

INSPIRE CHESHIRE

SPRING 2024

MAGAZINE

CELEBRATING INTERNATIONAL
WOMEN'S DAY



WOMEN OF WORDS



LETTER FROM THE EDITOR

Hello! We're thrilled to have you back for an exclusive edition of Inspire Cheshire!

We hope you've had a restful Christmas break and the new year has gotten off to a great start. Have you made any new year's resolutions? Or are you waiting to see what 2024 brings you? However you've started your year, we hope you are keeping well.

The short, dark days of winter are slowly being left behind as we approach spring. You've probably seen some trees beginning to blossom, and daffodils rearing their heads. Change is very much in the air. From the lighter mornings to our surroundings coming back to life, spring can often lift our spirits. Even then, it is important to check in with your wellbeing—the tips we gave in our last edition are not exclusive to just the winter season, and can be used all year round!

As always, we will keep you up to date with Inspire's latest projects and things to look forward to. But our main focus for this edition is International Women's Day and the theme 'Women of Words'. Inside, you will find inspirational authors and songwriters, some writing challenges for you to have a go at, as well as a breakdown of just what International Women's Day means—both to us and the wider world.

Settle down, get comfy and take some time to enjoy our special edition.

Happy reading and Happy International Women's Day!
The Inspire Team



#INSPIRE UPDATE

2024 has been a great year for Inspire so far!



Our girls group at Autism inclusive, and our young women's group at the YMCA have been collaborating on artwork to display at our #WomensDay event!

Our researchers have been looking at how we can make the upcoming #CreweYouthZone inclusive, safe and accessible for girls!



COMING SOON

We are excited to be starting a new Wellbeing crafts group for girls with Wishing well every Monday!

Keep your eyes peeled for our upcoming girls in sport active taster sessions.

Follow us on Instagram for the latest updates



We have been training #WellbeingAmbassadors in local schools

And started a new #Empowerment group at the Oaks Academy

INTERNATIONAL WOMEN'S DAY



What is International Women's Day?

International Women's Day is a day observed around the world, celebrating all the amazing things women have achieved. It is also a day to raise awareness for gender equality, highlight the struggles women and girls still face, and call for positive and meaningful change.

When is International Women's Day?

International Women's Day is celebrated every year on 8th March. It first began in 1911 and has been observed yearly every year since. However, it wasn't until 1975 that the United Nations officially marked this day for the first time!



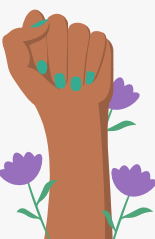
Who can support International Women's Day?

In short: anyone! Just because it is a day celebrating women does not mean it's only women who can support the cause. In fact, it's incredibly important for people of all ages, genders and walks of life to celebrate International Women's Day; by working together, we can all strive for gender equality and amplify women's voices.

How can I support International Women's Day?

There are plenty of ways to show your support on International Women's Day. You can celebrate the achievements of women in your life and in the wider world. You can use your voice to highlight the inequalities faced by women and campaign for change. Social media is a great way to do this, and the IWD website has lots of resources you can share.

Another way to show your support is by getting involved in women's charities. Our founder, Motherwell Cheshire, is one such charity and we will be celebrating International Women's Day in our own way. Hop to the next page to find out more...



MOTHERWELL WOMEN'S DAY

Motherwell Cheshire CIO was founded by Kate Blakemore in 2015—on International Women's Day itself.

It is a charity supporting the mental health and wellbeing of women and girls in Cheshire. And every year since its inception, the charity has held an event to celebrate International Women's Day, which has gotten bigger and bigger each time.

So, why do we do it? Well, like anyone celebrating the day, we want to champion women and campaign for positive change. Being a charity local to Cheshire, though, our focus is on the women in our local community. As such, we work with local agencies and services who support women, bringing the public's awareness to them. We invite local female-led businesses to run stalls and showcase their products. We put the spotlight on local performers such as singers and dance troupes. And we are privileged to have female speakers and facilitators who share their experiences and expertise.

We also celebrate a different theme each year. Last year was 'Women of the World', and the highlight was a fashion show of local women from a vast range of cultural backgrounds, proudly showcasing their culture's beautiful clothes. This year, our theme is 'Women of Words', so expect to see writing workshops, talks from local authors and activities all to do with the written and spoken word!

