

INSPIRE CHESHIRE

MAGAZINE

Summer 2023

UPLIFTING
INSTAGRAM
ACCOUNTS
TO FOLLOW

THE FAIRY PROM
MOTHER PROJECT

ENCOURAGE & EMPOWER



SCHOOLS IN
THE SPOTLIGHT

SPORT THEMED
WINSFORD WOMEN'S DAY



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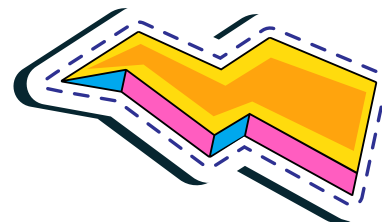
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If you have your own story around your mental health and feel encouraged to share it in future editions, we would love to hear from you. Send us your story at: inspirecheshire@motherwellcheshirecio.com



INSPIRE AND CONNECT



***To encourage others to share their story, it's best to lead by example.
So let's start with me!***

My name is Abbi and I'm a counsellor for the Inspire Project. I work in several local schools, so you may have seen me out and about - or we may have even had some sessions together.

Counselling can feel daunting at first; you sit in front of a stranger and are expected to tell them your innermost thoughts and feelings. Easier said than done, right? I know it was for me when I began my own counselling.

I accessed counselling because my job back then had become very stressful to the point where I couldn't manage. My anxiety was high, and if it wasn't my low mood, it was panic attacks that would stop me from coming into work. I no longer felt like myself, and that was the point I decided to get some support.

Through my counselling sessions, I was able to figure out that a lot of my anxiety stemmed from a fear of failure - I was scared of letting people down and not being "good enough". I also realised that the job I was in at the time was not what I actually wanted to do, I had just gone along with it to meet other people's expectations. Turns out I wanted to do for others what my own counsellor did for me... So here I am!

Nowadays I am in a much better place both mentally and emotionally. That doesn't mean I never struggle with my mental health, because I still do. I guess the difference now is that I'm more self aware, know how to look after myself when I'm having a bad day, and that a bad day doesn't erase all the progress I've made.



EDITOR'S LETTER



CHESHIRE GIRLS CAN!

It was an amazing turn out this year at our Sport themed Winsford Women's Day event which took place on the 18th March at Winsford Lifestyle Centre.

There were stall holders, local charity information stands and a host of entertainment.

Winnington Park Ladies Rugby team came along and gave a demonstration of their sport.

Furthermore, Winsford Town Women's FC were there showing us how to dribble, tackle and keep the ball under control amongst a whole host of other ball skills.

The event was opened by Olympic Bronze Medal Winner for skeleton, Laura Deas. Prior to taking up skeleton, Deas was a sporting all-rounder, having enjoyed a professional eventing career, captained Wales at international tetrathlon competitions, played competitive netball and represented North Wales at hockey.





Jessica Watson - Sailor

Jessica is a sailor who sailed all around the world on her own in a boat called Ella's Pink Lady. She wanted to inspire others and break people's expectations of what a "little girl" was capable of. She was named Young Australian of the Year in 2011 and awarded the Medal of Order of Australia in 2012 for her amazing achievement.

Year of Birth : 1993

Power: 60 Fame: 20

Courage: 90 Impact: 50

TOP TRUMPS - INSPIRATIONAL YOUNG WOMEN

Maya Gabeira - Surfer

Maya is a big wave surfer. She has travelled the world looking for the biggest waves. She has won many major surfing championships and is the highest paid surfer in the world. She nearly died in Portugal one year while surfing, but it didn't stop her. She holds the record for the biggest wave ever surfed by a woman.

