

INSPIRE CHESHIRE

AUTUMN 2024

MAGAZINE



WEBSITE



INSTAGRAM



**GET READY FOR OUR CONFERENCE
FIND OUT YOUR MBTI TYPE
TRACK YOUR MOOD
AND LOTS MORE!**



ARRIVE INTO AUTUMN

LETTER FROM THE EDITOR

Welcome back to another edition of Inspire Cheshire! This edition finds us well into autumn, so let's arrive together.

With the end of the summer holidays comes lots of changes in the life of a young person, whether that's starting a new school year, going to college, uni or an apprenticeship.

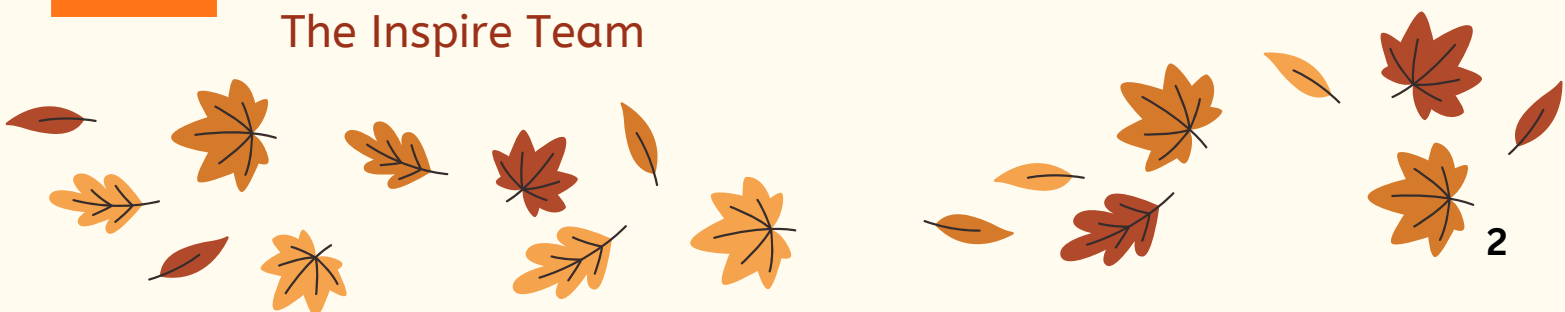
Seasonal change can affect our wellbeing in many ways - we tend to get ill a lot more at this time, so it's important to wrap up and keep warm. Equally, the shorter days can affect our mood, making us feel low and demotivated. In this edition we've put in a mood tracker to help you see how your mood changes over time. If you notice a pattern, take some time to see what might be causing it.

We've also included an overview of the Myers-Briggs personality types - different personalities may find that different self-care methods work for them, so be sure to find out what yours is.

We've also got a lot of exciting events coming up, including our HerStory conference and more work towards building Crewe's Youth Zone.

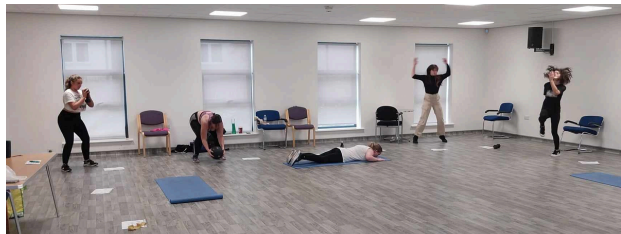
So, grab a hot drink, get cosy and take some time for you!

The Inspire Team



#InspireUpdate

What a great summer we have had! We have had so much fun seeing you all at our wellbeing activities, and we hope joining in gave you some time to focus on your own wellbeing, meet new people, and try new things! We hope to see you all at future Inspire activities.

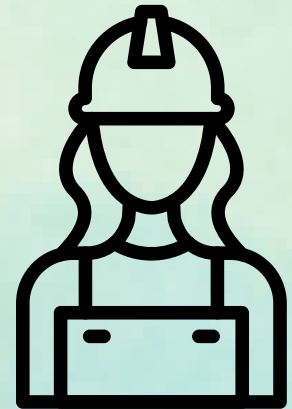


WHAT'S YOUR PERSONALITY TYPE?

FIND OUT YOURS AT
WWW.16PERSONALITIES.COM
/FREE-PERSONALITY-TEST

INTJ - THE ARCHITECT

Quiet, friendly, responsible, and conscientious. Committed and steady in meeting their obligations. Thorough, painstaking, and accurate. Loyal, considerate, notice and remember specifics about people who are important to them, concerned with how others feel. Strive to create an orderly and harmonious environment at work and at home.