Motherwell's International Women's Day is an exciting and jam-packed event, featuring plenty of stalls, performances, guest speakers and workshops. From cakes, to henna tattoos, to dancing and fashion shows, there is truly something for everyone at Motherwell's International Women's Day event.

We will be holding two events on Saturday 9th March at Cheshire College South and West in Crewe, and on Saturday 16th March at Winsford Lifestyle Centre. The events run from 10am until 3pm, and entry is free! Bring your friends, bring your family, or just bring yourself, and be a part of International Women's Day with Motherwell. We look forward to seeing you there!

WOMEN OF WORDS

A LETTER BY ADA NIELD CHEW



Sir, – Will you grant me space in your sensible and widely read paper to complain of a great grievance of the class – that of tailoresses in some of the Crewe factories – to which I belong? I have hoped against hope that some influential man (or woman) would take up our cause and put us in the right way to remedy – way to remedy for of course there is a way to remedy – for evils we are suffering from. But although one cannot open a newspaper without seeing what all sorts and conditions of men are constantly agitating for and slowly but surely obtaining – as in the miners' eight hour bill – only very vague mention is ever made of the under-paid, over-worked 'Factory Girl'. And I have come to the conclusion, sir, that as long as we are silent ourselves and apparently content with our lot, so long shall we be left in the enjoyment of that lot.

The rates paid for the work done by us are so fearfully low as I had almost said keep body and to be totally inadequate to – I had almost said keep body and soul together. Well, sir, it is a fact which I could prove, if necessary, that we are compelled, not by our employers, but by stern necessity, in order to keep ourselves in independence, which self-respecting girls even in our class of life like to do, to work so many hours – I would rather not say how many – that life loses its savour, and our toil, which in moderation and at a fair rate of remuneration would be pleasurable, becomes drudgery of the most wearisome kind. To take what may be considered a good week's wage the work has to be so close and unremitting that we cannot be said to 'live' – we merely exist. We eat, we sleep, we work, endlessly, ceaselessly work, from Monday morning till Saturday night, without remission. Cultivation of the mind? HOW is it possible? Reading? Those of us who are determined to live like human beings and require food for mind as well as body are obliged to take time which is necessary for sleep to gratify this desire. As for recreation and enjoying the beauties of nature, the seasons come and go, and we have barely time to notice whether it is spring or summer.

Certainly we have Sundays: but Sunday is to many of us after our week of slavery, a day of exhaustion. It has frequently been so in my case, and I am not delicate. This, you will understand, sir, is when work is plentiful. Of course we have slack times, of which the present is one (otherwise I should not have time to write to you). It may be said that we should utilise the slack times for recruiting our bodies and cultivating our minds. Many of us do so, as far as is possible in the anxious state we are necessarily in, knowing that we are not earning our 'keep', for it is not possible, absolutely not possible, for the average ordinary 'hand to earn enough in busy seasons, even with the overtime I have mentioned, to make up for slack ones. 'A living wage!' Ours is a lingering, dying wage. Who reaps the benefit of our toil? I read sometimes of a different state of things in other factories, and if in others, why not those in Crewe? I have just read the report of the Royal Commission on Labour. Very good; but while Royal Commissions are enquiring and reporting and making suggestions, some of the workers are being hurried to their graves.

I am afraid I am trespassing a great deal on your space, sir, but my subject has such serious interest for me – I sometimes wax very warm as I sit stitching and thinking over our wrongs – that they, and the knowledge that your columns are always open to the needy, however humble, must be my excuse.

I am, sir, yours sincerely,
A CREWE FACTORY GIRL
Crewe, 1 May 1894



Writing challenge

As this years theme for Women's day is 'Women of words' we would like to invite our readers to write about what an ideal world would be for them.

Below are some sentence starters to help you imagine your perfect world.

Dream up a world...

where the streets are safe.



Dream up a world...

where all differences are celebrated.



Dream up a world...

where all genders are equal.



Dream up a world...

where schools provide your ideal curriculum.



Dream up a world...

where there isn't a stigma around mental health.



Phenomenal woman by Maya Angelou

Pretty women wonder where my secret lies.

I'm not cute or built to suit a fashion
model's size

But when I start to tell them,
They think I'm telling lies.

I say,

It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,

And to a man,

The fellows stand or
Fall down on their knees.

Then they swarm around me,
A hive of honey bees.

I say,

It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.

I'm a woman
Phenomenally.