Year of Birth : 1987

Power: 40 Fame: 60

Courage: 90 Impact: 30





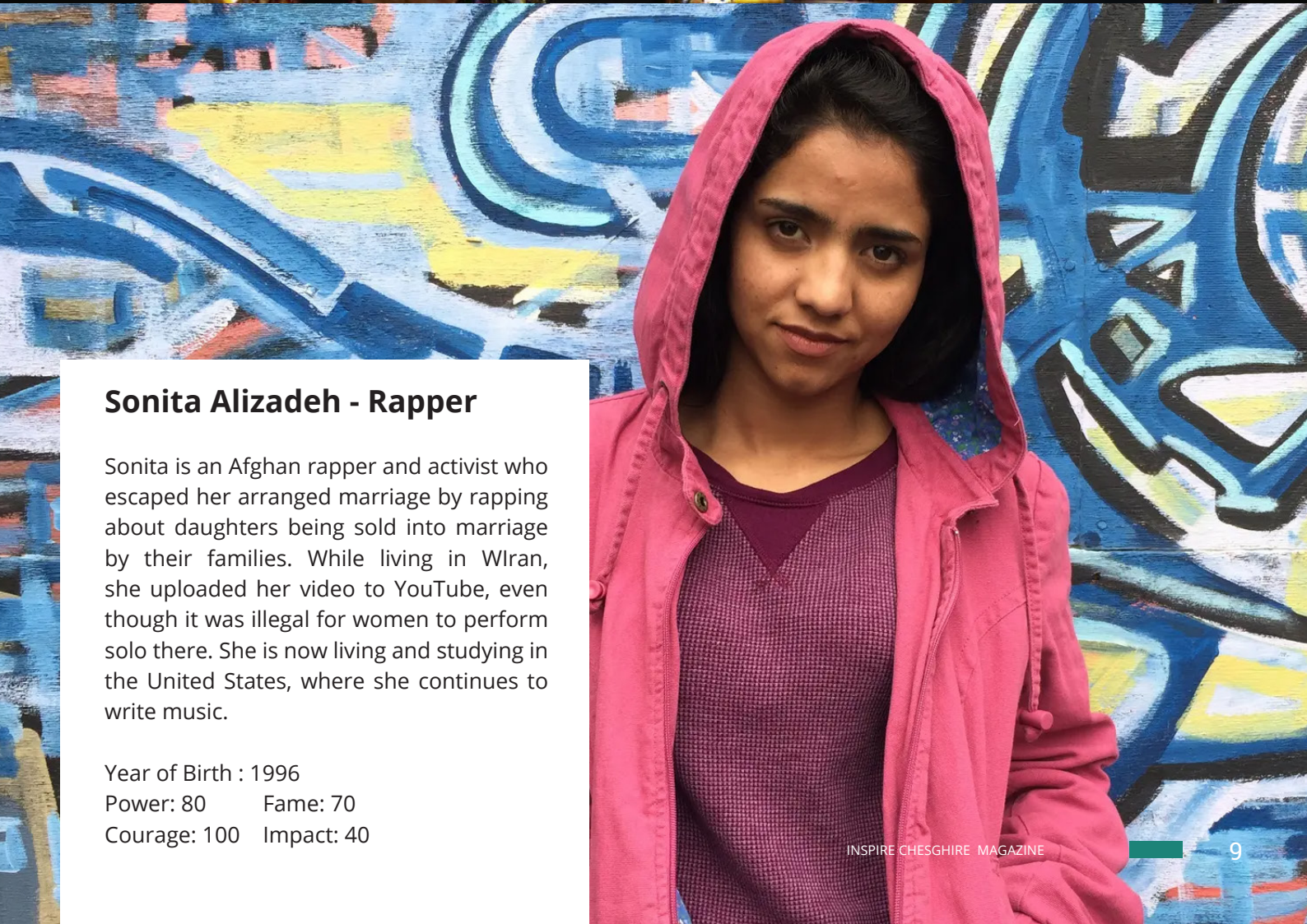
Nandi Bushell - Drummer

Nandi is a drumming sensation who has been writing and recording her own music since she was ten years old. Her drum-off with Dave Grohl from Foo Fighters went viral in 2020, and since then she's performed with the band, been on the cover of Modern Drummer magazine and featured in the Queen's Platinum Jubilee celebration.