INTP - THE LOGICIAN

Seek to develop logical explanations for everything that interests them. Theoretical and abstract, interested more in ideas than in social interaction. Quiet, contained, flexible, and adaptable. Have unusual ability to focus in depth to solve problems in their area of interest. Sceptical, sometimes critical, always analytical.

ENTJ - THE COMMANDER

Frank, decisive, assume leadership readily. Quickly see illogical and inefficient procedures and policies, develop and implement comprehensive systems to solve organisational problems. Enjoy long-term planning and goal setting. Usually well informed, well read, enjoy expanding their knowledge and passing it on to others. Forceful in presenting their ideas.



ENTP - THE DEBATER

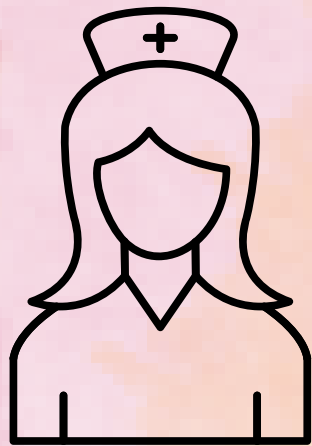
Quick, ingenious, stimulating, alert, and outspoken. Resourceful in solving new and challenging problems. Adept at generating conceptual possibilities and then analysing them strategically. Good at reading other people. Bored by routine, will seldom do the same thing the same way, apt to turn to one new interest after another.

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INFJ - THE ADVOCATE

Seek meaning and connection in ideas, relationships, and material possessions. Want to understand what motivates people and are insightful about others. Conscientious and committed to their firm values. Develop a clear vision about how best to serve the common good. Organised and decisive in implementing their vision.



INFP - THE MEDIATOR

Idealistic, loyal to their values and to people who are important to them. Want to live a life that is congruent with their values. Curious, quick to see possibilities, can be catalysts for implementing ideas. Seek to understand people and to help them fulfil their potential. Adaptable, flexible, and accepting unless a value is threatened.

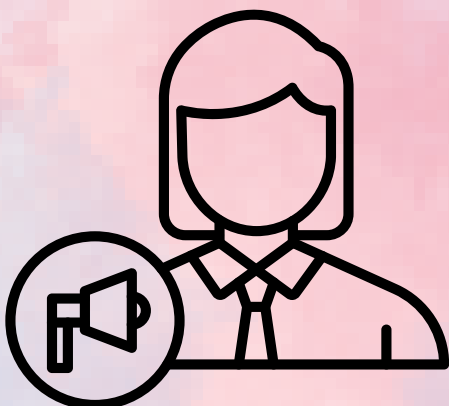
ENFJ - THE PROTAGONIST

Warm, empathetic, responsive, and responsible. Highly attuned to the emotions, needs, and motivations of others. Find potential in everyone, want to help others fulfil their potential. May act as catalysts for individual and group growth. Loyal, responsive to praise and criticism. Sociable, facilitate others in a group, and provide inspiring leadership.



ENFP - THE CAMPAIGNER

Warmly enthusiastic and imaginative. See life as full of possibilities. Make connections between events and information very quickly, and confidently proceed based on the patterns they see. Want a lot of affirmation from others, and readily give appreciation and support. Spontaneous and flexible, often rely on their ability to improvise and their verbal fluency.

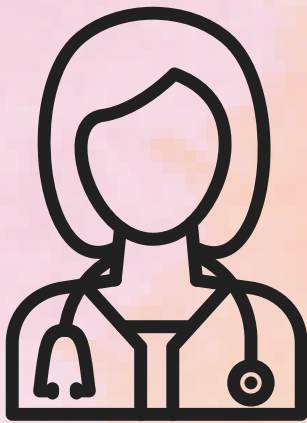


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ISTJ - THE LOGISTICIAN

Quiet, serious, earn success by being thorough and dependable. Practical, matter-of-fact, realistic, and responsible. Decide logically what should be done and work toward it steadily, regardless of distractions. Take pleasure in making everything orderly and organized—their work, their home, their life. Value traditions and loyalty.

