Mix with new people and make new friends
- It won't cost you anything and you are entitled to maintain your benefits within the framework of jobcentre procedure*
- The chance to make a difference in your community
- Help with job-hunting and writing your CV
- A better chance of moving into a job, education or training
- And most importantly - a big boost to your confidence and a real sense of achievement!

Interested?

Call: **01606 868700**

Email: **Princetrust@cheshirefire.gov.uk**

Visit: **www.cheshirefire.gov.uk/
young-people/princes-trust**

* Please take individual advice from your Team Leader, Job Centre Adviser or Prince's Trust member of staff around your benefits claims and participation on the Team programme

Local Cadet Groups

Looking for something a little different to do? Why not try one of the local Cadet groups:



Sea Cadets

01270 505984 - Crewe

01606 836716 - Winsford



Air Cadets

01270 252896 - Crewe

01606 77620 - Northwich



Fire & Rescue Cadets

cadet27@cheshirefire.gov.uk - Winsford



Army Cadets

www.armycadets.com - Crewe and Nantwich

National Helplines

Shout- Crisis Text Line - 24hr textline - Text 85258 www.giveusashout.org

Child Line - 24hr helpline - 0800 1111 www.childline.org.uk

Bullying UK - advice and helpline - 0808 800 222 www.bullying.co.uk

Papyrus - Prevention of Young Suicide - 0800 068 4141 papyrus-uk.org

Kooth - online mental wellbeing community for young people kooth.com

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