Year of Birth : 2010

Power: 70 Fame: 50

Courage: 60 Impact: 40



Sonita Alizadeh - Rapper

Sonita is an Afghan rapper and activist who escaped her arranged marriage by rapping about daughters being sold into marriage by their families. While living in Wlran, she uploaded her video to YouTube, even though it was illegal for women to perform solo there. She is now living and studying in the United States, where she continues to write music.

Year of Birth : 1996

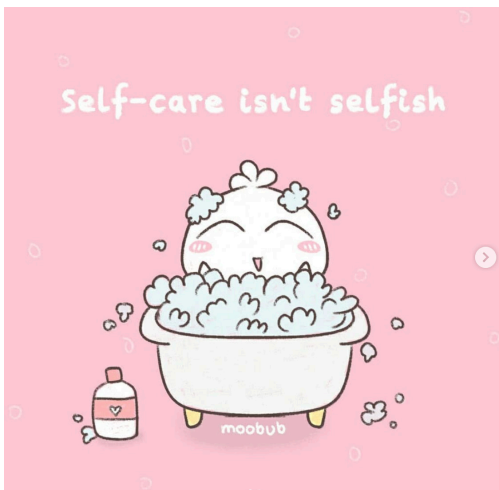
Power: 80 Fame: 70

Courage: 100 Impact: 40



@Lucyedwards (britishblindgirl)

Educational and lifestyle content about living with blindness and visual impairment- answering questions you may have about being blind, like how she does her makeup, and how her service dog helps. Answered a lot of questions I have had since being a child- really informative stuff that helps to break stigma, or social ideas of visual impairment.



@moobub

Cute, short cartoons, often with positive messages. I could spend hours watching these!!

@tutiandyuki

For the cat lovers- positive affirmations from cats!! Really wholesome content, although genuinely made me cry as it's so sweet, so may need a trigger warning!!



@jodierosestate

Jodie's content is like having a digital bestie who gives you pep talks, really age appropriate wellbeing talks that feel like a one to one conversation with a close friend.



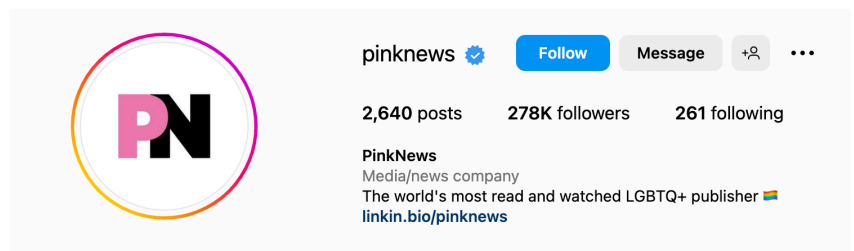


UPLIFTING INSTAGRAM ACCOUNTS TO FOLLOW

There are a couple more that I found, however I have some age-appropriate concerns for these, feel free to check them out though:

@Pinknews

LGBTQ+ news content in small, digestible clips. Could be very triggering, as it shows bad news as well as good news, however is very informative.