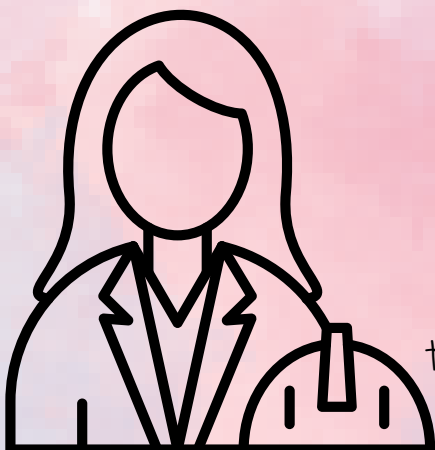


ISFJ - THE DEFENDER

Quiet, friendly, responsible, and conscientious. Committed and steady in meeting their obligations. Thorough, painstaking, and accurate. Loyal, considerate, notice and remember specifics about people who are important to them, concerned with how others feel. Strive to create an orderly and harmonious environment at work and at home.

ESTJ - THE EXECUTIVE

Practical, realistic, matter-of-fact. Decisive, quickly move to implement decisions. Organise projects and people to get things done, focus on getting results in the most efficient way possible. Take care of routine details. Have a clear set of logical standards, systematically follow them and want others to also. Forceful in implementing their plans.



ESFJ - THE CONSUL

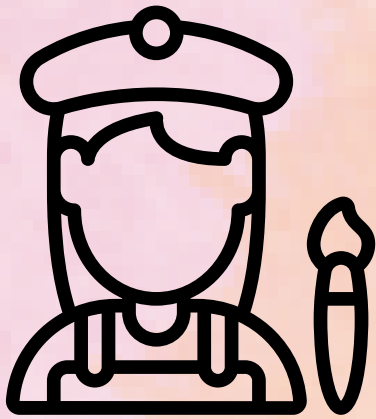
Warmhearted, conscientious, and cooperative. Want harmony in their environment, work with determination to establish it. Like to work with others to complete tasks accurately and on time. Loyal, follow through even in small matters. Notice what others need in their day-to-day lives and try to provide it. Want to be appreciated for who they are and for what they contribute.

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ISTP - THE VIRTUOSO

Tolerant and flexible, quiet observers until a problem appears, then act quickly to find workable solutions. Analyse what makes things work and readily get through large amounts of data to isolate the core of practical problems. Interested in cause and effect, organise facts using logical principles, value efficiency.

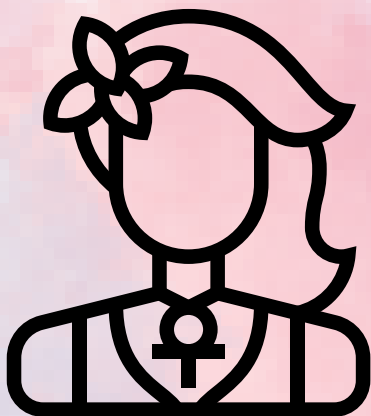
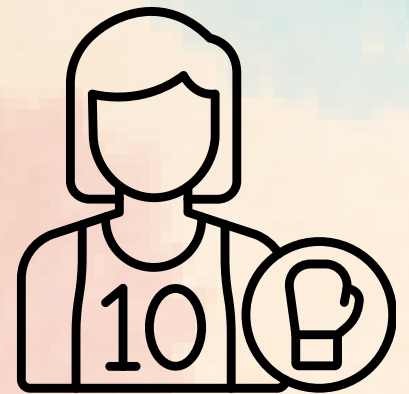


ISFP - THE ADVENTURER

Quiet, friendly, sensitive, and kind. Enjoy the present moment, what's going on around them. Like to have their own space and to work within their own time frame. Loyal and committed to their values and to people who are important to them. Dislike disagreements and conflicts; don't force their opinions or values on others.

ESTP - THE ENTREPRENEUR

Flexible and tolerant, take a pragmatic approach focused on immediate results. Bored by theories and conceptual explanations; want to act energetically to solve the problem. Focus on the here and now, spontaneous, enjoy each moment they can be active with others. Enjoy material comforts and style. Learn best through doing.



ESFP - THE ENTERTAINER

Outgoing, friendly, and accepting. Exuberant lovers of life, people, and material comforts. Enjoy working with others to make things happen. Bring common sense and a realistic approach to their work and make work fun. Flexible and spontaneous, adapt readily to new people and environments. Learn best by trying a new skill with other people.

YouthZone Update

You might have heard about YouthZones in one way or another, they are a place for children and teenagers to feel safe of any gender. Well that's what we here at the Motherwell Research project strive for when building the local Crewe youth zone, looking at the statistics from other youth zones we typically find that girls tend to stop going the older they get but for boys they continue going until the age of 18. On average girls begin to start dropping out at a young age due to a long variety of reasons ranging from they may feel unsafe going or there's not as much that appeal to them activities wise.

Here at the research project at Motherwell our goal in this is to make sure girls feel comfortable and included in this sort of environment and that we don't see the same rate of girls dropping out compared to other youth zones.