Phenomenal woman,
That's me.

Men themselves have wondered

What they see in me.

They try so much

But they can't touch

My inner mystery.

When I try to show them,
They say they still can't see.

I say,

It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand

Just why my head's not bowed.

I don't shout or jump about
Or have to talk real loud.

When you see me passing,
It ought to make you proud.

I say,

It's in the click of my heels,
The bend of my hair,
the palm of my hand,
The need for my care.

'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.



Girl Hood By Noelle Matthews

girlhood is clinging to each other, heads on laps and intertwined fingers.

girlhood is crying with each other, over love or sickness or the depth of life and the end of it all.

girlhood is eating ten potato chips, nine cubes of cheese, eight skittles, seven apple slices, six chocolate chips, five small pickles, four carrot sticks, three ibuprofen, two cookies, and one tangerine.

girlhood is feeling a desperate need to get out, go far, be free.

girlhood is realizing your friends are similar to you but also so beautifully and insurmountably different.

girlhood is figuring out how to be good in a world that thinks there's nothing you could do to make that happen.

girlhood is rolling on the floor laughing at the dumb romcom playing on the tv.

girlhood is ignoring the yelling from behind you, walking faster even if you think you'll trip.

girlhood is sitting in the school office after getting dress-coded.

girlhood is hating someone but defending her to any length when a boy wants to say something bad.

girlhood is having weapons within reach.

girlhood is scary, beautiful, confusing, meaningful, formative, trivial, important, connective, loving, hating, all the feelings all at once.

girlhood is ours.



WORDS WORDS WORDS

U	S	A	C	T	I	V	I	S	T	M	C	R	F
S	A	L	U	F	R	E	W	O	P	H	H	U	B
N	A	L	S	A	F	E	S	P	A	C	E	F	B
H	G	N	M	W	O	M	A	N	S	D	A	Y	E
H	T	L	A	E	H	L	A	T	N	E	M	G	M
G	N	I	L	L	E	S	N	U	O	C	A	D	L
S	M	M	V	L	L	E	T	Y	P	R	L	H	T
F	E	M	I	N	I	S	M	T	U	P	C	E	E
G	C	C	M	N	T	T	E	O	C	F	R	G	M
P	N	N	O	M	I	A	C	C	B	I	U	E	P
G	N	S	N	E	T	N	L	O	P	Y	M	G	O
P	U	V	L	I	E	M	A	S	M	E	N	S	W
W	E	L	L	B	E	I	N	G	E	U	N	H	E
C	O	M	M	U	N	I	T	Y	C	I	L	I	R