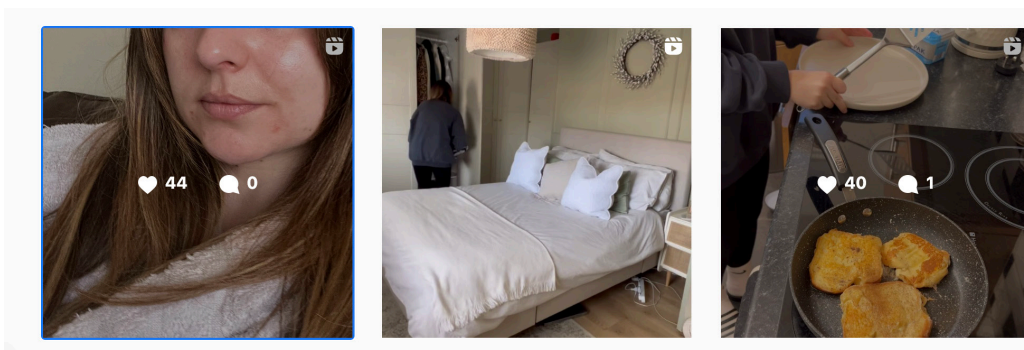
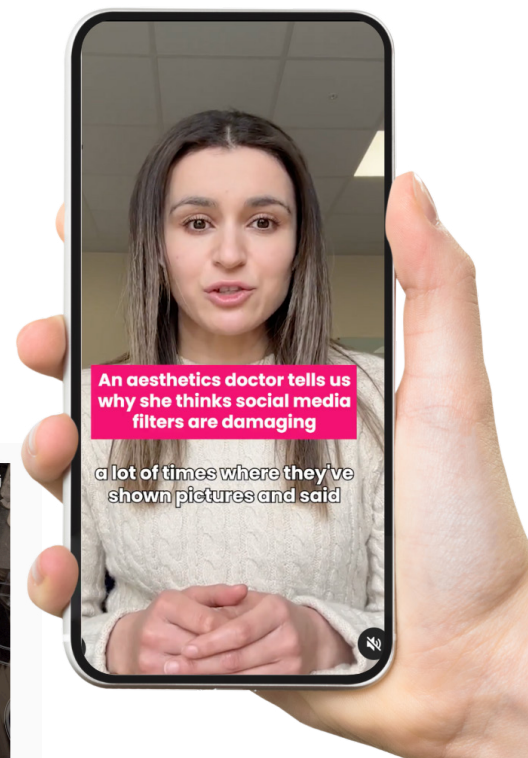


@Freeda_en

'Little revelations' news-based, and educational content about a range of topics, including female issues, safety, etc. some videos focus on potentially triggering areas, as well as the occasional discussion of sex- which I would say is not done in an age appropriate manner for the younger end of our audience.

@Inappsy (Inappsy)

Daily blog and lifestyle content based around living with anxiety but trying to lead a happy life. The content is informative, and tries to be positive, while being realistic and relatable. Shows lifestyle videos while being realistic and not unobtainable like the majority can be.





SCHOOLS IN THE SPOTLIGHT.

Springfield School:

The students of Springfield school have recently taken part in a work experience Empowerment group- where they have gained hands-on experience by helping Motherwell Cheshire with our Women's day event at Cheshire college.

The students have worked within different groups- based on what sector they prefer working in.

The media team has helped by creating promotional materials, such as leaflets and posters to help us advertise the event.

The catering team have decorated cakes, which have been sold at the event to raise money for charity.

The customer service team managed the raffle stall during the busy event.

They have also taken part in the community pockets art project- which is to highlight the historical importance of pockets in women's clothing, and these were displayed during the event.

All of the students also helped to record and create a promotional video for the event, allowing us to advertise across different channels.

Shavington Academy

A group of year 8 and 9 pupils from Shavington Academy are meeting on Thursday dinner times to create their own campaign- based around 'how to be an ally'. The group aims to break down barriers facing young students in the LGBTQ+ community, by raising awareness to harmful words and bullying, helping their peers to understand that hateful comments are not 'just banter'. They are looking at rolling their campaign out across the school after the next half term, by presenting an awareness raising assembly to their school.





A CLOSER LOOK AT INSPIRE CHESHIRE'S NEWEST SCHEME:

Recently, you may have seen us out and about with a rail of prom dresses in town, much like the picture below. That's just a small glimpse of our Fairy Prom Mother Project; a sustainable new scheme being offered to our local schools and community. But what exactly is this scheme? And why is it being offered now?

Let's have a look...

What is the Fairy Prom Mother Project?

Your high school prom is a once in a lifetime opportunity. It's a unique event where you're all dressed to the nines, have food served to you and can even spot a teacher or two letting their hair down! Quite often, the dresses and suits you all wear will only be worn for that evening, and then put in a wardrobe never to see the light of day again. Enter the Fairy Prom Mother Project.

The Fairy Prom Mother Project offers beautiful brand new and preloved promwear in a range of styles, sizes

and colours - and all at affordable prices, no more than £25. So, instead of letting your prom outfit gather dust, why not donate it to us? Not only would it save you wardrobe space, but you would also be helping our community in a number of ways...

