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Inspire Cheshire: a year in review and what's next

Newsletter for schools and professionals

It has been a busy year for the Inspire Project, and we have lots to look back on and celebrate, as well as much more to look forward to in the new year.

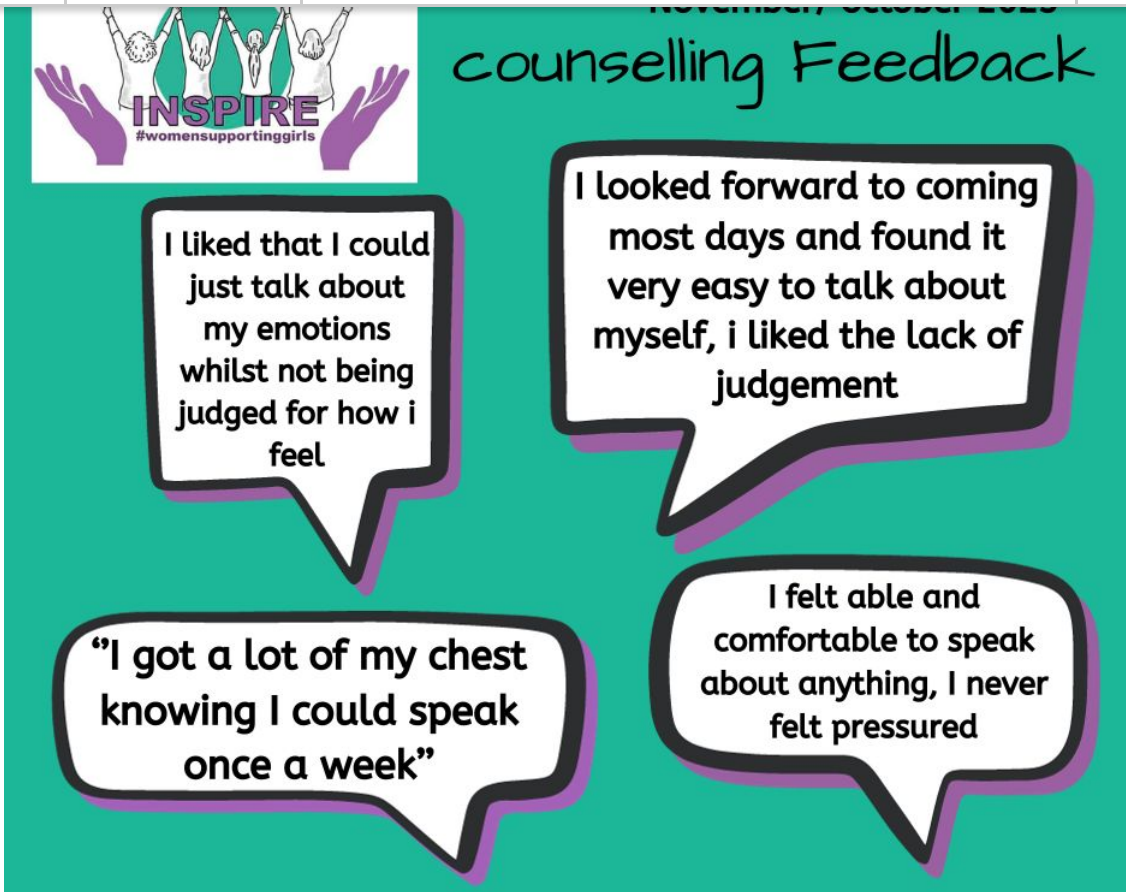
2023 was the year we welcomed our Inspire Energiser, Georgie, and our new Inspire Counsellor, Laurel. Both have been incredible additions to our team, and we can't wait to keep on working together in 2024!



We are also very proud to have provided many activities and workshops over the course of 2023, including self defence, a number of empowerment groups, confidence building, employability skills, flower arranging, park pop-ups, a young Women's self-care group at YMCA, and a girls group at Autism Inclusive. These activities have seen over 250 of young women in our community in attendance, and we hope to roll out even more activities, groups, and educational workshops this year.



Our Inspire counsellors are now based in seven local secondary schools, and are also delivering sessions from our Crewe and Winsford bases. Over the course of 2023, we have offered a total of 517 counselling sessions to our Inspire clients. Our service users have offered feedback including an increased level of confidence, better relationships and an overall improvement in their mental health. We aim to continue providing a safe space for our local young women, where they can explore their feelings and address their problems without judgement.



We also held our AGM, during which a panel of current and former Inspire clients spoke about their experiences with mental health and the myths and stigmas surrounding it. From this fantastic panel, we have made it our mission to continue to provide opportunities where young women feel safe and heard to share their struggles with mental health. Encourage positive growth for girls through age appropriate preventative educational workshops and feminist movement within cheshire.



So whats next as we go into 2024?

Our young women working with OnSide to develop Crewe's Youth Zone are set to do more field research, as well as running focus groups in local primary schools. They have really risen to the challenge - conducting valuable research into how we can accommodate the needs of young Women and girls, to ensure they feel safe, comfortable, and welcomed into community youth spaces and continue to utilise them for as long as their male peers. We can't wait to see what they do next, and we hope you'll follow them as well!

Our Young Women's group at Autism inclusive will be continuing after the Christmas break- providing a safe space for young Women and girls to have fun, try new activities, and meet like minded friends- this is open to all whether diagnosed or suspected neurodivergence.



Keep your eyes peeled for new activities on our website- www.inspire-motherwell.co.uk and our Inspire instagram page- [@inspirecheshire](https://www.instagram.com/inspirecheshire) including new empowerment groups, our wellbeing ambassador training, and more workshops in our local high schools!

There's lots to get excited about, so stay tuned by going to our website and feel free to sign up to our newsletter by emailing- inspirecheshire@motherwellcheshirecio.com



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