We all have different opinions on this subject but I feel like I should input mine here, I began working with Motherwell no more than a couple of months ago I have learned a lot about the local community in my personal opinion this project is groundbreaking and it will make a massive change for young girls like me. Providing a welcoming space and making young girls feel more included.

- Belle (Researcher)



Autumn Safety Tips

As the air gets crisper and leaves start falling, autumn brings with it new adventures and opportunities. Whether you're heading to school, spending time outdoors, or enjoying seasonal festivities, it's important to stay safe. Here are some tips to help you make the most of the season while staying smart and secure.

1. Stay Visible

As daylight hours shorten, it gets darker earlier in the evening. If you're walking or biking after school, wear reflective gear or bright colours so drivers can see you. Carry a small torch if you're out in dim lighting, and always stay on pavements and footpaths whenever possible.

2. Stick to Safe Routes

If you're walking to or from school, or just out for fun, stick to familiar routes that are well-lit and populated. Avoid shortcuts through isolated areas or alleys, especially if you're alone. If you feel uncomfortable, trust your instincts and move to a safer location.

3. Keep Your Phone Handy

Make sure your phone is fully charged before heading out. Stay in touch with friends or family, and let someone know where you're going, especially if you'll be out after dark. Using tracking apps like holly guard or sharing your location with trusted people can also give an added layer of security.

4. Stay Aware of Your Surroundings

Autumn activities like visiting pumpkin patches or attending outdoor events can be a lot of fun, but it's easy to get distracted. Keep an eye on your surroundings, especially in crowded places, and avoid getting lost in your phone when you're walking or in public areas.

5. Protect Your Health

Cold and flu season ramps up in the fall. Wash your hands frequently, avoid touching your face, and carry hand sanitizer with you. Stay hydrated and get plenty of rest to keep your immune system strong. If you're feeling unwell, take time to recover before participating in group activities.

6. Be Cautious with Bonfires and Candles

Autumn often brings bonfires, candles, and cozy indoor settings. While they create a great atmosphere, always be cautious around open flames. Keep scarves, long hair, and loose clothing away from the fire, and never leave candles unattended.

7. Plan Ahead for Halloween

Halloween is a highlight of the season, but make sure to plan your evening ahead of time. Go out with a group of friends, and always carry a phone. Stick to familiar neighborhoods, and check in with your parents or guardians regularly. If you're trick-or-treating, inspect any sweets you receive before eating them.

8. Mind Your Online Safety

As the weather cools down, you might spend more time online. Stay safe by keeping your social media accounts private, only interacting with people you know, and not sharing personal information with strangers. Remember, not everyone online is who they claim to be.

9. Trust Your Instincts

Your intuition is powerful. If something doesn't feel right, don't hesitate to remove yourself from the situation. Whether it's about your personal safety or the safety of others, trust your gut and speak up.

By keeping these tips in mind, you can enjoy everything that autumn has to offer while staying safe and confident. Embrace the beauty of the season, explore new opportunities, and always put your well-being first!

HerStory Conference - Meet the Speakers

“Hello! My name is Elena and I am currently on a gap year before going to university!

I've always been interested into feminist issues, doing my own research and learning about the cause from other women in my life!

I have previously run the feminism club in the college when I attended last year, and I still strive to encourage and support the feminist cause through social media! ”



Elena will be speaking at our conference in October, alongside other young women from our feminist group at Oaks academy, and our research project.

YMCA



After School Club
 Tuesdays
 4pm-5:30pm
 Sherborne Bungalow (no.27)

For more information call Tracey on 07590 883049

Autism Inclusive



invites you to attend our
Girls Group
 weekly during term-time
 4pm-7pm

for ages 13-25 **no need to book** **parents welcome** **free to attend**

for more info: enquiries@aicrewe.org.uk
 Autism Inclusive, St Marks, Bramhall Rd, Crewe, CW2 8PS

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](https://www.facebook.com/TheWishingWellCharity) or email mabyn.meredith@wishingwellproject.net




Registered Charity 1180756

Start Well @ the Wishing Well
 Children and Families Hub



Girls Youth Club



Craft for Wellbeing

Every Monday, Starts 4th March
 6pm – 8pm (12-16 yrs)
 Free to attend – snack provided
 3 Chester Bridge, Crewe
 CW2 7EF

For further information call the Hub on 07894 123413
 Or email emma.edwards@wishingwellproject.net

For more information about Inspire, please contact:
inspirecheshire@motherwellcheshirecio.com