Tackling the cost of living

One of our main reasons for launching this project is the rising cost of living. We've seen it all over the news; more food banks being accessed, the opening of "warm spaces" and in some cases, people having to choose between heating and eating. For some families, it has been a worrying and uncertain time - especially in the face of big life events such as a high school prom.

Last year, parents spent an average of £764 on their child's prom, including clothing, hair, make-up and transport. The cost of prom wear alone came at an average of about £177. In this current cost of living crisis, that price tag can feel like a huge weight. We

CLOTHES WASTE... BIBBIDI BOBBIDI BEGONE!

want the Fairy Prom Mother Project to help lift that weight from parents, while their child can still go to prom looking fabulous.

An environmentally friendly scheme

Our other big motivator behind the Fairy Prom Mother Project is climate change and the environment - particularly in relation to fast fashion. In light of the cost of living crisis, a lot of us have been ordering more from places like Shein and ASOS. And why wouldn't we? They're affordable, nice-looking clothes that come to our doorstep within a matter of days. But the impact this has on our planet is something we can't simply ignore.

Every year, we discard 92 million tons of clothes-related waste, with fast fashion retailers being the leaders in this. Some have been found to be throwing away or burning unsold stock. What this means for the environment is fast fashion retailers generating 5% more CO2 emissions than aeroplanes and ships, and



500,000 tons of microplastics getting into our air and oceans. The sustainability of the Fairy Prom Mother Project means we won't be contributing to these figures anywhere near as much.

Doing our part

We know that one charity alone can't solve everything. Nor do we expect anyone reading to completely change their lifestyle and spending habits. But we can all do our part to lessen our own impact on the environment and save some money. The Fairy Prom Mother Project is just one way of doing that.

Buying promwear from us promotes the culture of reusing and recycling. It means one less outfit has to be made and delivered - a little less CO2 and fewer microplastics going into our atmosphere; a little more money in your pocket. And when that outfit has been worn and loved by you, you can then give someone else the opportunity to feel the way you did on your special night.



INSPIRE PROJECT IN ACTION.