Feminism

Powerful

Inspire

Woman's day

Mental health

Safespace

Wellbeing

Counselling

Encourage

Empower

Activist

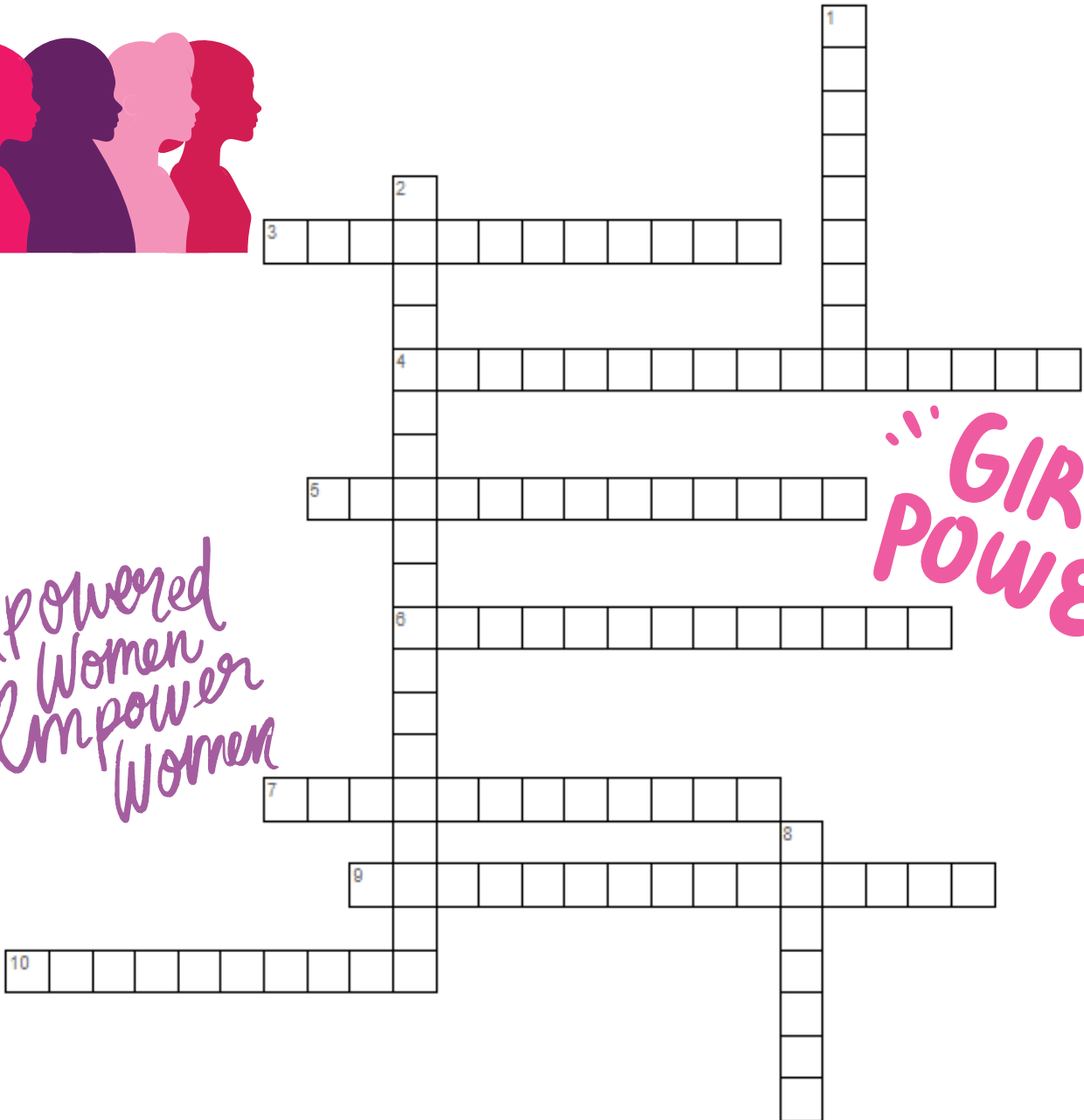
Community

INSPIRATIONAL WOMEN CROSSWORD



*Empowered
Women
Empower
Women*

*“GIRL
POWER”*



Down

- 1 This lady was an American activist in the civil rights movement best known for her pivotal role in the Montgomery bus boycott.
- 2 This lady was an English social reformer, statistician and the founder of modern nursing.
- 8 This lady is an American singer, songwriter, and actress. Known as the 'Queen of Pop'

Across

- 3 This lady is a body activist who speaks out about body positivity and self-acceptance, particularly for women.
- 4 This lady holds the record as the longest-serving first lady
- 5 This lady was the first female aviator to fly solo across the Atlantic Ocean.
- 6 This young lady has received worldwide recognition for her efforts to fight climate change as a climate youth activist
- 7 This lady is an American television producer and screenwriter, and founder of a production company
- 9 This lady is the youngest Nobel Prize laureate the world has ever seen.
- 10 This lady was was an American singer, songwriter, pianist, composer, arranger and civil rights activist.



Young Women's group

Every other Thursday during term time
4-7

At Autism Inclusive, Bramhall road, Crewe
Free to attend for young Women age 13-25
Snacks provided

YMCA



After School Club Tuesdays

4pm-5:30pm

Sherborne Bungalow (no.27)

For more information call Tracey on 07590 883049

Youth club

Every Friday 6-8pm
at Wishing Well Children and Families Hub for
10-16 year olds

For more information, please contact Mabyn via
Facebook@TheWishingWellCharity or email
mabyn.meredith@wishingwellproject.net



Registered Charity 1180756

WEDNESDAY'S 4pm-5.30pm

YOUTH CLUB

Running During Term time Only

Start date: September 2023

Meet Outside Sherbourne hut between 3.40pm-3.50pm then leave, to arrive at the Children and families Hub in Crewe town for 4pm.

*Refreshments provided *



YMCA

For further details, please contact Tracey
(Communities and volunteer manager) on
01270 257673/ 07590883049



GAMING 14+

EVERY MONDAY NIGHT 7PM-9PM
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For more information about Inspire, please contact:
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