Inspire Cheshire - wellbeing and mental health support

Telephone: 01606 557666

Email: inspirecheshire@motherwellcheshirecio.com

Instagram: @inspirecheshire

Body Positive - sexual health and LGBT+ support

Telephone: 01270 653150

Email: health@bpcnw.co.uk

Instagram: @bpcnw

CWP Crisis Line - 24/7 mental health crisis support

Telephone: 0800 145 6485

Text line: Text YM to 85258

Samaritans - suicide helpline

Telephone: 116 123

Email: jo@samaritans.org

Wellbeing Enterprises - mental health and wellbeing signposting

Mid Cheshire Mind - mental health support

Telephone: 01606 863305

Email: office@midcheshiremind.org.uk

Shout - Mental Health Text Service

Text line: Text SHOUT to 85258

My CWA - domestic abuse helpline

Telephone: 01270 250390

24 hour helpline: 0300 123 5101

RASASC - support with sexual violence

Telephone: 01260 697900

Email: support@rapecentre.org.uk

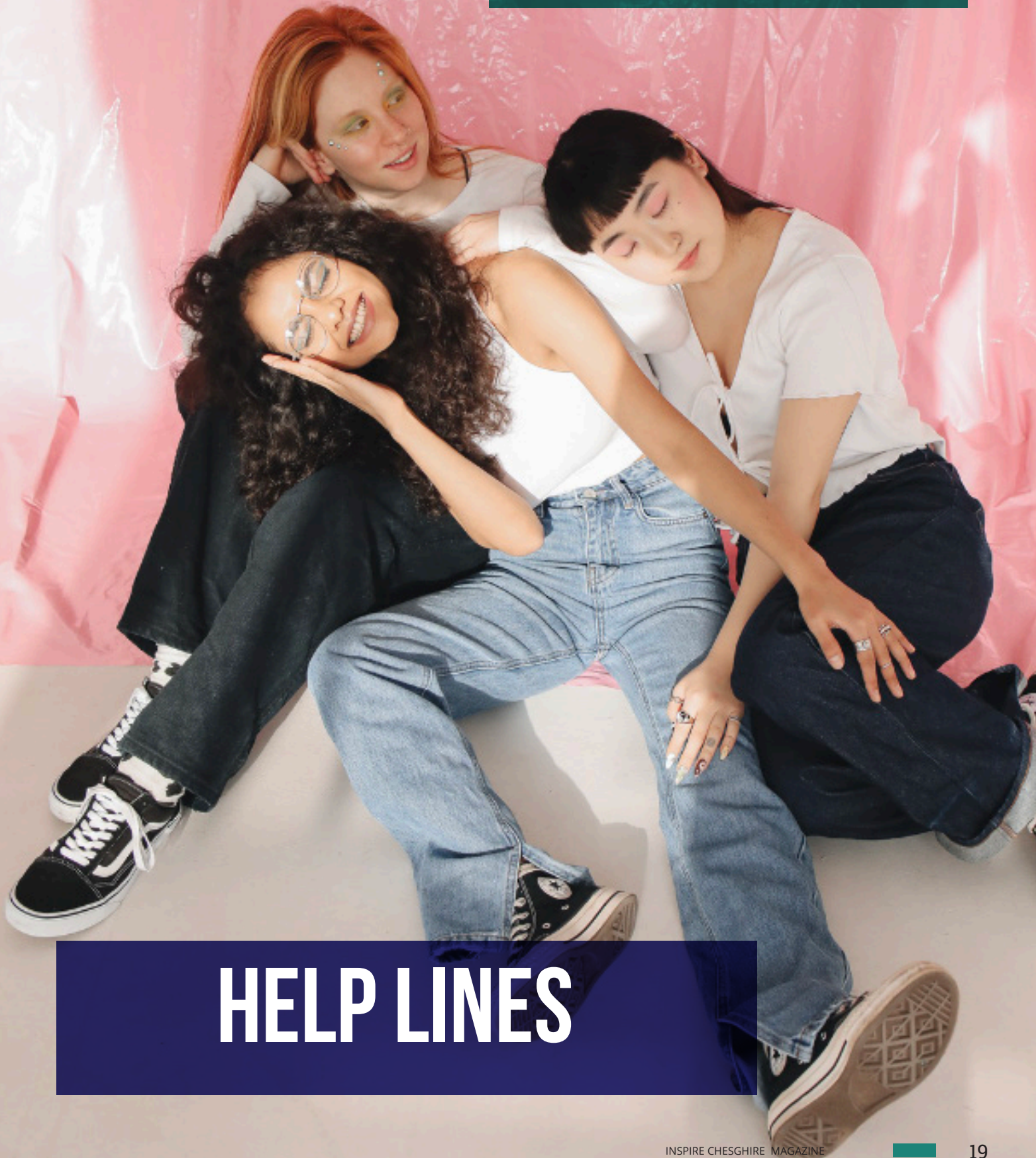
Childline - free and confidential support for young people

Telephone: 0800 1111

Kooth - confidential and anonymous online support

Website: www.kooth.com

If you're struggling and need a little extra support, we at Inspire Cheshire are here to help. Below you'll find our contact details along with a few others. It's okay to reach out and ask for help.



HELP LINES

Hollie Guard

CHESHIRE CONSTABULARY
AND THE HOLLIE GAZZARD TRUST
WORKING TOGETHER
TO KEEP PEOPLE SAFE
ACROSS CHESHIRE

Download on the
App Store

GET IT ON
Google Play



Hollie Guard is a next generation smartphone app that provides enhanced levels of protection. Whether you're working alone, travelling to an unknown area or simply commuting around town, you can set extra levels of protection from right inside the App.

- Journey Feature: This feature allows you to track a journey, ensuring you are safe wherever you travel.
- Alert Feature: This feature allows you to set an alert that will notify your designated person if anything happens.

